

WINTER 2020

HOME *ON THE* *Green*

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

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History of the Stanley Cup

Profiles: Erma Dominico's
Amazing Life

Roger Peterson's
Passion for Genealogy

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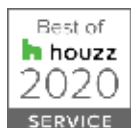
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The Ballantrae Golf & Country Club Community.
A positive community voice to inform and entertain.**

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PUBLISHER	Helen Hunt
EDITOR	Anita Draycott
Assistant Editor	Karen Clark
Social Liaison	Kathy Billington
Contributing Writers	Johanna Burkhard Donna Clark Karen Dermody Brian Freedman Greg McCain Ken Miyauchi Al Moldon Lydia Pollock Jan Richards Art Sanders Dagmar Schoenrock Alison Scowcroft Maurice Smith Blair Tullis
Proofreaders	Mary Hallam, Coordinator Helen Mitchell John Perz Diane Ross
Contributing Photographers	Robert Pitour, Coordinator Anita Draycott Brian Freedman Greg McCain
Production Coordinator	Terry Coulson 416-606-5876
Advertising Sales	Elaine Saksons, Coordinator, sakselai@gmail.com John Pittaway, Administrator Bryan Black Bruce Forty Lynn Gale Bill Hewitt Maggie Pittaway Imants Saksons Linda Tanaka Carol Taplin
Distribution	Norm Bresser Al Moldon
Comptroller	Marie Hewitt
Board of Directors	Donna Clark, Chair Anne Brewing Helen Hunt Paul Mak Terry Maloney Peter Sims Ginny Tullis
Founding Editor	Ruth Flanagan
Graphic Design	UNITE Creative Inc.
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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. *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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MESSAGE FROM THE PUBLISHER



I am honoured and delighted to be part of this wonderful community and its magazine. As often said, a community magazine is a reflection of the community itself. So true!

This year has flown by and we have all been watching the COVID-19 pandemic unfold. It has been an unprecedented time for all but it has not hindered nor stopped the *HOTG* team. Despite the challenges COVID has presented, we are happy to say that we lost only 7 of 69 advertisers who were quickly replaced as a result of our wait list. A warm welcome to Five Star Painting; Bryan Black, Gallo Real Estate; Davie Mechanical; Rutledge Jewellers; Stannah Stairlift; Summers & Smith Heating & Cooling and Top Dog Concierge. The fact that we have a wait list of advertisers is also a testament to the sales team and our magazine.

HOTG has many things to celebrate this year. Congratulations to Paul Mak and the *HOTG* website team. They continue to improve and enhance the site. A recent hotg.ca survey provided valuable input; you can read more about the results and changes in this issue. We are also excited about the re-launch of the *HOTG* monthly newsletter. Participation continues to grow and if you are interested in receiving the newsletter you can subscribe at hotg.ca. We now have three *HOTG* vehicles in which to communicate with our community— the magazine, the website and the newsletter. Our goal is to provide our readers with the highest quality and the most interesting content possible. And finally, in the spirit of

continuous improvement, we are planning a magazine readership survey in the near future and we look forward to your input.

In the fall issue we celebrated Ballantrae Golf and Country Club's being 20 years young. We recognized a number of our original homeowners but unfortunately we missed Murray and Helen Bailey who live on Lord Byron. Congratulations Murray and Helen on being "originals" and please accept our apologies.

I am sure we would all agree that we are missing our community events, but there are still things happening! Make sure to check out the website and the Events Calendar to keep up to date.

If you are interested in joining the *Home on The Green* team please drop me an email, Helen@thehuntison.ca. We are always looking for stories about our residents, so don't be shy with your story or if you have a neighbour or friend with a story to tell please email: homeonthegreen@rogers.com.

On behalf of the *HOTG* team, we wish you a very happy and healthy holiday season and New Year. We all look forward to a different 2021 and to getting things back to normal. Please stay safe.

Helen Hunt



Behind the Scenes

HOTG welcomes the following to the team!

New Columnist: Blair Tullis (Stay Tuned)

New Photo Coordinator: Robert Pitour

New Sales Representatives: Linda Tanaka, Lynn Gale, Imants Saksons, Bruce Forty



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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



Water meters installed

Over the last 12 months nearly all homes in Ballantrae Golf & Country Club have had a new water meter installed. There are a few left to do, but the project has essentially been completed. There are advantages, of which we should be aware, to these new systems.

The new meters provide more accurate calculations than the old ones. Also, the town will no longer be required to incur the service costs of having a person come to your home every two months to "read" your meter. As the meters are now all electronic they emit a signal that is read virtually. This signal can be transmitted, literally, as you are running your tap. At any time of the day you can go to your town account via www.townofws.ca and check the status of your usage. If there is an unknown leak in your system, it can be noted immediately. Further, if there is an unusual amount of water flowing through the meter (a significant increase from past recorded usage), a hazard warning will be reflected on the town system that is monitored by staff. This is not unlike what happens when there is a charge on one of your credit cards that the card company identifies as unusual. They are able to send you a notice. Town staff now have the ability to do likewise with your water account.

Water distribution is managed by the town, but York Region supplies all potable water. About 65% of the cost of our water bill arises from the regional charge to the town. York Region bills the town for all water delivered to the town system, regardless of whether or not the town bills the residents.

Our water bills include the regional portion, the town's operational portion and a contribution to operating and capital reserves. The operation of all water distribution systems in Ontario is highly regulated. The financial management of each is subject to at least four provincial acts and regulations, including the Safe Drinking Water Act, The Water Opportunities Act, the Development Charges Act, and the Infrastructure for Jobs and Prosperity Act.

These acts have differing requirements for management, but the common element is that a water system must be financially sustainable over the life cycle of the assets of the system. This means that the town must,

by legislation, make adequate provision for the long-term, sustainable management of the system by contributing to reserves in a manner that provides sufficient funding for future repairs, rehabilitation and replacement obligations. I do not believe past budgets have allowed sufficient provision for these future obligations. Therefore, in the future, adjustments will have to be made to meet these legislative requirements.

Furthermore, a study and Water Financial Plan must be submitted to the province every six years. The next submission is due July 2021. That study, after submission and approval, will set the water rates for the next six years.

Trucks on Aurora Road

Often in this column I write about things town staff are doing to improve our lifestyle in Ballantrae / Stouffville. This message is a little different - I am asking for your assistance.

A big concern for many living here is the current truck traffic on Aurora Road. Trucks are licensed vehicles and are therefore allowed on many of our roads. What they are not allowed to do is speed on those roads. I continue to ask the region about reducing the speed limit on Aurora Road, particularly through Ballantrae, past the Ballantrae Public School and the Community Centre.

The York Regional Police (YRP) are responsible for enforcement of these speed limits but have limited resources. We can all help. If you observe speeding vehicles, it is simple to report them to YRP. Just call the Traffic Bureau (1-866-876-5423, ext. 7703, or email traffic@yrp.ca). If you report a licence number, the plate owner receives a letter from YRP advising that he/she has been reported. More than one offence can lead to a summons. Many residents report these speeding drivers to me and I in turn use the process mentioned here.

Intersections

Traffic lights have been installed at the intersection of Aurora Road and McCowan.

The Aurora Road and Ninth Line intersection however remains a problem in our area. Residents are reminded to use extra caution when approaching and entering this intersection. I continue my efforts with regional staff to have signals installed at this junction.

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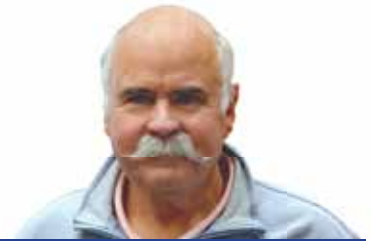


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Coping with World War COVID-19

BY BLAIR TULLIS



This is our generation's world war. It has all of the hallmarks – worldwide participation, death on a huge scale, deprivation, economic chaos and an existential threat to our well-being. The uniforms are different and the soldiers are our first responders and medical forces, but it is definitely war. How do we cope?

Currently, we are in the middle of a mental health awareness campaign that is trying to help us to deal with the issues of COVID-19, chronic loneliness, cabin fever and living with an unfulfilled need for human contact. I must confess, all or some of the above are having an impact on my psyche these days. Throw into the mix that many of us are usually down in sunnier climes for the winter by now and you have the makings of an emotional breakdown. How therefore, am I, indeed are we, going to cope this winter?

It isn't just a matter of making our own decisions on what to do or where to go. We are constrained by outside forces on both fronts. What ever happened to self-determination? In hoping the situation will work itself out, we have learned that those external forces are making it harder, not easier, to regain our equilibrium. Earnest provincial politicians are casting around for the right answer to maintaining economic health, while our

spendthrift Prime Minister is constantly looking for new pockets to fill and old issues for which to apologize. Politicians down south, on the other hand, are more interested in their gun rights than staying virus-free long enough to open the border. Their solution to the pandemic is to despise and ignore it. The bottom line is that we are faced with immovable barriers to recapturing the joy of winters in the sun.

So, what do we do? Sure, you can escape the border patrol by flying down to Florida while shipping your car by truck, ignoring the fact that the border remains ostensibly but porously closed. You can stay home and stoically face the bitter winter snows, crying foul and developing a fondness for Famous Grouse and merlot.

If you are like me, you're probably getting a little tired of binge-watching Netflix series and playing bridge or solitaire online. It's not that we don't enjoy both, and the fact that every day has a cocktail hour, but it's all becoming a little bit "same-ish." We're also getting tired of seeing the same jokes, songs and Trump diatribes in our inboxes week in and week out. One friend sent me the same group of cartoons under the subject of "impending senility" five hours apart. I replied (to all, of course) that he had given personal meaning to the subject line.

Walking around the house feels a bit like being in an empty airplane hangar. For her part, my co-pilot is busying herself with painting, bridge and other activities. I guess it's better to be like Mr. Rogers than King Lear. With the upcoming cold weather, the escape afforded by an outdoor game of tennis or golf is being replaced by walks in the snow. I know . . . not on the golf course. However, we do have tremendous capacity to carry on. It's not really a world war such as our parents lived through and life, though rather inconvenient these days, is certainly much better here than in many other parts of the world. We just need people with whom to interact, music that makes our hearts soar, laughter to ease the pain and the odd hug.



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Ode to Autumn

BY ART SANDERS



The fall season will have passed by the time you read this article, but I hope reading about my feelings for this time of year brings a little warmth to your day.

The fall is without question the most colourful of our four seasons. All we have to do is look out our windows to see the magnificent fall colours. We are lucky that we live in an environment which includes deciduous trees, which are responsible for those colours.

The fall is also probably the only season during which we remember the past season, summer, and anticipate the next season, winter. Our thoughts revert to what kind of summer we had. Was it warm? Was it dry? How many golf games did we play? In anticipation of winter, our minds start to conjure up thoughts of cold, snowy, windy and generally less pleasant days.

Fall is an extremely important season for other types of life. Plant life is either destroyed or goes to sleep for the next several months. Insects too seem to disappear for quite some time. This means that Enid does not have to send me out on spider patrol.

The fall season is also very important to other animals. Squirrels and chipmunks prepare themselves and their winter homes. Ducks, geese and many varieties of birds prepare to fly south, except for the few brave ones that know how to withstand the cold environment. Even the butterflies make a mass exit to warmer conditions. Whales too go south to enjoy the playful warmth of such places as Hawaii. Our local fish have their own mechanisms to survive the winter. Bears as we know fatten themselves up and hibernate for the winter. What I am endeavouring to say is that the autumn season has a huge impact on most aspects of life.

There are many other species that stay around during the winter months, such as deer and coyotes. If you own a dog, your pet must get prepared for the winter as well. Dogs' hair grows thicker to help offset the cold and of course many pet owners buy winter fashions for their animals, including booties.

The fall is without a doubt my favourite season; the colours are magnificent, the temperatures not extreme, and our human species is usually in good spirits. I walk in the woods almost every day as it is a place of peace and tranquillity. Walking on a blanket of multi-coloured leaves and pine needles makes me feel like I'm walking on a cushion.

To all my fellow Ballantrae residents, I implore you to enjoy the fall season as much as I do.

Note: Art Sanders penned the regular Ballantrae Tails column as per his wife Enid's request.



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Corona virus Holiday cheer

BY KEN MIYAUCHI



The 2020 Christmas and Hanukkah celebrations, like the entire year, will long be remembered as a time most of us would like to forget. In an effort to be safe, we have avoided many social gatherings and we have been mostly deprived of meaningful and critical contact with our family and friends.

Many of you are already socializing with family and friends by virtual means using Skype and FaceTime. Some of you may be using other video-conferencing tools such as Zoom and Google Hangouts. These video chat services have been used by many to communicate with others and to conduct meetings; however, they have the ability to do far more than just talk—we can even use them to play games. Much has been written about the negative aspects of video games, but during this pandemic, virtual games can be an important tool to draw us together and bridge the physical divide.

While Christmas and Hanukkah are much more than playing games, games can make this celebration more joyous and just plain fun. There are many virtual games that can be played with modest technical skill while others require more sophistication and the use of video gaming platforms. Let's first look at using Skype or FaceTime to play some traditional games that you probably already own.

Pictionary

One of the players must own the game and will act as the leader. Each connected player/site must have a whiteboard and marker which can be purchased at a dollar store. Teams are chosen and may be from multiple locations. The leader picks a word card and all look away except the person who will be drawing a pictorial representation of the word which may be a person, place, thing, animal, or action. The leader starts the timer and the person begins drawing until his/her team guesses the word, or the timer runs out. Points are awarded for correct guesses, and all teams have an equal number of opportunities. If no one owns the game, Pictionary words and rules can be found on the internet. A one-minute timer from another game can be used.

Bingo

One person must own the game and act as the bingo caller. Each player must have a bingo card and markers. Free bingo card images are available on the internet. The bingo caller calls out the numbers and all play until one player has succeeded in covering the numbers on his/her card to form the winning combination that can be anything from a single line to the entire card. If no

one owns the game, the bingo board is available online and the 75 bingo numbers (B1-B15, I16-I30, N31-N45, G46-G60, and O61-O75) can be made from cardboard.

Battleships

This is a two-player game using a piece of paper and a pen. On the paper, draw a grid that is 10 by 10 squares. The squares are identified by horizontal rows, A to J, and by vertical rows, 1 to 10. Therefore, each square has a unique identifier (e.g. B5). Each player has a fleet comprised of one battleship (BBBBB), two destroyers (DDDD and DDDD), three cruisers (CCC, CCC, and CCC), and four submarines (SS, SS, SS, and SS). Each player enters the fleet into his/her grid: horizontally, vertically, or diagonally. When play commences, one player calls out a grid coordinate (e.g. J6) and the second player replies "hit" or "miss." If a hit, the first player continues to call out additional squares (e.g. J7) until there is a miss. At this point, the second player takes his/her turn and play alternates until one player has sunk the other player's entire fleet.

Yahtzee

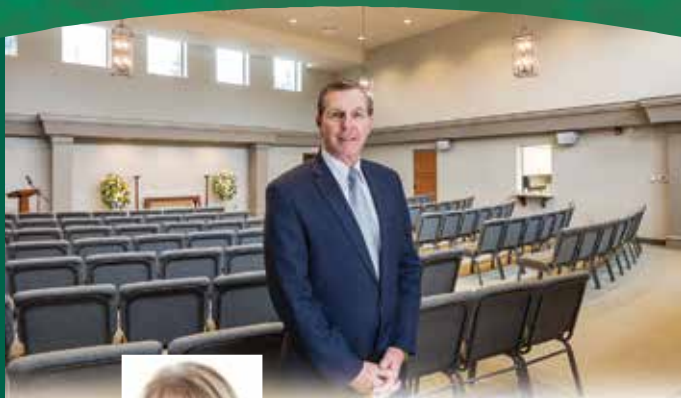
This is a dice game where each player must roll the dice to obtain specific combinations which are identified on the Yahtzee score card. Each player must have access to five dice, a cup in which to shake and roll out the dice, a Yahtzee score card, and a pen. The dice are available at dollar stores or can be borrowed from other games, the cup can be any cup or glass, and the Yahtzee rules and score card images are available on the internet. Each player takes his/her turn in one of the 13 rounds and records the points achieved. At the end of the 13 rounds, the player with the highest total wins.

With a little imagination, there are numerous other games that can be adapted to play virtually.

Christmas and Hanukkah are special celebrations, and COVID-19 will make it very difficult, if not impossible, to get together physically with family and friends. There is no need, however, to spend the holidays in isolation. Through Skype or FaceTime, we can open presents together, eat dinner together, share in holiday conversation and even sing songs and hymns together. When dinner is finished, the best may be yet to come. We can play games that will help make 2020 a celebration to remember rather than to forget.

I would like to wish everyone a special holiday celebration, and best wishes for a healthy, happy, and prosperous new year.

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COVID-19 Made Me Do It

TEXT & PHOTOS BY AL MOLDON



Do what, you may ask? Well, here's my story. But first, a little background is in order. Most of you have heard of YouTube, a free video streaming service that you can access on your TV, computer and mobile devices such as tablets and cell phones. The videos on this service are provided by users like you and me to YouTube at no charge and, after checking the content for "rule violations," YouTube makes them available to all users. So, how does YouTube make money? They insert advertising into the video stream every so often while we are watching. Usually the ad is five to ten seconds in length so it is tolerable. They also offer an optional subscription where you pay them a monthly fee to eliminate ads.

When COVID-19 hit us in March, we all started watching more TV to pass the time. I was no exception. While checking out YouTube one day, I noticed a significant number of videos on a subject I have always wanted to learn more about. It seemed that as a result of all the casinos closing down, some of the experts in several games of chance started to use their spare time by putting videos of their strategies on YouTube. I have always been interested in the dice game called craps,

but I only had limited knowledge of how to play it. Watching the experts play craps on their own tables in their homes and demonstrating their skills was the beginning of my education about this fascinating game.

Some of the videos showed how to build your own craps table. So, armed with my new-found knowledge, I decided to "take the plunge" and build a portable version that I could use with friends and family. The result of my labour is shown in the photo. I started to practice various ways to play on my new table and learned how to be the "croupier," running the game and paying the players when they won. My wife began to comment that the "rolling of the dice" from the basement was becoming more frequent and wondered if I was becoming a "craps junkie"!

The recent reception from my family bubble at the cottage was a "sight to behold." Stacks of chips in front of the players and comments from the dice roller such as "baby needs a new pair of shoes" as the dice shot down the table, resulted in an exciting weekend at the "Cottage Casino." I guess I have the "COVID-19 experience" to thank for making me do it.

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Lord Stanley

BY JAN RICHARDS



On March 18, 1892, members of the Ottawa Hockey Club were celebrating a victory at the Russell House Hotel, near Parliament Hill in our nation's capital. During a break in the festivities, a message came from Lord Stanley of Preston, Canada's Governor General that read: "I have for some time been thinking that it would be a good

thing if there were a challenge cup which should be held from year to year by the champion hockey team in the Dominion. I am willing to give a cup which shall be held by the winning team each year."



Lord Stanley was true to his word and purchased a silver bowl for ten guineas (\$50). That original trophy, identified as a rose bowl, was made in Sheffield, England and was 18.5 cm (7.28 inches) high and 29 cm (11.42 inches) wide. On one side of the bowl was inscribed "Dominion Hockey Challenge Cup." Lord Stanley's gift would eventually be simply known as the "Stanley Cup," one of the most iconic symbols of excellence in hockey around the world.

Lord Stanley's sons and daughters all played and enjoyed promoting ice hockey. In 1884, his sons played for the Ottawa Rideau Hall Rebels and performed key roles in the formation of what later became known as the Ontario Hockey Association.

The Stanley Cup (La Coupe Stanley) was first awarded to the Montreal Hockey Club in 1893; the Montreal Canadiens still boast the most wins with 24 successful titles. The Toronto Maple Leafs have won the Cup 13 times. It has been awarded every year since 1893, with the exceptions of 1919 due to the Spanish Flu pandemic and 2005 when the National Hockey League was in a labour dispute with hockey players and their owners regarding salary issues.

The current Stanley Cup is topped with a copy of the original bowl, made of silver and nickel alloy, measuring 89.54 cm (35.25 inches) high and weighing 15.5 kg (34.5 lbs). Over the years, new bands have been added to the trophy to include the names of all players on the winning teams. Due to its unusual height, it was often nicknamed the "Stovepipe Cup." In 1958, the modern one-piece cup was designed with a five-band barrel containing 13 winning teams per band. The oldest band is removed when the newest bottom band is full and preserved in the Hockey Hall of Fame.



More than 2,300 names have been engraved on the Stanley Cup including hockey players, coaching staff, owners, trainers and head office staff, including twelve women! Larry Hillman of the Boston Bruins is the youngest player at age 18 to have his name engraved on the cup; Chris Chelios of the Detroit Red Wings is the oldest player at age 46; Henri Richard has his name on the cup eleven times and Scotty Bowman's name appears on the cup nine times as a coach for Montreal Canadiens, Pittsburgh Penguins and Detroit Red Wings.

In fact, there are three Stanley Cups: the original "Dominion Challenge Cup" resides in the Vault Room at the Hockey Hall of Fame; a second authenticated "Presentation Cup" is awarded to the Stanley Cup champions at ice level; a third "Permanent Stanley Cup" also lives in the Hockey Hall of Fame.

The Stanley Cup is known for many legends and traditions such as the winners drinking champagne from it, hoisting the cup and skating around the arena to display the trophy to fans, using it to baptize the winning team's players' children and even using it as a water bowl for the winner of the Kentucky Derby!

Unfortunately, Lord Stanley never saw a Stanley Cup championship hockey game, nor did he ever present the Cup. His term as Governor General ended in September 1893 and he returned to England. Surely he would be proud of the sporting legacy that he gave to the Dominion of Canada as a reminder of our genuine love of the game of hockey!



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Nonno Crupi's Pizza

BY ALISON SCOWCROFT PHOTOS BY ROBERT PITOUR



I think we are all very grateful for restaurants that have stayed open during COVID-19, especially for those offering take-out. At first it was great fun being in the kitchen at home and cooking. Didn't take long for that to become tiresome! Luckily we have Nonno Crupi's Pizza, just a short distance away.

I met with the owner Anthony Mahmoodi to learn a little more about our favourite local pizza place. Anthony got into the business in 1989, working with his mom at the original Crupi's Pizza in Markham, just off McCowan. His mom was a partner in that location and Anthony worked there for 17 years. Having earned his chef's diploma from George Brown College he worked at Il Fornello learning the business from the ground up. They sold Crupi's Pizza in Markham, along with the name, which led Anthony to buy an old church in Ballantrae in 2009. He renovated it and opened Nonno Crupi's.

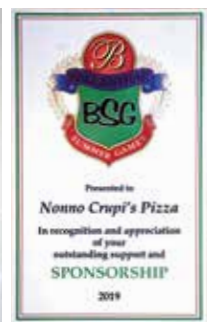
Anthony and Francesco Ferraro, his chef and a friend for over 25 years, create all their wonderful dishes. His mom and his wife, Cindy, also help out when it's busy.

Everything is fresh, including the pizza dough, the sauce and the pasta. The mozzarella they use is 100% mozzarella, a real luxury in the pizza business. The pizza is baked in a stone oven that creates that wonderful crispy crust. Besides pizza, the take-out menu includes calzones, veal on a bun, chicken wings, and Greek and Caesar salads.

When Anthony renovated the old church he also installed a kitchen in the basement allowing them an opportunity to do catering. They make wonderful lasagna, great for feeding a crowd, but I also learned they will do their best to accommodate most catering

requests, such as chicken Parmesan, pasta a la vodka, porchetta, rice balls and meatballs. Most of their trays feed 15 to 20 people and can be ready with about two days' notice.

Nonno Crupi's is busiest at lunch and on Fridays and Saturdays. It's nothing for them to make 250 pizzas daily on the weekend. They deliver free to Ballantrae on orders over \$20 which is great when you get that craving for a delicious pizza or calzone.



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Close encounters with people I have met

BY GREG MCCAIN



We have all rubbed elbows with people who have had a lasting impression on us and our lives. I would like to share some of my encounters.

JAYNE MANSFIELD

In the 1960s Jayne was considered a blonde sex symbol. Having participated in little theatre at Upper Canada College and having performed *Gilbert and Sullivan* there and later with the *Gilbert and Sullivan Society* of Toronto, I then spent time at *Melody Fair*, a summer stock venue near Dixie Plaza in Mississauga. I met Jayne and family when she was performing in *Bus Stop* and for a couple of weeks got to meet the real Jayne Mansfield, often babysitting her kids. The photo of me says, "You can take my temperature anytime, Love Jayne." She obviously predicted my future as a budding doctor. Jayne died in a car crash when her car went under a tractor trailer. As a result, a guard (the "Mansfield bar") is now required on all tractor trailers. Jayne had an IQ of 150 and played the violin. Not really a dumb blonde!



POPE JOHN II

Pope John II was born Karol Wojtyla in Poland and was the first non-Italian Pope in 455 years. In 1994 he was named *Time's* Man of the Year.



I had been asked to lead a group wine tasting in Tuscany (another favourite hobby) and we ended the trip in Rome. Surprisingly one of the participants at dinner asked me if my wife and I would like to meet the Pope. I actually thought he was kidding but the next morning we went off to a private mass in his chapel and a meeting in his study. He told us he liked Canada and Toronto, gave us a rosary and he winked at my wife Dee. Not everyone gets an opportunity to flirt with the Pope. I have often been asked if I felt anything special. It is hard to express but there was a special aura being in the company of such a great man.

EUGENE LEVY

Dee, my wife, was learning to play golf and her favourite course was Flemington Park. The starter asked Dee and her girlfriend if another gentleman, who was



also learning the game, could join them. My wife, who had been experiencing increased blood pressure in her doctor's office (white coat syndrome, a side effect of being married to a doctor) was asked by her physician to wear a Halter monitor. Just as she approached the first tee the monitor went puff, puff, puff recording her pressure. She explained this to her new partner, Eugene Levy, who burst out laughing and said it was a routine check. I always thought that one day this would end up as a skit on *Saturday Night Live* but my wife thought she might be up *Schitt's Creek*. By the way, this TV series was filmed near us in Goodwood, Ontario.

STEPHEN KING

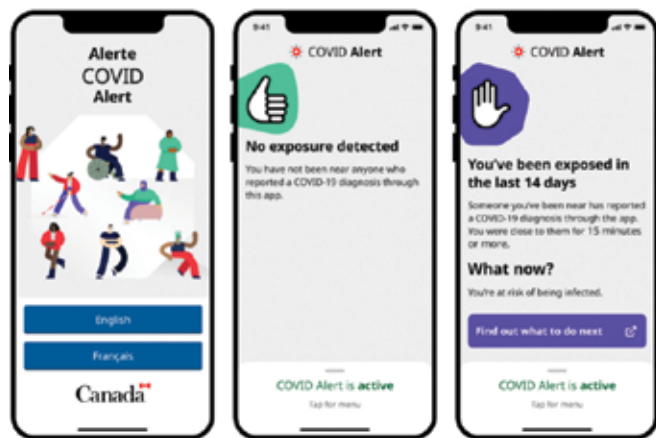
Dee and I have had a winter home in a tennis complex on Longboat Key, Florida, for 30 years. One day, a tall, soft spoken, lanky gentleman came into the clubhouse and asked if he could play tennis and take some lessons. The tennis pro explained that it was a private club to which he responded, "How do I join?" He wrote a cheque and became an instant member. Playing on the court next to my wife Dee, at a change of ends he told my wife that he thought she was a good player. She responded that she had been watching him and thought he should "not give up his day job." She had no idea he was Stephen King. They became immediate friends and Stephen often brought Dee advance copies of his new books. I have a feeling that he always appreciated her "honest" opinion.



Our lives have been enriched by the people we have met and we treasure them.

Why I Downloaded the **COVID ALERT** Smart Phone App

BY BRIAN FREEDMAN



As I write this, reports spewing from the daily news cycle of COVID-19 cases are anything but encouraging. What continues to be stressful is the crucial role we all have to play in stopping the spread by following the precautions and guidelines issued by our public health authorities.

But there is yet another step – one which I and many others have already taken – that can make an additional and appreciable difference as it relates to protecting ourselves, as well as those around us, from this highly contagious virus. That step is to download and activate the Canadian government developed *COVID Alert* app on your Apple or Android smart phone. To assist you in doing this, I am pleased to share a few easy step-by-step instructions for you to follow.

But first, let me provide a little background. The Federal Government officially released *COVID Alert* in Ontario back in August and saw an immediate surge of downloads, totalling over 1.9 million. While not designed as a replacement for other essential testing and tracing protocols, it can make a significant difference as an early warning signal of potential COVID-19 exposure, thereby prompting immediate action in terms of testing, tracing and quarantining.

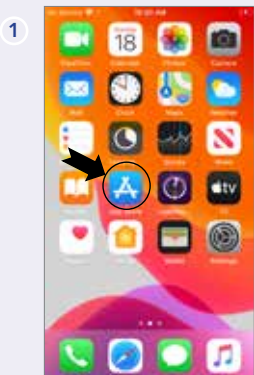
Once installed, the *COVID Alert* app runs inconspicuously in the background on either an Apple (iPhone) or Android phone using Bluetooth technology to identify other devices that come within two metres for a period of 15 minutes or more. This distance and timing are viewed as the minimum for a potential transmission risk. If this occurs, a random identifier is stored on each person's device for a period of 14 days, then deleted from the device.

This identifier does not reveal any personal or location information specifically and is not sent to or held by any centralized database. It is completely anonymous and, as such, there should be no concerns whatsoever about privacy. If a person tests positive for the virus, he or she is given a key code to enter into the app. This, in turn, triggers a notification to appear on any and all other devices identified as having met the exposure criteria outlined above so that the owners of those devices can consider testing and/or self-isolating. While this is strictly voluntary, its effectiveness increases exponentially as more and more of us adopt it as an additional tool to help control the spread of COVID-19.

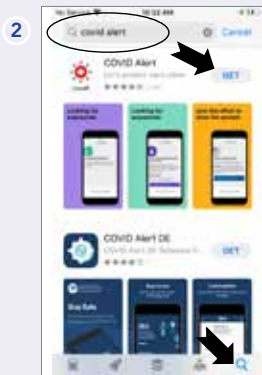
The only real criticism of *COVID Alert* has come from those who have tended to hang on to their older phones as the app may not be available for download on those devices. If your phone was purchased in the past five or six years you are likely OK, but any older might be problematic. Like it or not, the hard reality is that a mobile device older than five years isn't just old, it's ancient, at least in technological years!

Now back to the step-by-step instructions for those of you who might need help. The good news is that the smart phones are so ubiquitous today that you can reach out to virtually anyone, including your friends, family, children and grandchildren for help if you get stuck.

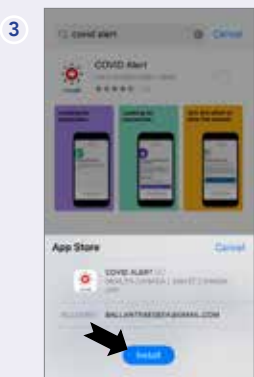
iPhone – Follow Steps



Locate and launch (tap on) the App Store.



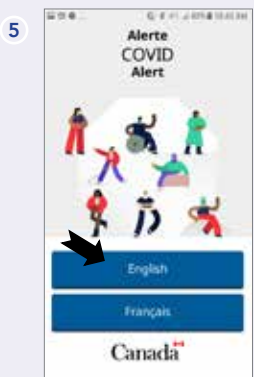
Tap on the search icon at the bottom right. In the search bar at the top of the screen type "covid alert" and tap on the "Search" button on your keyboard. The Covid Alert Canada app should appear as the first suggestion. Tap on the "Get" button.



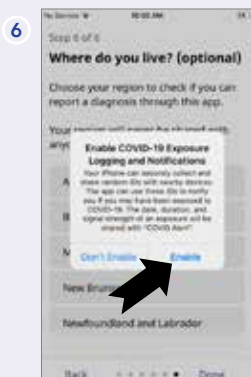
Tap on the "Install" button.



At this point you may be asked to enter the password that is associated with your Apple account or Apple ID. Then tap on "Sign in" and watch the circle go all the way around until the download is completed.

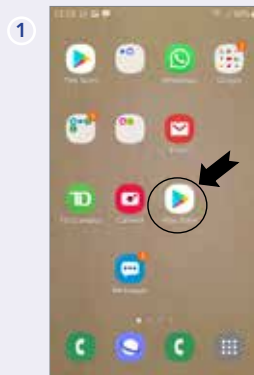


Tap to open or launch the Covid Alert app. You will be guided through a few simple questions (such as language preference, etc.) as well as some information screens.



You must tap on "Enable" each and every time a notification comes up in order to provide the app with the access it needs to function properly on your iPhone.

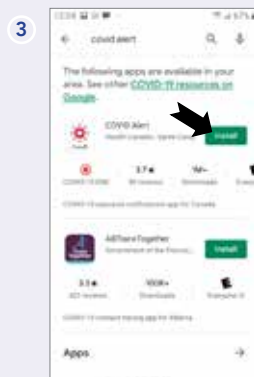
Android Phone – Follow Steps



Locate and launch (tap on) the Play Store.



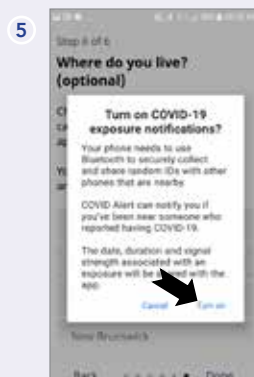
Once the Play Store is launched you will find a search bar at the top. Type the words "covid alert" in that space then tap on the magnifying glass down at the bottom right of your keyboard to activate the search.



Click on the Install button and wait for the Covid Alert app to completely install on your phone. You may be prompted at this point to enter the password to your Google Account. This is the same password as your "Gmail" account.



Tap to open or launch the Covid Alert app. You will be guided through a few simple questions (such as language preference, etc.) as well as some information screens at the top.



You must tap on "Enable" each and every time a notification comes up in order to provide the app with the access it needs to function properly on your Phone.

Easy Entertaining *with these* *Scrumptious* Holiday Appetizers

BY JOHANNA BURKHARD PHOTOS BY ROBERT PITOUR

Entertaining during COVID this holiday season will certainly be simpler than the grander cocktail parties many of us have hosted in the past. Even though we are dealing with COVID restrictions, I encourage you to make an effort to recreate that special holiday spirit we so look forward to when December arrives. It's important for our well-being to continue with holiday traditions!

Whether it's a virtual get-together, inviting a few close friends who are part of your bubble, or hosting a small family gathering (based on the current safety guidelines at time of writing this article), keep it simple and festive. Get out decorations, set up a tree or add a few ornaments to a mini evergreen plant and cherish your special moments with family and friends. No need to fret over hosting a dinner party either – serve these scrumptious, easy-to-make appetizers instead!



COCONUT - SESAME CHICKEN SKEWERS

Serve this Asian-flavoured chicken with a crunchy panko coating with an easy-to-make dipping sauce or your favourite bottled dipping sauce, such as Thai red chili, available in supermarkets.

MAKES ABOUT 18 PIECES

1 lb (500 g) skinless, boneless chicken breasts (2 large)

salt

2 tbsp (30 mL) toasted sesame oil

1/2 cup (125 mL) panko crumbs

1/4 cup (60 mL) unsweetened medium shredded coconut

2 tbsp (30 mL) sesame seeds

4 tbsp (60 mL) vegetable oil

1 tsp (5 mL) ground cumin

Ginger plum sauce (recipe follows)

1. Remove fillet portion of chicken breast. Place breasts between two sheets of parchment paper and pound the thicker ends using a rolling pin or meat pounder until chicken is of even thickness. Using a sharp knife, cut breasts crosswise and slightly on the diagonal into 8 strips each. Season both sides lightly with salt.

2. In a shallow bowl, combine panko, coconut and sesame seeds. Brush chicken strips with sesame oil on all sides and coat in panko mixture, pressing so crumbs adhere. Place on a parchment-lined baking sheet.

3. Heat 2 tbsp (30 mL) oil in a large nonstick

skillet over medium-high heat. Cook half of the chicken strips for 2 minutes per side or until golden on outside and no longer pink in centre. Transfer to a plate lined with paper towel.

4. Wipe skillet clean with paper towels. Heat remaining oil in skillet and cook remaining chicken strips as directed. (Chicken strips can be prepared earlier in the day and refrigerated. Place on baking sheet and reheat in 350°F /180°C oven for about 10 minutes or until hot.)

5. To serve, insert a short bamboo skewer into each chicken piece, arrange on a serving plate and garnish with cilantro. Accompany with ginger plum sauce or your favourite dipping sauce.



GINGER PLUM SAUCE

This sauce also makes a great last-minute appetizer when combined with store-bought frozen cooked meatballs. Place sauce and 1 lb (500 g) frozen cooked meatballs in a saucepan over medium-low heat until piping hot, stirring occasionally.

3/4 cup (175 mL) bottled plum sauce

2 tbsp (30 mL) soy sauce

1 tbsp (15 mL) Dijon mustard

2 tsp (10 mL) finely grated fresh ginger root
Sriracha or other hot pepper sauce to taste

1. In a bowl, stir together plum sauce, soy sauce, mustard and ginger. Season with Sriracha to taste, if desired.



CAPRESE OLIVE FLATBREAD

This easy appetizer idea comes from Kathy McLeod on Ben's Reign, who often makes it when family and friends drop by for some holiday cheer. Kathy suggests using any kind of flatbread, such as naans or Greek pitas found in supermarkets, to make these tasty pizza-like appetizers.

Her favourite bread for a spectacular presentation is the fabulous Manoucher Barberee Flatbread sold in Longos. It's a much larger and longer flatbread (530 g in size) but can be cut into halves for smaller servings. It's worth the trip to get a loaf – other flatbreads made by the same company are also available.

Kathy recommends making your own flatbread creation with ingredients you may have on hand, such as sun-dried tomatoes, artichoke hearts, peppers, sliced or diced tomatoes, feta cheese, shredded pizza-style cheeses etc.

MAKES 4 TO 6 APPETIZER SERVINGS

Place bottom rack in lower third of oven; preheat oven to 425°F (210°C)

1 tbsp (15 mL) extra-virgin olive oil

1 garlic clove, minced

2 naans (100 g each), such as Stonefire or Suraj brand

4 oz (125 g) fresh mozzarella, sliced into 1/4" (0.5 mL) thick rounds

1 cup (250 mL) cherry tomatoes, halved or quartered, if large

8 black olives, pitted and cut into slivers

salt and freshly ground black pepper

balsamic glaze, for serving

basil leaves, finely shredded

1. Place 2 flatbreads on a heavy baking sheet (or stack two thin sheets together). In a small bowl, combine oil and garlic. Brush over naans. Place on lower rack in oven for 5 minutes until heated and fragrant; remove from oven.
2. Top each warm flatbread with cheese slices, cherry tomatoes and olives. Season with salt and black pepper to taste. Return to oven and bake for about 8 minutes or until cheese is melted and edges are lightly browned. Remove from oven and transfer to a cutting board. Drizzle with balsamic glaze and sprinkle with basil. Cut into wedge-shaped pieces. Serve warm.

PEAR AND GOAT CHEESE FLATBREAD

Place bottom rack in lower part of oven; preheat oven to 425°F (210°C)

2 naans (100 g each), such as Stonefire or Suraj brand

extra virgin olive oil

1 small red onion, halved crosswise and cut into thin wedge slices (generous 1 cup/250 mL)

black pepper, freshly ground

1 large Bartlett pear (firm but ripe), peeled and diced

4 ozs (125 g) goat cheese or blue cheese (*see tip)

balsamic glaze, for serving

1 cup (250 mL) arugula

1. Place 2 flatbreads on heavy baking sheet (or use two thin sheets together). Brush lightly with olive oil. Place on lower rack in oven for 5 minutes until heated through; remove from oven.
2. Meanwhile, in a large nonstick skillet, heat 1tbsp (15 mL) oil over medium-high

heat. Add onion and stir for 1 minute until softened. Add pear to onions and cook, stirring for 1 to 2 minutes more until pear is slightly softened.

3. Top warm naans with onion/pear mixture, spreading to edges. Season with pepper. Sprinkle evenly with cheese. Bake for about 8 minutes or until edges are lightly browned. Transfer to a cutting board. Drizzle with balsamic glaze and top with arugula. Cut into wedge-shaped pieces. Serve warm.

**Tip: Cut soft cheeses into slices and freeze until firm, then cut into smaller pieces.*



MUSHROOM CROUSTADES

Alison Scowcroft, on Bobby Locke Lane, got this terrific recipe from her mother over 50 years ago and it has become a must-make appetizer when the holidays arrive. It is one of many terrific recipes that Alison featured in a keepsake cookbook that she wrote and self-published for her two daughters. It included family favourites over the years and she gave it to them as a surprise gift at Christmas.

MAKES ABOUT 2 CUPS (500 ML) FILLING; ABOUT 40 CROUSTADES (SEE RECIPE)

MUSHROOM FILLING:

12 oz (350 g) fresh mushrooms

2 tbsp (30 mL) butter

2 large shallots, minced

1-1/2 tsp (7 mL) chopped fresh thyme or 1/2 tsp (2 mL) dried thyme leaves

pinch cayenne pepper

2 tbsp (30 mL) all-purpose flour

1 cup (250 mL) whipping cream

2 tbsp (30 mL) dry white wine, dry white vermouth or dry sherry (*see tip)

2 tbsp (30 mL) chopped fresh parsley, chives or minced green onion tops
salt

1/3 cup (75 mL) freshly grated Parmesan cheese, (approx.)

1. In a food processor, finely chop mushrooms, using on-off pulses. In a large skillet over medium-high heat, melt

butter. Add mushrooms, shallots, thyme and cayenne; cook, stirring often, for 4 to 5 minutes, or until mushrooms are tender and moisture has evaporated. Sprinkle with and blend in flour. Stir in cream and wine; bring to a boil. Reduce heat and simmer, stirring often, for 2 to 3 minutes or until thickened.

2. Remove from heat and stir in parsley; season with salt to taste. Transfer to a bowl, cover and refrigerate for at least 1 hour.
3. To serve, preheat oven to 350°F (180° C). Spoon a generous teaspoon of mushroom filling into croustades and place on a large rimmed baking sheet lined with parchment paper. Sprinkle tops with Parmesan cheese. Heat in oven for 10 minutes or until filling is piping hot.

**Tip: Use 1 tbsp (15 mL) fresh lemon juice instead of wine.*

CROUSTADES

Croustades are toasted shells made of pastry or bread and filled with savoury fillings which make amazing appetizers. Look for packages of President Choice Tramezzini bread (white crust less bread cut into thin lengthwise slices) in Loblaws-affiliated stores, such as our local No Frills in Stouffville. The bread is fabulous for making finger sandwiches too. You no longer have the chore of cutting off crusts from special order bakery bread sliced lengthwise. Tramezzini bread makes it so easy to bake croustades for these amazing mushroom appetizers.

MAKES ABOUT 80 CROUSTADES

Preheat to 375°F (190°C)

2 pkgs (250 g) white or whole wheat Tramezzini bread

1/2 cup (125 mL) butter, melted (approximately)

1. Cut each long slice of bread into eight 2-inch by 2-inch (5 cm by 5 cm) squares.
2. Using a 24 mini-muffin pan, brush muffin cups with melted butter. Firmly press bread squares into muffin cups. Generously brush bread with butter.
3. Bake in preheated oven for 8 to 10 minutes or until edges of croustades are golden. Transfer croustades to a rack to cool. Repeat buttering muffin pan, pressing bread squares into muffin cups and brushing with butter and bake as directed until all of the bread squares are baked.
4. To freeze, spoon mushroom filling into croustades, arrange on a baking sheet in single layer and freeze. When frozen, transfer to an airtight container with parchment paper between layers. To bake, place frozen filled croustades on baking sheet, sprinkle tops with Parmesan cheese and bake as directed or until piping hot.



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How to Meditate

BY KAREN DERMODY

The other day someone asked me how to keep calm in this crazy world. My answer is to do (or attempt to do) three things each morning: meditate, exercise, and write in a journal.

In the last issue of *Home on the Green* I wrote about the benefits of meditation. In this article, I will endeavour to explain how to meditate.

Many might think that meditation requires us to stop what we are doing, get out our yoga mat or comfy chair, close our eyes and focus for an uncomfortable amount of time. It might sound more like another chore, rather than a healthy way of living. Seriously, in the grand scheme of things, who really has time to meditate anyway?

The answer is ... we all do! Meditation is about being right here, right now, all the time. We can meditate at home, at work, in our cars—wherever.

Stress at this time of year can sometimes leave you feeling exhausted, often zapping the joy that the holidays are supposed to bring. Meditation not only helps you be more joyful and present, but it can also help you spread joy to those around you.

There are many other forms of meditation, besides using a mantra. There are guided meditations found on the internet, walking meditation, mindful breathing, and visualizations. These visualizations are about how we change our minds to create new ways of seeing and thinking about our world and our place in it.

We have about 60,000 to 80,000 thoughts per day and each thought has a beginning, a middle and an end with space in between. This space is called the gap and in the gap is where you find infinite possibilities. With meditation you start looking within to find who you really are. It takes you beyond the mind, intellect and ego to your soul and spirit.

Where to Meditate

To make meditation part of your daily routine, it helps to create a special space where you look forward to retreating at the beginning and at the end of your day—or whatever times you choose to meditate. Although some people like to dedicate an entire room to meditation, if you live in a small home or don't have much space, you can still create a beautiful meditation space in a little-used corner of your home.

When to Meditate

Morning and evening coincide with your body's quieter rhythms. Our body knows how to be still; we just have to give it an opportunity. Studies show that routines that begin in the morning last the longest, but any time you look forward to meditating is the right time.

Make meditation a daily ritual. It is best to meditate first thing in the morning. Think "RPM" (Rise, Pee, Meditate) or whatever ritual will help make meditation indispensable to your morning routine. Start your practice by asking the four soul questions: Who am I? What do I want? What is my purpose? What am I grateful for?

We ask ourselves the four soul questions to help us better understand our multifaceted existence.

After a few minutes, let the questions go (as well as any answers that come to you) and begin repeating a mantra...such as soo-hum. Sound meditation is from the ancient Vedic traditions of India and has been around for thousands of years. Incorporating this ancient knowledge in a meditation that uses the vehicle of sound in the form of a mantra will take you from an active mind to a silent mind.

Body position

Being comfortable is important. It is preferable to sit up straight on the floor or on a chair to help cultivate alertness, but if you are ill or need to lie down, that is fine. The mind has been conditioned to sleep when the body is lying down so you may feel sleepier. Your hands can relax on your lap, palms up or any way that you feel most open.

Thoughts

Thoughts will inevitably drift in and dance around your mind, but that's normal. Don't try to do anything with them—let them be. If you find yourself thinking about what's passing through your mind, just return to focusing your awareness on the mantra (soo-hum) or your breath—you will soon slip into the space between thoughts.

Breath

When we pay attention to our breath, we are in the present moment. In an unforced, natural rhythm allow your breath to flow in and out, easily and effortlessly.

Meditation Length

The effects of meditation are cumulative and setting aside as little as 15 minutes a day to retreat and rejuvenate is beneficial. Many schools of meditation prescribe 30 minutes of meditation twice a day, and as your meditation practice evolves, you can extend your time. It is better to spend just a few minutes meditating every day rather than meditating for an hour a week.



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Namaste: INTRODUCING YOUR BALLANTRAE RESIDENT YOGA INSTRUCTOR

BY LYDIA POLLOCK



My name is Lydia Pollock. My husband and I have been residents on Babe's Way in Ballantrae for 13 years. Sixteen years ago, I became a Kripalu-certified, insured instructor and I have been guiding yoga classes ever since to students throughout York Region. It has been my great privilege to teach Ballantrae residents at our Recreation Centre for over 10 years. Many of you now refer to me as the "resident yoga instructor." My mission is to guide my students through creative practices that strengthen and nourish the body and mind.

Since the onset of the COVID-19 pandemic, guiding yoga here in Ballantrae has become a challenge. Our Recreation Centre closed. Winter seemed reluctant to retreat last spring. It was difficult for many of us to enjoy the outdoors or exercise. I missed teaching my "yogis" at the Recreation Centre and felt very isolated.

On February 17 my husband and I produced a five-minute video on a specific set of restorative postures that aid in the opening of one's chest and collar bone area. The video was the first uploaded to my YouTube channel, Lydia Yoga. I was pleasantly surprised that it had been viewed many times. My yogis asked for more!

As of September 2020, we had produced 53 videos with over 3,000 visits on YouTube. That averages to about 57 visits per video. Each video runs between 5 and 35 minutes. Each is organized by one's experience level ranging from the absolute beginner to intermediate levels of yoga. The most popular video is called "Tummy Toning." For the visually impaired, six audio classes are also available. Recently and to my delight, residents have bravely volunteered to be recorded as they are guided through a yoga session. I am very thankful to all who have both participated and offered feedback. All videos and audio offerings are provided at no cost.

Learning how to film and produce videos has been a gift that helped my husband and me adjust to the isolation during the quarantine in the winter



and spring of 2020. We purchased a new camera and learned how to optimize it for video recording through much trial and error. Recently we improved the sound quality using a wireless Rode microphone thereby eliminating the distracting echo in our lower level home yoga studio.

The cool weather is now upon us and the future of this pandemic is uncertain. In anticipation of our Recreation Centre remaining in limited operation and with the enthusiastic encouragement of my students, we will continue to provide no-cost yoga videos and audios. Our goal is to produce an average of two new videos per week and expand and increase the views on the channel exclusively within the Ballantrae community.

My husband and videographer often asks, "Will you eventually run out of material to teach?" "Never," I reply. "This practice is limitless as long as one is willing to learn."

I thank viewers and our community for their interest in yoga under my guidance. If you would like to view my offerings, please visit my website at LydiaYoga.com and go directly to my YouTube channel, Lydia Yoga. If you have any questions, please email me at info@LydiaYoga.com. You need not have any previous yoga experience, just a desire to discover something about yourself that might be new, enriching and beneficial. Namaste.

THE STORY OF A LIFETIME:

Erma Dominico

BY ALISON SCOWCROFT

PHOTOS BY ROBERT PITOUR



I have lived two doors down from Erma Dominico for nearly 14 years, and although I knew she was a fascinating woman, I had never realized how interesting her life has been. She refers to herself as the "determined German." After reading her story, I'm sure you will agree.

Erma was born in the small municipality of Powassan, located near North Bay. The youngest of twelve children (the first three were boys who died at birth), her closest sibling, a sister, was seven years older and her other siblings were out of the home by the time Erma was born. Erma's parents lived off the land, raising livestock, vegetables and fruits to support them, and Erma learned to catch and clean catfish for Friday dinners and to shoot game and fowl with her dad by the time she was five years old.

The closest school was three miles away but, due to the cold winters, Erma went to school only from September to November and then again from April to June. December through March she did correspondence courses at home. Her mom, a German Canadian with limited English, could only help so much with Erma's ongoing education. Wanting to go to grade eight meant having to move to a different town and pay room and board, which was out of the question with money being scarce.

Determined to get an education, 13-year-old Erma packed her bags and took the train to Toronto, arriving at the Parkdale station with all of her possessions in a cardboard box. She bought a newspaper, checked the help wanted ads and found a job in a private nursing home, feeding and caring for the residents.

While living in the home and working, Erma went to Shaw's Business College at night to continue her education. Eventually she moved to Huntsville to live with her sister whose husband was overseas. She got a job at Eaton's where she met her first husband, Bill, when he returned home from the war, wounded. It was love at first sight. They married six weeks later. He was 20, she was 16. Erma became pregnant and very shortly afterwards, her husband was diagnosed with tuberculosis and sent to a sanatorium, where he lived for the next four years. She and Bill never lived together again.

They divorced and Erma met Tom Dominico who became her husband of 56 years. At that time Erma was single with a young son and worked at Sears on Mutual Street in Toronto. They married and had two more sons. After Tom died, Erma decided to downsize and was introduced to our beautiful Ballantrae by a friend, Erma Roeder, who already lived here. Again, it was love at first sight. She and Erma Roeder golfed on a Friday and by the following Friday she had bought her home on Bobby Locke Lane.

By chance, through her love of bridge, she met Bill and Helen Wadland. They all became good friends, then Helen passed away, leaving Bill alone and lonely. He reached out to Erma for comfort and support and surprisingly to both of them, they fell in love, Erma at the young age of 81. Erma recalls that they were at the Ballantrae Christmas party when Bill asked her to dance to the song, "Can I have this dance, for the rest of my life?" She was smitten. They were married in 2011; sadly, Bill passed away in 2013.

Erma continues to be a role model to all women. She golfs, plays bridge, and stays fit and active. I wonder how many young women today would have what it takes to leave home at 13 and make a life for themselves. And a good life at that.



THE LEGENDARY CRETAN DIET

TEXT & PHOTOS BY ANITA DRAYCOTT

Want to live long and healthy? Move to Crete. Back in the 1950s researchers came to this largest of the Greek islands to study why its inhabitants enjoy the world's lowest percentage of both cardiovascular disease and cancer. In later studies, conducted by the World Health Organization, Cretans also boasted the lowest mortality rate.

Ode to the Olive and Organic

Mind you the Cretan diet is no new-fangled fad. It dates back to 4,000 years ago when the mighty Minoan civilization was at its peak. Archaeological findings at the great Palace of Knossos in Heraklion indicate that Minoans were consuming almost the same foods as the Cretans eat today. Large clay vessels held olive oil, grains, legumes and honey.

Going back even further, Zeus, the mythical Greek god of the gods, was born in a cave on Crete and nursed on milk from a goat named Amaltheia. Crete has been a part of human history for 8,000 years. Paleolithic man arrived there around 6000 BC, and over millennia, people from a wide variety of cultures —Minoans, Romans, Arabs, Turks, and others—came to conquer and control the fertile island. Roughly 50 years ago, Crete became the birthplace of something new: the Mediterranean diet, a heart-healthy eating pattern that has become, for many, the *de facto* diet of anyone living in countries bordering the northern Mediterranean Sea.

Even during adverse times over successive occupations by Turks, Venetians and Arabs, the rural inhabitants of Crete subsisted on whatever their fertile soil produced organically. Most families had, and still have, a goat and enough olive trees to tide them over for the year. And they don't scrimp on that liquid gold, the key ingredient to their longevity. Their diet also consists of plenty of fruit, vegetables, greens, legumes, goat cheese and whole-grain bread. They use wild herbs for flavouring, teas and remedial potions. Aromatic honey and raisins are natural sweeteners. Fish and poultry are consumed moderately and red meat is reserved

for Sundays and festive occasions. Tomatoes from the New World were introduced in the 1900s.

Cretans have practiced viniculture for 4,000 years. According to Greek mythology, the god Dionysus made a gift of wine to his pals, including the King of Crete's daughter, Ariadne. These days, most Cretans drink wine in moderation with dinner.



Nature's Medicine Chest

The bountiful Cretan soil produces myriad herbs and medicinal plants. Aristotle recorded that a goat wounded by a hunter's arrow consumed a plant called *origanum dictamnus* and the arrow miraculously fell out of the healed wound. This *dictamnus* from the oregano plant family is considered a sort of panacea for all kinds of ailments – from headaches to digestive problems. Some also believe it to be an aphrodisiac.

Just outside the town of Spili I spotted a leathery-faced man leading his donkey into a meadow. The old chap, who looked like he was sent from central casting, was busy foraging for wild plants. My lack of Greek and his lack of English prevented anything more than a conversation in hand language but it was clear the old fellow was delighted with his pickings. I went in search of *dictamnus* and sure enough I hit pay dirt at the Maravel Shop in Spili (www.maravelspili.gr), its shelves also brimming with olive-oil soaps, salves, balms and potions made from local herbs.

A Taste of Honey

If you want to sample authentic Cretan recipes head to Avli located in the Old Town of Rethymnon. Avli is certified by the Greek Academy of Taste for serving traditional Cretan cuisine made from local products. In fact, several of their recipes came from grandmothers in the rural villages. Their slow-cooked free-range goat with honey, thyme, organic grape molasses and baby potatoes is a dish worthy of the Greek gods.

For dessert, head to Yiorgos Hatziparashos, an ancient bakery where the filo pastry master and his family have been perfecting honey-soaked baklava since 1948.



I left Crete with a suitcase full of olive oil, dried herbs and honey. What the heck? If you are what you've eaten, I might as well eat like a Cretan.

Food for the Gods

Dacos



This easy appetizer or meze is Crete's version of bruschetta.

4 round barley rusks

Greek extra virgin olive oil

4 ripe tomatoes

2 to 3 heaping tablespoons of crumbled feta or mizithra cheese

salt, pepper and Greek oregano

Slightly moisten the rusks with water. Drizzle with olive oil. Peel and finely chop the tomatoes and spread over each daco. Top with the cheese and a pinch of salt, pepper and oregano. Serves 4.

Festive Salad

1 teaspoon Dijon mustard

250 grams yogurt

250 grams mayonnaise

juice of one lemon

1 medium green cabbage finely chopped

2 apples diced

3 carrots grated

1 cup walnuts chopped

seeds from one pomegranate salt



Combine yogurt, mustard, mayonnaise and lemon juice. Season with salt. Put rest of ingredients in large bowl, toss with dressing, refrigerate and serve cold.

Serves 4.



Rosemary-Infused Olive Oil

Drizzle this flavoured oil over pasta or potatoes, use in salad dressings or for marinating fish or chicken. It also makes a lovely gift.

5-6 sprigs fresh rosemary washed and well dried

crushed dried red peppers (to taste)

1 cup Greek extra virgin olive oil

Put crushed pepper and rosemary sprigs in clean, dry bottle. Fill with olive oil and seal with cork or lid. Store in dry cool place where there is no direct sunlight for about one week. If you store in a refrigerator, the oil might get cloudy but should clear up once it is left out at room temperature.

PROFILE

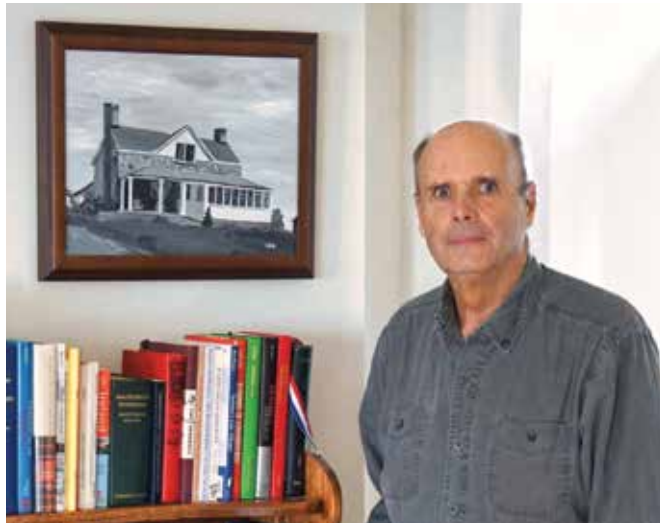
Who do you think you are?

ROGER PETERSON HAS THE ANSWERS

BY KAREN CLARK PHOTOS BY ROBERT PITOUR



Genealogy - noun ge·ne·al·o·gy\-jē\:
the study of family history



At my age, one would think I would know who I am, but after talking with resident genealogist, Roger Peterson, I have a long way to go. It was exciting to hear the passion in his voice during our phone chat about his research.

How did you get interested in genealogy?

I fell into it really. My grandparents had passed away and in 1996 I got access to their boxes of photos. Within the boxes there were some family trees from the '30s and '40s. Curious, I started asking my father some questions about my grandparents' ancestors but he didn't have answers. Also, in 1996 my father's cousin went to a family reunion and brought back copies of our family tree. Now I had something with which to start.

What were some of your first discoveries?

Through birth, marriage and death certificates I found that a large portion of my family came from Wellington and Dufferin Counties going back six generations. Although born in Wellington County, I started making the one-hour drive to the Dufferin County museum on Saturdays to do research. I became such a regular that I eventually started volunteering as a researcher/archivist and did so for 21 years.

Did your family search reveal any big surprises?

Yes, my eighth great grandfather was tried and acquitted as a pirate! Also, through that same connection I am related to five U.S. presidents.

What projects were you involved in at the museum?

For a two-year period starting in 2008, I worked with the archivist and curator to develop a virtual war memorial. With no county-wide physical memorial in the town, we felt there was a need to identify and document the story behind Dufferin County residents who served in the military and were involved in conflicts around the globe. A Dufferin veteran, Ken Wallace, provided the initial 700 names for the memorial, but as of 2020 the memorial contains over 6200 names. The list dates back over 200 years to the Napoleonic Wars. A Trillium grant allowed us to hire a web designer and a permanent web site was developed (<http://genealogy.dufferinmuseum.com/#Action=PersonSearch>).

To research a vet on the website, select: **Veteran**; then left-click on the magnifying glass icon to begin a search.

Another project was to identify and document the over 200 British Home Children (BHC) who were sent to Dufferin County. When single, my step-great grandmother (both my grandfather's aunt and his stepmother) and her sister had inherited their family farm and had two Home Children brothers, Jack and Wilfred Wells working for them. Wilfred was about the same age as my grandfather and they were lifelong best friends. We would see Wilfred and his wife when we visited my grandparents in Guelph. Jack moved to a farm near Antigonish, Nova Scotia.

You mentioned that you worked with Shelburne high school students. How did that come about?

The Centre Dufferin District High School (CDDHS) history teacher organized a student field trip to the Juno Beach memorial each year. One of the requirements for going on the trip was to pick a local veteran, or a veteran from their own family and research their history. I would help the students with their research. The chosen vet or his surviving families were invited to an oral presentation of the student's findings hosted by the museum. The students repeated the presentations while in Normandy, France to the delight of other visitors. On the 70th anniversary of the Juno Beach invasion, then Prime Minister Stephen Harper, speaking at the memorial, recognized the work of the students by stating, "To the young people here today, I say this: in not so many years, the duty of remembrance will belong to your generation, and



Roger's parents; Roger as a toddler with four generations; more family album memories.

yours alone. In that regard, the work done at Centre Dufferin District High School, many of whose students are here today, is a model of its kind. Centre Dufferin has been active in fundraising for the Juno Beach Centre just behind me and in personally researching the lives of veterans. I congratulate the staff at Centre Dufferin for this tremendously valuable work."

Expand on your one-name studies. What does that entail?

A one-name study concentrates on people with a single surname, even if they are not related. I started researching my family lines but I moved on to collecting information on a given surname, past and present, anywhere in the world. Some surnames I work on myself but on some others, I am part of an organized group of researchers. I have modified the definition of one-name studies to have provincial or regional boundaries. I believe these surnames are not unique enough to research outside a given boundary.

What resources would you recommend for someone starting their family history?

Before you start using family search sites and other online resources, you need an overall understanding of your family to define your research objectives. Start by interviewing relatives, asking for family stories, family trees, access to photographs and any other memorabilia that might be useful in your research. Some people will allow you to take the items away, but if not, they will normally allow you to digitize the items using a smart phone camera.

Once family resources are collected, the next step would be to access local genealogical information from societies, museums and archives. These organizations collect local information that might not be accessible from any other facility. After you have gathered this information, you can start to fill in a family chart as best as you can.

You have three options to document your family: paper charts and forms, genealogy software or a genealogy website. Two excellent sites are ancestry.ca and familysearch.org.

It sounds like you have to be part detective. How much time do you spend researching?

I spend about three hours a day at my computer. I must say

it is now an obsession. When I retired in 2014, I promised myself I would break up the day by taking walks. Living in Ballantrae for the last 17 years, I have a lot of options for walking in the area. I cover about 16 kilometers a day. Even so, I am always anxious to get back to my work. I use Family Tree Maker (FTM) as my genealogy software tool of choice. With my varied interests and projects, I have approximately 60,000 documented relatives and more than 250,000 people in FTM!

If you are interested in learning more about tracing your family history, visit hotg.ca/genealogy. You will find available resources along with associated website links

I am now inspired to start my own research and will begin with my husband—David Roy Clark who started life as Michael Shannon Malarkey! Now, that's another story!



What's Coming to Ballantrae

BY ANITA DRAYCOTT

Finally, we have some news about the shops and services coming to Ballantrae Gate, our new neighbourhood plaza at the corner of Aurora Road and Highway 48. Here is a partial list of tenants as supplied by Jason Karametch of MFS Realty and Property Services. Welcome all.

Restaurant

Tim Hortons

Opened last year, Canada's very successful fast-food restaurant chain serves coffee, doughnuts and other goodies with "dine in or drive through" options (depending on COVID rules). Now they will have neighbours.

Grocery

Ballantrae Market

Owner Bill Stamatoulos is opening his second location in Ballantrae. (His other store is called Cosmos Agora, located in Scarborough.) The Market will sell lots of Greek and Mediterranean foods with a butcher counter, a variety of cheeses, dips and groceries. Ballantrae Market also has a grill and hot table selling prepared foods, especially Greek specialties such as souvlaki on pita and moussaka for take-out. They also hope to offer delivery to our residents, based on demand. Once COVID-19 rules change, there is space inside for a few tables.

Pharmacy

Pharmachoice Ballantrae

Owner Dilip Chotai, who is moving from his current pharmacy location in the Ballantrae Plaza on Highway 48, has been offering personalized service to Ballantrae residents. He has also been very generous to our community with donations to numerous events including the Ballantrae Summer Games. The new Ballantrae Pharmacy will be more than double the size of the previous one providing space for their own compounding facilities as well as expanded lines of merchandise and cosmetics. Maybe even a lotto machine!

Beauty

Dream Nails & Beauty Spa

Ellen Lin and her team offer manicures, pedicures, waxing, facials and relaxing body treatments.

Physiotherapist

PT' Movement Wellness

Owner Valerie Rolf von den Baumen began her career in Russia where she specialized in physiotherapy after completing medical school. She immigrated to Canada in 2005 and further supplemented her education with a Master's degree in Physiotherapy from Queen's University.

PT' Movement Wellness Centre has the first fully equipped GYROTONIC® studio in York Region for one-on-one movement training. Physiotherapy treatments include pelvic floor work, functional movement assessments, acupuncture, electrical modalities, and cupping, in addition to manual and laser therapies. Coming in January: Pilates classes and programs for hip and knee osteoarthritis.

P: 905-642-8000

W: ptmovement.ca

E: info@ptmovement.ca

Optometrist

Reflect Optometry

Dr. Cristina Schirripa will open Reflect Optometry in early spring, 2021. She graduated from the University of Waterloo School of Optometry and Vision Science in 2009 with an Honours Doctor of Optometry. She has been providing care in the Greater Toronto Area for the last 11 years and is looking forward to bringing her passion for eye health and eye education to Ballantrae. She will be providing complete and comprehensive eye care for all ages and will be a local source for glasses, sunglasses and contact lenses.

Website, social media platforms and phone number are coming soon!

Health food store

Organic Planet

Organic Planet opened for retail business over 12 years ago and sells quality supplements, vitamins, chemical free cleaning products, soaps, lotions, bulk food and more.

Organic Planet has a clinic on site with a nutritionist (Ajay Sikka) available for consultancy for concerns about weight loss, digestion, arthritic pain, allergies and other health issues.

<http://www.organicplanetonline.ca>

Pet Supply Store

First Choice for Pets

Owner Josh Louie intends to create a one-stop-shopping store for pet owners. He sells holistic healthy food that will extend the life of your animal. He will also carry the big-name food brands, as well as a full line of accessories (collars, harnesses, bedding, crates and more).

www.firstchoiceforpets.ca

Also coming

Physicians, a dentist and more tenants in the works.

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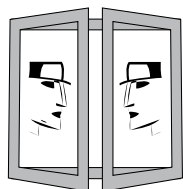
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Pocket Concert

BY LORRAINE FARRO



How many sentences this year started with “2020 was supposed to be . . .”? Well, many residents were very excited because on the occasion of our third year of Ballantrae Pocket Concerts we were supposed to launch both a spring and a fall Pocket Concert. Alas, that was not to be, but miracles of miracles we did salvage a fall outdoor Pocket Concert on Sept 9, 2020!

For those who are not familiar with Pocket Concerts, Rory McLeod and his wife Emily Rho created the concept a few years ago as a way to share small ensemble classical music played by professional musicians (TSO, COC, National Ballet, freelance) in small personalized venues. Their goal has been to create intimate and connective concert experiences for their audiences—and WOW do they deliver!

71 attendees were treated to a string quartet on a foggy day that created mist on and off but the afternoon stayed dry for our concert. Oddly enough the low cloud brought a quiet serenity to our outdoor concert hall which made the beautiful music all the more spectacular. I swear I heard the birds singing along to Beethoven at one point!

Aaron Schwebel, Sheila Jaffe (violins), Rory McLeod (viola) and Leana Rutt (cello) treated us to some 20th century Schulhoff, a Beethoven string quartet and some Danish folk music called *Woodworks*. Schulhoff was an interesting character of the early 20th century—ultimately because of his Jewish descent and his radical politics he died in the Wulzburg concentration camp at the age of 48 in 1942. While the five pieces of Schulhoff had conventional names like Viennese Waltz, Tango and Tarantella, they certainly did not sound like the music we associate with those names...perhaps his way of poking fun at traditional views? The string quartet

Op 59 No.3 in C major was a product of Beethoven’s middle period, around 1808. The last movement was especially entertaining, always teasing the audience as to when it was ending. One wonders if Beethoven didn’t learn a little from Mozart with his musical joke. The Danish finale of *Woodworks* was a lively piece written in two movements. I saw a lot of toes tapping up and down through the audience. Rory told us that the Danish string quartet holed itself up in a cabin in a remote part of Denmark for many days until it came up with these quartet arrangements. It could have been Celtic music being played as easily as Danish. Think string-style toe-tapping fiddling folk music!

Who knows what 2021 will bring? But if we can, we would love to host another outdoor Pocket Concert at our beloved Ballantrae. Keep an eye on the *HOTG* website for information. In a year of lean incomes for many in our country I know that the professional musicians are very appreciative of our ongoing support. Thank you to all attendees who followed the COVID protocol to the letter to keep us all safe and to those who volunteered and helped make the day a tremendous success.

For more information on these talented artists, see their websites below:

Sheila Jaffé, violin

<https://www.sheilajaffe.com>

Aaron Schwebel, violin

<https://www.echochambertoronto.com/directors>

Rory McLeod, viola

<https://www.pocketconcerts.ca/rory-mcleod>

Leana Rutt, cello

<https://festivalofthesound.ca/artists/leana-rutt>



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Ladies' No Stress Golf League



Tuesday No-Stress Meets the Corona Virus

Corona virus lock-down measures were well under way when the golf season started for the Ballantrae Ladies' No-Stress Golf League. Rather than give in to the virus, we adapted and changed our meeting format. Each of us phoned the Royal Stouffville Golf Club and made our own tee time for the delightful nine-hole Executive Course. The club personnel put us together in random groups, saving a block of time for us each Tuesday. Soon however, we melded into fairly regular twosomes, threesomes and foursomes, booking in and holding fixed tee times every week. All worked out well, except we missed gathering together at the beginning of each Tuesday morning for the open draw and then again at the end of the morning for coffee and chatter in the club's restaurant. Ah, well. Next year will be different, we're sure. As always, we ask you to invite new residents to join us in the spring when we'll once again play our unique, easy, breezy form of no-stress golf.

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Ballantrae Ladies' Golf League Continues a Tradition

Ballantrae Ladies' Golf League (BLGL) has supported the Stouffville Food Bank for years and this year was no exception. There were no special events for the league this season, hence no money was used for prizes, luncheons, etc. However, the committee decided that it wanted to continue the tradition of supporting the food bank. Kelly Roofing, a long-time sponsor of the BLGL, agreed that their contribution this year would be turned over to the food bank along with proceeds from the BLGL. Organizer Sandy Hinch is photographed here handing Jan Kelly, Ballantrae resident and Stouffville Food Bank volunteer, a cheque for \$1800.00. We live in a community that cares!



Ballantrae Golf Club Gives Back



In appreciation of the support received from their customers this season, the Ballantrae Golf Club pledged to donate \$1.00 for every round of golf played in the month of October to the Whitchurch-Stouffville Food Bank. Club manager Tanya McGee is proud to announce that the food bank was presented with a cheque for \$4,123.00!

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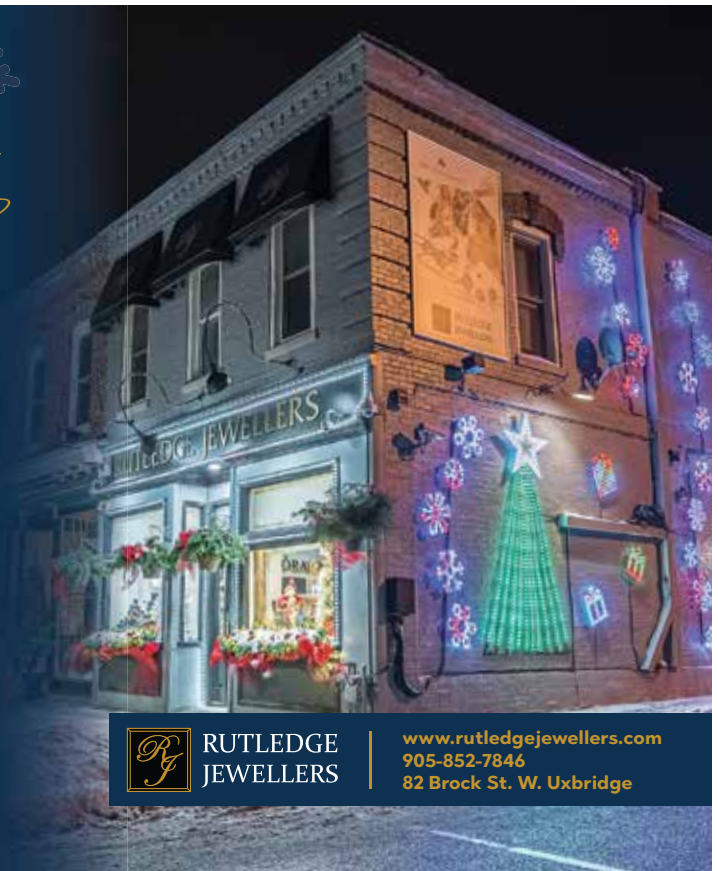
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Ballantrae Men's Golf League Does It Again



Due to COVID restrictions, there was no BMGL season-ending luncheon and cheque presentation this fall. The photo shows, from left to right, Phil Kostandoff, Joanna Sullivan (Sunnybrook Hospital Foundation) and Jay Adams presenting their 2017 cheque.

For the past ten years, the Ballantrae Men's Golf League (BMGL) has collected money in support of prostate cancer research. Led by Phil Kostandoff, one of the league's originators, the total raised to date is over \$100,000!

It was with pride that Phil reported that the fund raiser this year had surpassed his goal of \$10,000 and that \$11,540 had been collected from the members. Phil started this annual collection many years ago by putting out a tin can alongside a homemade sign urging golfers to throw their change into the "Toonie Tub" for prostate cancer research. It wasn't long before this generous group started giving Phil cheques for larger amounts. At the time, proceeds went to Prostate Cancer Canada.

During a golf outing at Ballantrae, Phil was introduced to Dr. Robert Nam, head of genitourinary cancer care at the Odette Cancer Centre, Sunnybrook Hospital. Phil struck up a conversation with Dr. Nam and was intrigued by his work. The doctor agreed to come and give a speech at the annual luncheon hosted by the

BMGL. It was decided that future donations would go to the Sunnybrook Foundation to aid Dr. Nam's progressive prostate cancer research.

Recognized as a world leader in early detection of prostate cancer, Dr. Nam is well known for his research comparing the diagnostic capabilities of magnetic resonance imaging (MRI) to the widely used prostate specific antigen (PSA) blood test. He has also been working closely with scientists from the Sunnybrook Research Institute to identify a new panel of genes and markers for prostate cancer detection. He and his team are on the brink of a landmark discovery to improve diagnosis and treatment using the most personalized tools. In a recent Sunnybrook Foundation newsletter, Dr. Nam praised the efforts of the Ballantrae league, saying, "We are so grateful to the Ballantrae Men's Golf League for your continued support of Sunnybrook as we break new ground to improve prostate cancer care and give hope to countless men and their families. Together, we are heralding a new era of prostate cancer care. Thank you."

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Gracias Antonio.





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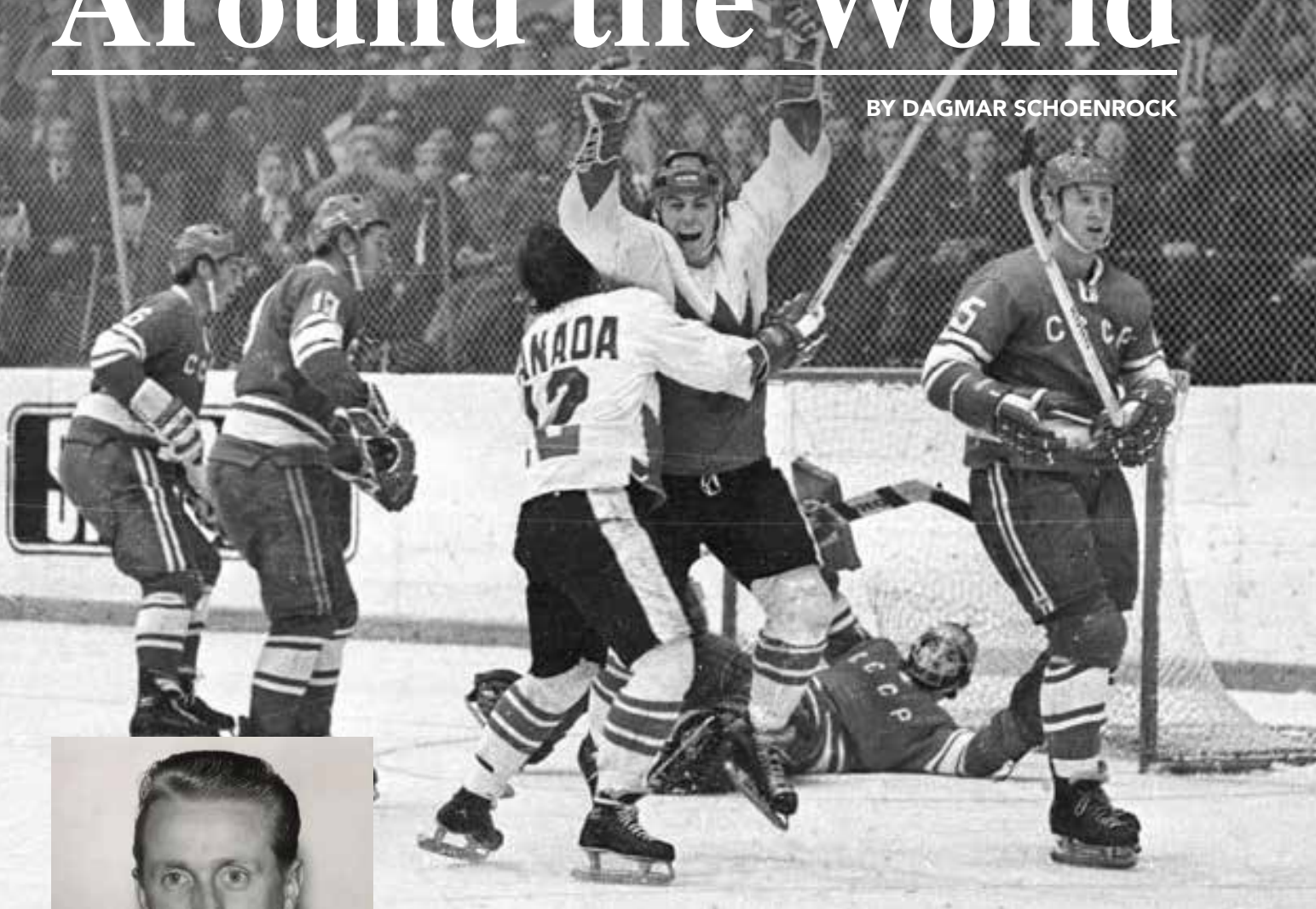
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The Goal Heard Around the World

BY DAGMAR SCHOENROCK



My husband, Darcy Lennon, is one of seven children of a well-known former *Toronto Star* photographer, Frank Lennon. No matter where we go, I'm always amazed at how his "goal" photo truly has been etched into the memory of Canadians and has been a source of national pride.

With 34 seconds remaining in an historic eight-game 1972 Summit Series between hockey superpowers Canada and the Soviet Union — the first time our best professional players had faced off against their best so-called amateurs — Paul Henderson scored to put his team ahead for good. This was the victorious moment that Frank Lennon captured in his famous photo.

Obituaries

FRANK LENNON, PRESS PHOTOGRAPHER 1927-2006

On Sept. 28, 1972, he captured a photo that was forever etched into the visual cortex of every Canadian. The Summit Series image has since graced posters, hockey cards, book covers, a postage stamp and a coin.

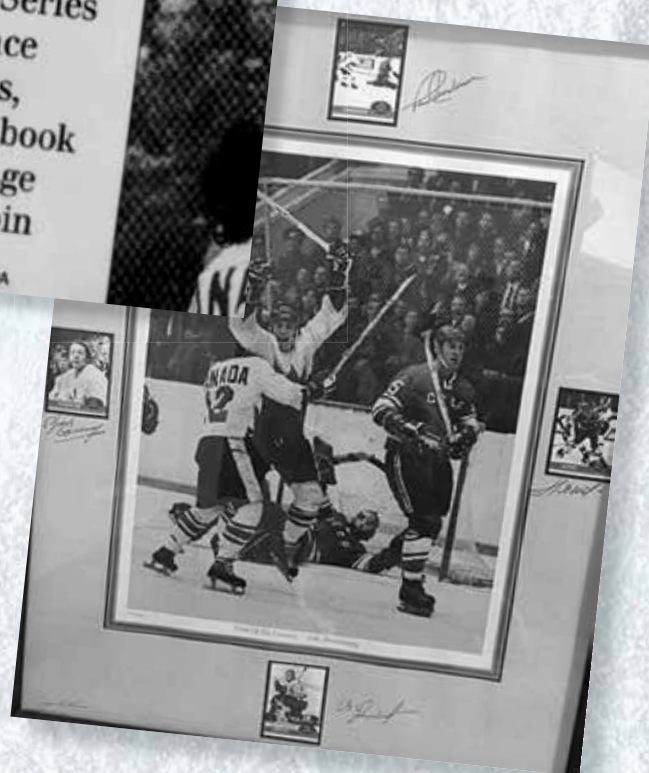


THE BEST PHOTO EVER TAKEN

FRANK LENNON,

On Sept. 28, 1972, he captured a photo that was forever etched into the visual cortex of every Canadian. The Summit Series image has since graced posters, hockey cards, book covers, a postage stamp and a coin

BY TOM HAWTHORN, VICTORIA



Of course, Darcy has this photo hanging in his office. However, while staying at a B&B in Niagara-on-the-Lake, where they had a coffee table book with famous photos; when visiting a restaurant in Toronto and admiring the photos used as decor; or while viewing homes with a realtor to find the photo hanging in a recreation room —we've seen this photo is as revered today as it was when it first appeared. When we lived in Uxbridge, our next door neighbour even had the image tattooed on his arm!

Everyone has his/her story to tell about how and where they watched the goal being scored. In my case, our high school wheeled every TV we had into the gym, classes were cancelled and the entire school celebrated together. The memory still brings goosebumps. Most people agree.

Mrs. Helen Lennon, Frank's widow, is 93 and a former resident of Ballantrae Golf & Country Club. It will be a fabulous Christmas gift for her to see her husband continue to be recognized for his contribution to Canadian sports history in *HOTG*.



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

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Recently we presented our advertisers with a new opportunity that has been well received.

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. 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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More Good Reasons to Visit www.hotg.ca

BY DONNA CLARK

Back in October the hotg.ca team designed a short on-line survey to determine how well we were meeting the needs of residents and whether there were any suggestions for improvements.

The Survey

We asked questions ranging from how well hotg.ca met your needs, how frequently you visited, how easy it was to find what you were looking for and how much you trusted the information. We also included an open-ended question asking for any comments or suggestions. We sent the questionnaire via our newsletter and a link on the home page of the website. We received about 160 responses. Full results are available in the website section of the site.

The Results

To quote Sally Fields, "You like us, you really like us." Some highlights include:

- Over 85% of respondents felt that hotg.ca met their needs very or extremely well.
- Almost 95% of respondents thought it was easy to find what they were looking for and they trusted the information provided.
- Frequency of visits to the site showed the biggest variation. The good news was almost half of respondents visited hotg.ca at least once a week or more frequently. That left the other half visiting less often. Hopefully, the number of visits will increase as time goes on and we get back to a more normal, event-filled community.

- As for comments and suggestions, of those that answered, most were positive and supportive of all the work the team does and often mentioned the professionalism of both the magazine and website.
- One area identified for improvement was the home page. It was seen as too busy and cluttered. The team has already simplified and cleaned it up.
- There were a few comments suggesting that all the Condo boards keep their sections updated (some are better than others) and provide more information about concerns, decisions and ongoing negotiations. In addition, adding or expanding sections by FirstService and Porcupine was mentioned.

The hotg.ca team thanks all who participated in the survey. We are always interested in your feedback and encourage you to contact us at any time: webmaster@hotg.ca. A reminder – if you can't easily find what you are looking for, use the web index (on the main menu) or the search function at the bottom of the home page.

Finally, we hope you check out our newest section on genealogy. As you will have read in the profile of Roger Peterson in this issue, he has worked with hotg.ca to create a resource section where you can find everything you need to trace your family history: hotg.ca/genealogy.

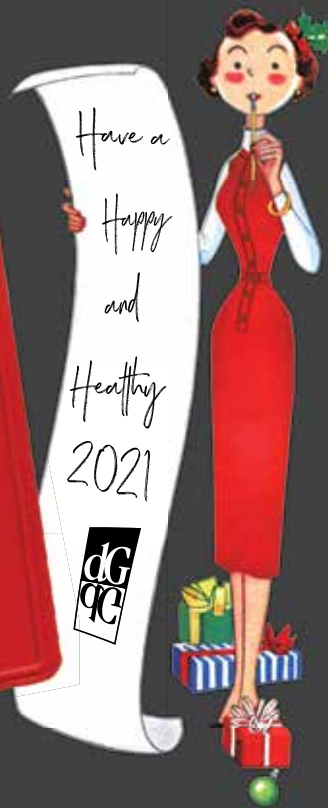


We hope this gives you more reasons to visit hotg.ca. And we trust that you have signed up for our new and improved *HOTG* newsletter. It is our third *HOTG* communication vehicle and complements both the quarterly magazine and our website. You can sign up on the website or email webmaster@hotg.ca.

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What was it Like Playing Pickleball in 2020?

BY DENNIS CARTER, PRESIDENT OF THE STOUFFVILLE PICKLEBALL PLAYERS



There are many expressions that would describe the 2020 pickleball season—different, exceptional, unusual, frustrating, fun and exciting.

In May we had no idea if we would be allowed to play pickleball at all this summer. Fortunately, the town of Stouffville gave us permission but we were limited to playing singles only and could use only half the court (known as skinny singles). Not as exciting as doubles, but at least we were allowed to play!

We decided to protect our members as best as we could by setting up a disinfecting table. It included a sign-in book where every player had to sign in each time he/she came to play (this would help us contact all the players that were in attendance on any day if someone found out they had COVID-19). We wanted our members to have the ability to wash their hands, however we did not have running water at the courts so we bought some water containers with spigots and hand washing soap.

We felt it was imperative that the balls used during play were disinfected. We provided a bin of balls that had been disinfected for use during the game. When the members came off the court we asked them to disinfect the ball they had used during the game. We provided a disinfecting bin where the player sprayed the used ball with a bleach/ water solution, then they put the ball in a third bin where it sat wet until it dried. When the ball was dry it was returned to the "clean ball" bin. We also provided hand sanitizer.

To the relief of most of the players, in August the town finally allowed doubles play again. We still had to take precautions to protect our members from contracting COVID-19. We asked the members to bring their own chairs and to make sure they were social distancing at all times.

Our members have been anxiously awaiting the construction of eight dedicated pickleball courts at Memorial Park in Stouffville which has been delayed due to COVID-19. The town helped by repainting the lines on the Ninth Line courts. Meetings to finalize the design of the new recreation area were to occur in November 2020.

Many players remained hesitant about playing pickleball because of COVID-19, but we had 140 members this year and are hoping 2021 will bring our membership back to the 255 that it was in 2019.

Pickleball players have proven to be very caring and thoughtful people. During the winter season the Stouffville Pickleball Players had heard that the fires in Australia were devastating for both people and wildlife. We decided to try and raise some money to help in their time of need. We contacted two of the pickleball paddle manufacturers (Selkirk and Engage) and asked them for donations of paddles. Pickleball Depot in Vancouver and the Racquet Guys in Markham also provided pickleball accessories for a draw. Some of our own players donated Blue Jays tickets and paddles they had purchased for the draw. The Town of Stouffville donated passes to be used when the Leisure Centre opens for playing pickleball.

We raised \$3,460.00 and split the funds between the Australian Wildlife Fund and the Australian Red Cross. Thank you to all members who donated to this worthy cause.

Even though we could not run our socials as in previous years, we were still able to have a fun and successful season.

We look forward to playing again in May of 2021.




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Not Later... Now

SUBMITTED BY SHIRL SANKOFF

Barely the day started and . . . it's already six in the evening.

Barely arrived on Monday and it's already Friday.

. . . and the month is already over,

. . . and the year is almost over,

. . . and already 40, 50 or 60 years of our lives have passed,

... and we realize that we lost our parents, friends,

and we realize it's too late to go back.

So, let's try, despite everything, to enjoy the remaining time.

Let's keep looking for activities that we like.

Let's put some colour in our grey.

Let's smile at the little things in life that put balm in our hearts.

And despite everything, we must continue to enjoy with serenity this time we have left. Let's try to eliminate the afters.

I'm doing it after . . .

I'll say it after . . .

I'll think about it after . . .

We leave everything for later like "after" is ours.

Because what we don't understand is that:

Afterwards, the coffee gets cold.

Afterwards, priorities change.

Afterwards, the charm is broken.

Afterwards, health passes.

Afterwards, the kids grow up.

Afterwards, parents get old.

Afterwards, promises are forgotten.

Afterwards, the day becomes the night.

Afterwards, life ends.

And then it's often too late.

So, let's leave nothing for later.

Because still waiting to see you later, we can lose the best moments, the best experiences, the best friends, the best family. The day is today.

The moment is now.

We are no longer at the age where we can afford to postpone what needs to be done right away.

So let's see if you have time to read this message and then share it.

Or maybe you'll leave it for . . . later?



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