

# HOME *ON THE* *Green*

COMMUNITY LIFE IN THE  
BALLANTRAE GOLF & COUNTRY CLUB



## In This Issue:

Easy Autumn Recipes

Hitting the Golf Slopes  
at Whistler

The Ill-Fated Covid Cruise

Disruptive Technologies:  
Robotics



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# HOME ON THE Green

P.O. Box 849 Stouffville, ON L4A 7Z9

**A magazine for and about the residents of  
The Ballantrae Golf & Country Club Community.  
A positive community voice to inform and entertain.**

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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 [magazine@hotg.ca](mailto:magazine@hotg.ca). *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 OUR NEW PUBLISHER

BY ELAINE SAKSONS



Fall is here and we are experiencing our "new normal." COVID presented us with opportunities to do things in new ways and to process change! In that respect, I would like to acknowledge the contributions Helen Hunt has made as our past publisher. She worked tirelessly to ensure that our publication is by the people and for the people. I must admit to a certain amount of nervousness following in her footsteps, but she is providing the support I will need. We wish her and her family well in the new chapter of their lives, and know we will see her smiling face as she maintains contacts within the community.

The Sales Team has once again produced an outstanding result for the 21/22 year. We appreciate the 62 advertisers that are returning and welcome DS Flooring, Dawning Light, Duku, Here to Help, Mas & Paws, Quartz City and Park Drive Dental. Look for their ads in this issue and acquaint yourself with their businesses.

Bill Hewitt will be taking over the advertising coordinator role I have held for the last five years. Thanks for taking this on Bill; the team is there to help. There is always a need for more sales reps, however the title is a misnomer. The role is one of enjoying a relationship with a group of advertisers. No sales are required because our residents are quick to recommend advertising in our magazine to companies with whom they have worked. We have maintained a waiting list for the past eight years!

We are also welcoming Ninette Correa, who will fill an administrative support role – managing communications and *HOTG* emails. Note new email: [magazine@hotg.ca](mailto:magazine@hotg.ca). Ninette has recently retired and responded to our plea for a volunteer to carry on the role Enid Sanders held for so many years.

I am so proud of this publication and am excited and honoured to take on this new role.

Elaine

A handwritten signature in black ink that reads "Elaine Saksons". The signature is written in a cursive, flowing style.

**Don't forget about the photo contest. Submissions must be in by September 30. See [www.hotg.ca](http://www.hotg.ca) for details.**





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## A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



### Safety Lock Boxes

A number of these LOCK BOXES have been installed within BGCC... a great safety option for your home. See my Summer *HOTG* article for all the details. A few are still available for purchase by contacting Jeff Bignell at the W-S Fire Service, 905-640-9595 ext. 6229.



### Beyond Books

What is the first thing you think of when you consider "libraries"? For most people it is books! The Whitchurch-Stouffville Public Library (WSPL) however is so much more than just books. Open since 1877, the library now has 32,000 square feet of space and a great staff under the direction of CEO Margaret Wallace. The services and resources available may surprise you. All you need is your free library card for identification.

Margaret Wallace joined the WSPL in 2018. Her public library experience encompasses a history of diverse achievements ranging from Collections, Circulation and Makerspace to Strategic Planning, Human Resources, and Finance. She is passionate about the future of public libraries as community and innovation hubs.

Margaret oversees an operation with a recording studio, a Makerspace complete with robotics, paper craft equipment, sewing machines, a teen lounge complete with gaming systems and a TV, a fireplace lounge with couches to relax and read, 18 individual study rooms, three group study rooms and three business meeting rooms complete with phones and TVs for office meetings.

There is an abundance of digital content available. WSPL partnered with 32 Ontario public libraries to make the CloudLibrary eBook and eAudioBook collection now available with over 312,000 items. There are two eMagazine and eNewspaper databases available – PressReader and NewsStand, making over 10,000 magazines and newspapers easily accessed on any digital device. With children shifting to virtual learning, WSPL launched the Brainfuse database in 2020. Brainfuse provides live one-on-one tutoring, English Language learning support, Canadian

Citizenship prep tests, and job skills with resume assistance. There are also dozens of regular databases available from cooking and recipe collections, to research and what to read next.

They also loan out video games, Chromebooks, computerized books for children, movies, snowshoes, and walking poles (yes, that's correct), plus so much more.

Do you vacation or cottage in an area with unreliable Internet? The library lends out a small connection device called Hot Spots. It provides High-Speed Internet to the area where individual local service may not be available. Of course, there are also the books! Fiction, mysteries, non-fiction, cookbooks, children's books, teen books, large print, paperback, book club kits, and so forth.

Lastly, there are incredible programs and learning opportunities at WSPL. The iPad for Seniors program has been running consistently since 2018 with huge success, led by BGCC's very own Brian Freedman. In 2020 the Grad School program for seniors launched featuring Chromebooks and the Google Suite of software. There is one-on-one tech help, the very popular English Language Learning Circle, book clubs, specialized speakers on numerous topics – the choices are varied and exciting.

Your public library is so much more than books. It is a community hub for inspiration, innovation, and exploration. As the mission statement promises, "Whitchurch-Stouffville Public Library provides a positive impact on the quality of life in our community through the delivery of dynamic resources, engaging technologies and vibrant programs."

Our library is located at 2 Park Drive in town near Memorial Park. When you drop in to pick up your free WSPL card, knock on Margaret's office door. Tell her Councillor Smith sent you. Sign for your card and you will be joining 36,000 other cardholders of this great part of the Whitchurch-Stouffville community.

### COVID vaccinations

Proud of you Stouffville! On July 22 the 50,000th COVID vaccination was administered at our Soccer City complex. Great work by Dr. Yang, her assistants and town staff.

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# A Story of Hope

BY LINDA LEGALLAIS



In a world where we often see division among people, here is a tale of people coming together for positive change.

For decades the Pokot and Ilchamus people, who live along the shores of Lake Baringo in Kenya had battled over land, water and cattle. These tensions were destroying the wonderfully biodiverse land on which they lived. Some of the victims of this battleground were the incredible Rothschild Giraffes, once abundant in the area. Giraffe populations in Africa have steadily dwindled due to many factors and the Rothschilds are now estimated to number only about 2000, with approximately 800 of those in Kenya.

In 2006, elders from both communities recognized the need to stop their hostilities and to work to save their environment. One of their first goals was to save the giraffes. The tribes came together and with hard work established the 44,000 acre Ruko Conservancy to protect local wildlife. This was not an easy task but both communities were keen for change.

In 2011, eight Rothschilds from different areas were brought to the conservancy hopefully to breed and to repopulate the area. To keep them safe from poachers they were placed on a peninsula in Lake Baringo where they began to thrive and produce offspring. As well as helping the animals, the conservancy also provides jobs for members of both communities and income from tourists.

All was going well until 2020 when many areas of Kenya's Rift Valley, where Lake Baringo is located, experienced heavy rains that caused terrible flooding throughout the area. Schools and hospitals were destroyed and over 5000 people were displaced. Suddenly the giraffes' 100-acre sanctuary was becoming a shrinking island. Rangers struggled to provide food

for the trapped animals, but many died. The Pokot and Ilchamus people came together again to save the remaining giraffes. After much consideration, they decided upon a dangerous plan. They would attempt to load each giraffe onto a barge and tow it to the mainland. Imagine, if you will, loading a wild animal that is at least 14 feet tall and weighs up to 3000 pounds, onto a barge! Have you ever tried to get a reluctant dog onto a boat? To add to the problem, giraffes don't tolerate tranquilizers well and have a tendency to choke on their saliva. Plus those long legs and that neck are very prone to injury during transit. It was to be no easy task. The two communities were joined in the effort by rangers and veterinarians from Northern Rangelands Trust.

The first giraffe scheduled for rescue was Asiwa, a female who had been isolated from the herd by flood water. They had to risk tranquilizing her so they could blindfold her, stuff socks in her ears and place a harness on her. After a quick reversal she stood up and although initially skittish was led quite easily onto the barge. The barge was built by the tribesmen from metal drums, steel beams and tarps. Apparently Asiwa calmly enjoyed her hour-long cruise. She stepped off the barge into her new sanctuary to the applause of the anxiously waiting crowd. Several more giraffes have been successfully moved and just after Christmas a calf named Noelle was born. The work still continues to relocate all of the remaining animals but it should be completed soon. The task has been a daunting one but as one member of the community said, "Where there is peace, everything is possible."

If you are interested in helping Africa's gentle giants with a donation, contact: [www.savethegiraffes.org/donate](http://www.savethegiraffes.org/donate)





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# Pablum Saves Lives in More Ways Than One

BY JAN RICHARDS



Spurred on by a rising number of malnourished children in 1930, Toronto Hospital for Sick Children pediatricians, Dr. Alan Brown, Dr. Frederick Tisdall and Dr. Theodore Drake, in collaboration with



Left: portrait of Dr. Frederick Tisdall. Right: Dr. Theodore Drake in the library of the Hospital for Sick Children, 1949.

nutrition laboratory technician Ruth Herbert and chemist Harry Engel, developed a dried food for infants and toddlers that was easy to make and loaded with minerals and vitamins. Breast feeding had declined among the middle and upper classes of society at this time which affected nutritional necessities needed for growth and development of infants.

Pablum, from the Latin word *pabulum*, meaning foodstuff, was the first pre-cooked food designed and sold for babies. It was an infant cereal made from a mixture of ground and cooked wheat (farina), oatmeal, yellow corn meal, bone meal, dried brewer's yeast and powdered alfalfa leaf which was fortified with iron. It also provided Vitamins A, B1, B2, D, E and a variety of minerals. It was easily prepared by adding milk or water, hot or cold. Pablum was palatable and easily digested with few side effects and did not contain common allergens (like eggs, lactose or nuts). Sweeteners were not added for fear babies might develop a "sweet tooth" and become obese or potentially have tooth decay. Pablum was originally marketed by the Mead Johnson Company in 1931.

The convenience of Pablum was realized immediately as infant mortality rates plummeted by over 50% in less than a year. The cereal also provided sufficient amounts of Vitamin D to help prevent rickets – a crippling bone disease.

The Hospital for Sick Children and the Toronto Pediatric Foundation received a royalty from every package of Pablum sold. In 2005, the Pablum brand was acquired by the Heinz Company. By retaining the patent rights to the formulation for 25 years, Dr. Frederick Tisdall secured millions of dollars in royalties to support pediatric research.

Pablum baby food not only improved the health of infants worldwide but it also improved the financial health of The Hospital for Sick Children in Toronto!



Early container of Pablum. Image courtesy of the Hospital for Sick Children

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# Wine and Food Tasting Experiments

BY GREG MCCAIN



We all know what good taste implies; good taste in dress, in friends, in food, but what about in wine?

Confucius said, "We all eat and drink; only a few of us taste the drink." Like Napoleon, I think that "nothing makes the future look so rosy as contemplating it through a glass of wine."

A sense of taste is appreciated in distinct regions of the tongue where certain receptors have been mapped out. To taste a wine we must explore it with our tongue.

As the map shows, we appreciate different tastes at different locations on our tongue. All grapes are acidic but we can experience the higher tannin of some red wine along the edge of the tongue. Bitterness is at the back, perhaps to warn us of bad food or a potential poisoning — a little too Shakespearean perhaps?

I am going to propose a fun-filled experiment with wine and food to illustrate and educate you about how to explore your taste.

This demonstration will require three different wines and three different food groups.

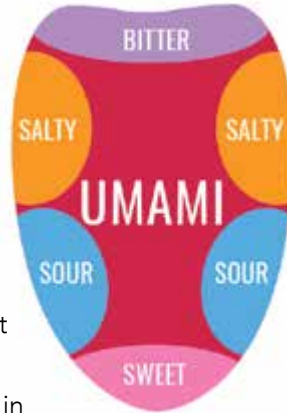
## EXPERIMENT ONE

**Cool Climate non-oaked Chardonnay and seafood, for example, Chablis and shrimp cocktail.**

It is important to look, smell and then taste each wine (make sure the wine lingers on your tongue) and then think about the tastes. Taste the wine alone then the wine again after the food.

**Results:** The Chablis will enhance the flavour of the shell fish.

**Reason:** Many years ago the region of Chablis in France was submerged by water. As the water recessed, it left the soil rich with shells—hence the flinty taste.



The ideal wine to have with oysters is Chablis. Hemingway said, "As I began to eat oysters with their strong taste of the sea, I began to feel happy and make plans."

**Warm climate oaked Chardonnay and buttered popcorn, for example, Australian Lindeman Bin 65**

**Results:** The butter in the popcorn will enhance the creaminess of the Chardonnay.

**Reasons:** Chardonnay aged in oak barrels gives the wine a toasty and a buttery texture. This means that earthy (grilled, roasted) and creamy foods work very well. Lindeman even adds oak chips to enhance the complexity of the wine. It's much cheaper than aging it in barrels.

You now have compared two styles of Chardonnay and two food groups.



## EXPERIMENT TWO

**Vinho Verde from Portugal and SALT.**

Vinho Verde is usually a white wine from a sub region of Portugal and is acidic, lower in alcohol and has a slight fizz. Because of this, the wine has become known as a sort of "soda pop for adults." In recent decades, the European Union has funded the modernization of Portugal's vineyards, hence it is very reasonably priced (under \$15) and a great summer sipper.

**Results:** The wine alone is young, acidic, bitter and rather harsh. After tasting salt, it changes to be more mellow and pleasing,

**Reason:** A major food source in Portugal is fish, especially cod, and in the early days before refrigeration the method of transportation was to salt the cod, hence the importance of salt to the cod and to the wine.

Keep exploring wine and wine pairings and if you are lucky you might just improve your overall taste.

Cheers!



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# Welcome Tim Belanger & Leanne Pepper

BY ALISON SCOWCROFT



We recently welcomed two new residents to our neighbourhood. Meet Tim Belanger and Leanne Pepper, two interesting individuals who arrived here from the Upper Beaches in the midst of the pandemic in March of 2021. Like most of us, they came to check out the community and fell in love.

Tim is a chef and professor at George Brown College, teaching basics to foundation, sous vide, foods of the world and butchery. Leanne, now semi-retired, was more in the administrative side of cooking. She is also an etiquette teacher and author of the book, *From Backpack to Briefcase: Mastering Etiquette for Career and Personal Success*.

Tim started out in the restaurant business many years ago and owned two restaurants, Picolit and Little Bistro. He also worked with Unilever as a corporate chef and in recipe development, creating products for companies such as The Keg. He is a graduate of George Brown and also a Certified Chef de Cuisine. Tim is also a BBQ fanatic specializing in salmon and ribs to name a few. He even makes his own BBQ sauces!

Leanne is also a graduate of George Brown College, but she took a different route in the food industry. She worked at McMaster for 10 years as GM for the Faculty Club, before moving to the GM position at U of T where she worked for 26 years. Leanne continues to be creative in the kitchen, leaning more towards vegetarian and healthy foods along with sweet treats. She also teaches etiquette to young people, and even throughout COVID-19 she was able to continue via Zoom calls, often with international students. She is hoping to launch her website soon, so stay tuned.

Both Tim and Leanne are involved with charity work with a particular focus on Hands Across the Nations. This charity is committed to making a positive impact on social and economic conditions in the developing world.

They are a wonderful addition to our community, and if you are interested in tasting Tim's ribs, you will have to get in line, I'm first!

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# Back in the High Life Again

BY BLAIR TULLIS



Stevie Winwood, of Traffic and Blind Faith fame, wrote this song back in 1986, but it seems so *à propos* today as we start to raise our heads from a year and a half of collective funk and to see the beauty of life around us. We can go out. We can hug a friend. We can eat a fine meal, one not of our own making, in the ambience of a darkened restaurant. Back in the high life, indeed.

Could it be that we are actually approaching normal life again? The sense of elation is palpable. Sometimes, it feels like we should be sticking our heads out like Warton Willy, fearing the shadow that will put us back inside for another six weeks of winter. Other times, we feel like streaking through the neighbourhood ... sorry about the image that conjures up.

We are flaunting fresh haircuts and wearing shirts with collars and pants that aren't held up by strings at the waist. It's time to venture forth. It's the 21<sup>st</sup> century equivalent of painting the town red in top hat, white tie and tails.



*Back in the high life!*

After spending the past year and a bit in front of a computer screen, wandering the pages of Amazon and clicking buttons to have things delivered to our door, it's so nice to contemplate actually browsing through the aisles of Golf Town, Winners or Canadian Tire. We have so much pent-up energy and a few dollars that need spending.

The post-60 leisure class of Ballantrae is stirring. There are cruises to rebook, winter havens to reopen and fun to be had. It feels so good to have choices again.



*You need social-distancing fun*

Of course, there is that underlying reticence about just running willy-nilly through the city. We're still trying to reach that magic herd immunity and some folks have done their best to hold up the process by not getting their shots. At the time of writing, the governor of Florida finally reluctantly suggested that people really need to get their vaccines, as have a number of other Republican politicians and Fox journalists. Valuing life and a vibrant economy seems to have won out over political bias. It's nice to see them coming to their senses. Perhaps this augurs well for our next winter in the USA.

With reticence fading and confidence on the rise, good times are out there to be had. Get your friends onto the patio and share a tipple and a sausage roll. We're all grateful for some normal contact and non-Zoom conversation.

Lessons will be learned from this experience, but the bottom line is that we're nearly through it. As Stevie Winwood sings, "All the doors I closed one time are opened up again. Back in the high life again."



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# Added Convenience

## Available With Your Home Phone

BY BRIAN FREEDMAN



Perhaps to the bewilderment of generations that have followed, the vast majority of us here in Ballantrae continue to enjoy the convenience — or at least the habit — of a traditional *land line* phone. By that I mean a phone line that is connected to and associated with your home rather than your pocket! For the majority here this is provided by Rogers as part of a bundled service along with internet and cable TV. As I have mentioned in previous articles, there are few Bell subscribers among us as Bell does not have the cabling installed in our community to offer high speed home internet, which is a major drawback today for most.

Your home phone naturally comes equipped with a voicemail service that enables callers to leave a message if your phone line is in use or you are unavailable — or if you simply choose not to answer. However, what I am really excited about sharing are a couple of lesser known features associated with the Rogers voicemail service that you might just find as invaluable as I have. These features fall under a trademark they call “Home & Away Voicemail” and come at no extra cost to your existing home line service.

The feature that I am most enthusiastic about and use every single day is their *Online-Voicemail* service. With this feature, any voicemails that are left by callers are automatically and immediately forwarded to me in an email message. What I receive is an email message from Rogers advising of the incoming voicemail, the telephone number of the caller leaving the message (unless blocked by the caller), and an attached audio file containing the actual voicemail that

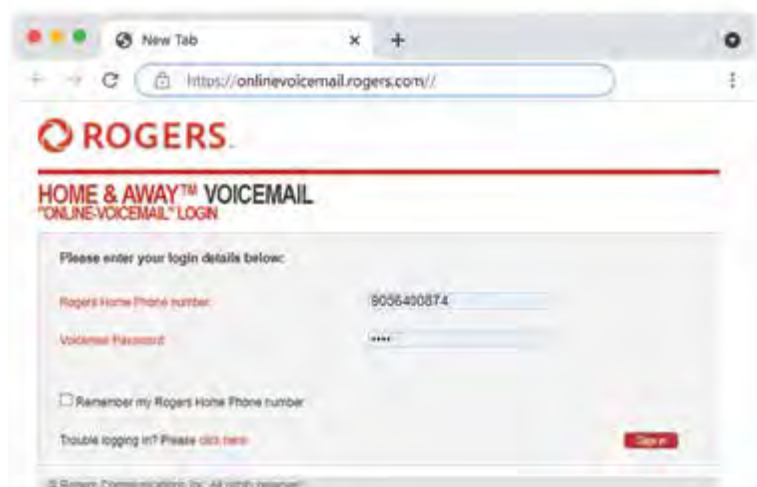
has been left. So regardless of the device I happen to be using to retrieve my email (iPhone, Android phone, tablet, iPad, computer, etc.) I just tap or click on the attached file and presto, I am listening to my message — no matter where I am!

As bizarre as this might sound, this simple service gave me a great sense of freedom because I could now be “out and about,” free of concern for missing any important, time-sensitive messages that might require more immediate attention or response. Prior to having this feature I would be resigned to — if not at times obsessed with—calling into a central telephone number several times a day to pick up my voicemails if I was out. That was anything but convenient, particularly so when out of town or even out of the country!

To set up this feature just navigate to the following website: <https://onlinevoicemail.rogers.com/> or now that you have the trademark name, a quick Google search will get you to the right place. You know you have arrived at the right place if your screen looks like the one below:

Just enter the required information. The requested voicemail password is the same password that you use each time you dial in to receive your voicemail messages, typically a four digit number which has likely

Continued on page 19



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# Added Convenience

## Available With Your Home Phone

CONTINUED...

remained the same for many years. You will then be brought to a page where you can see and access any outstanding voicemails in your inbox that you have not yet deleted. Click on the "Voicemail Settings" tab which you will see at the top. Then click on "Email Addresses" option from the menu on the left side. It is here that you can enter up to two email addresses to have new voicemail messages sent. Now just click on the "Submit" button and you are done! Then just go ahead and test it out by calling your home phone and leaving a fresh voicemail for yourself.

So the obvious question here is whether there is any downside to all of this added convenience. While the technically correct answer is yes, you will find this downside to be a rather trivial one in the scheme of things and easily overcome. Specifically, when you call in the traditional way to listen to your outstanding voicemails you have probably become accustomed to deleting each one after it has been played. So your voicemail inbox is typically empty once you are done. This is not the case when you receive and listen to them as an attachment to your email. Those voicemails continue to pile up in your voicemail inbox and once you accumulate 50 voicemails in your inbox the system will no longer continue to accept new voicemails.

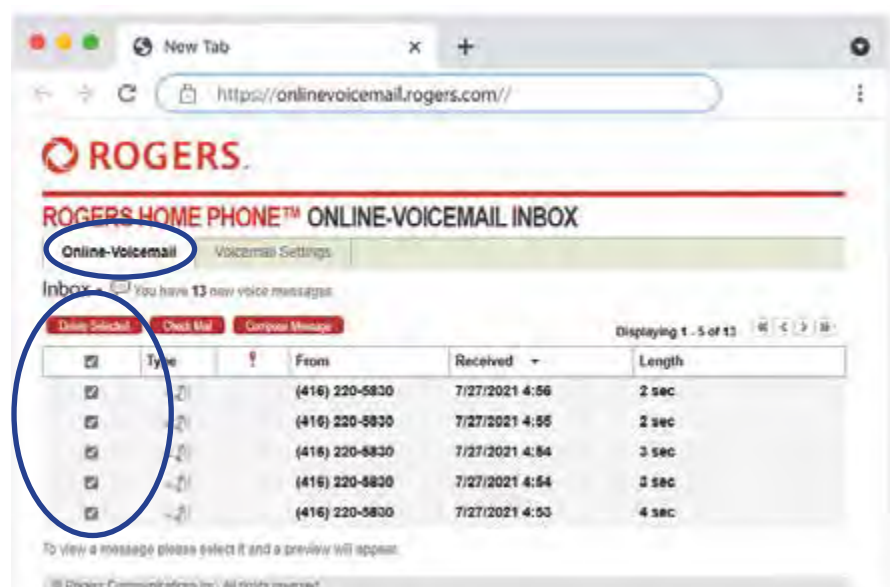
Fortunately, the remedy is a rather simple one. You just need to remind yourself to periodically delete the outstanding voicemails in your inbox. You can do this in one of two ways. The first is the traditional way by calling in and deleting them sequentially as you have been doing. The second is to use your computer or mobile device and navigate back to the same Rogers Online Voicemail website where you can select and delete up to 5 voicemails at a time. And here's yet another benefit – because those voicemail messages are permanently attached to your email messages you can retain them for as long as you would like!

So, I guess if you are as excited about this voicemail system as I am, you will join me in basking in this newly found freedom!

Navigate to "**Voicemail Settings**" (tab at top) and then select "**Email Address**" from the menu on the left side. You can then enter the one or two email addresses where you would like all newly arrived voicemails to be sent. Don't forget to click on the "**submit**" button when completed.



Navigate to "**Online-Voicemail**" (tab at top), select the voicemails you would like to delete and click on the "**Delete Selected**" button.



# USHERING IN *Fall* WITH *Favourite* RECIPES!



BY JOHANNA BURKHARD

I'm always sad to see summer go, but when the months turn chilly I start to crave hot bowls of soup, satisfying quick casseroles and the sweet aromas of home baking. Here are a few easy recipes to usher in the fall season.



## MUSHROOM LENTIL SOUP

*Of all dried legumes, lentils are my favourite. They're fast and easy to cook -- and healthy too! To save time, I chop vegetables in batches in a food processor. If you have any baked ham, kielbasa or smoked sausages, chop and add along with the vegetables for added flavour. A great soup to freeze!*

### MAKES 6 SERVINGS

**8 cups (2 L)** chicken or vegetable stock

**1 cup (250 mL)** green or brown lentils, rinsed and sorted

**8 oz (250 g)** mushrooms, chopped

**2** carrots, peeled and chopped

**2** stalks celery including leaves, chopped

**1** large onion, chopped

**2** cloves garlic, finely chopped

**1 tsp (5 mL)** dried thyme or marjoram leaves

**1/4 cup (60 mL)** chopped fresh dill or parsley

salt and freshly ground black pepper

1. In a large Dutch oven or stockpot, combine stock, lentils, mushrooms, carrots, celery, onion, garlic and thyme.
2. Bring to a boil; reduce heat, cover and simmer 35 to 40 minutes or until lentils are tender. Stir in dill or parsley. Adjust seasoning with salt and pepper to taste.



## AMAZING TURKEY ENCHILADAS

*Instead of turning turkey leftovers into a week's worth of cold sandwiches, whip up this fast-fix dinner with loads of appeal. You can assemble this dish ahead. Just top with salsa and cheese prior to popping in the oven.*

### MAKES 4 ENCHILADAS

Preheat oven to 350°F (180°C)

9 by 9-inch or 11 by 7-inch (2.5 L) baking dish, oiled

**1/2 cup (125 mL)** cream cheese

**1/3 cup (75 mL)** sour cream or plain yogurt

**1-1/2 cups (375 mL)** cooked turkey or chicken, cut into thin strips or diced

**2** green onions, finely chopped

**1 cup (250 mL)** seeded and diced tomatoes

**1/4 cup (60 mL)** chopped fresh cilantro

**4 9-inch (23 cm)** flour tortillas

**1 cup (250 mL)** mild or medium salsa

**1 cup (250 mL)** shredded Cheddar or Monterey Jack cheese

1. Place cream cheese in a large bowl; microwave at Medium (50%) for 40 to 50 seconds to soften. Stir well. Stir in sour cream, turkey, green onions, tomatoes and cilantro.

2. Spread 1/2 cup (125 mL) of the turkey mixture along the bottom third of each tortilla. Fold 1-inch (2.5 cm) of the tortilla along two sides over filling and tightly roll up. Arrange tortillas in single layer, seam-side down, in prepared baking dish. (Can be made the day ahead, cover and refrigerate.)
3. Spread salsa over and sprinkle with cheese. Bake for 30 to 35 minutes or until heated through. Sprinkle top with extra chopped cilantro, if desired, before serving.

### Microwave Method:

Prepare recipe as outlined and spoon salsa over top but do not add cheese. Cover dish with parchment paper; microwave at medium-high (70%) for 5 to 7 minutes or until heated through in centre. Sprinkle with cheese; microwave at high for 1 minute or until cheese melts.



## BAKED SALMON WITH LEMON AND GINGER

*Salmon or trout are always on the weekly menu at my home for the beneficial Omega-3 for heart health. This is one of my favourite ways to bake salmon thanks to the fresh ginger and lemon that give it such a lively flavour.*

Preheat oven to 400°F (200°C)

Shallow baking dish, bottom lined with parchment paper or oiled



2 centre cut salmon fillets, each about 150 g

1 large green onion

1 tsp (5 mL) minced fresh gingerroot

1 small clove garlic, grated or minced

4 tsp (20 mL) soy sauce

2 tsp (10 mL) fresh lemon juice

1/2 tsp (2 mL) grated lemon zest

1 tsp (5 mL) granulated sugar

1 tsp (5 mL) sesame oil

1-1/2 tsp (7 mL) toasted sesame seeds (optional)

1. Place salmon fillets in a single layer in baking dish.
2. Chop green onion; set aside chopped green tops for garnish. In a bowl, combine white part of green onion, ginger, garlic, soy sauce, lemon juice and zest, sugar and sesame oil. Pour marinade over salmon; let stand at room temperature for 15 minutes or in the refrigerator for up to 1 hour.
3. Bake, uncovered, in preheated oven for 14 to 16 minutes or until salmon turns opaque. Arrange on serving plates, spoon any remaining sauce over and sprinkle with reserved green onion tops and sesame seeds if using.



## SKOR FUDGE BROWNIES

*These brownies are the perfect indulgence. With their rich, dense and chocolatey flavour and a crunchy layer of toffee, they have become one of my most requested recipes. Plus, baking is a breeze with this streamlined recipe that requires only a saucepan and a baking pan lined with parchment for easy clean up. Stash them in the freezer for a sweet treat when company comes over.*

Preheat oven to 350°F (180°C)

13-by 9-inch (3.5 L) baking pan, bottom and sides lined with parchment paper

### MAKES 32 BROWNIES

1 cup (250 mL) butter, cut into pieces

6 oz (175 g) unsweetened chocolate, coarsely chopped (6 squares)

2 cups (500 mL) granulated sugar

4 eggs

2 tsp (10 mL) vanilla

1-1/4 cups (300 mL) all-purpose flour

1/4 tsp (1 mL) salt

1 package (8 oz/227 g) Skor toffee bits

1 cup (250 mL) semisweet chocolate chips

1. In a medium saucepan, melt butter and chocolate over medium heat, stirring often, until melted and smooth.
2. Remove from heat; stir in sugar. Beat in eggs and vanilla. Stir in flour and salt to make a smooth batter.
3. Spread evenly in prepared baking pan. Bake on middle rack in preheated oven for 18 minutes or until top is almost set. Sprinkle Skor toffee bits over top and return pan to oven.
4. Bake for 8 to 10 minutes more or until a toothpick inserted in centre comes out with a few moist crumbs clinging to it.
5. Place pan on a rack; sprinkle with chocolate chips. Let stand for 5 minutes or until chocolate is melted. Spread evenly. Let cool until chocolate is set.
6. Lift brownies out of pan and cut into bars using a sharp knife.

## ORANGE PUMPKIN LOAF

*This bread is so much easier to bake than a pumpkin pie, but still loaded with all the spice-scented flavours we love.*

### MAKES 1 LOAF

Preheat oven to 350°F (180°C)

9-by 5-inch (2 L) loaf pan, greased, bottom lined with parchment paper

1 cup (250 mL) all-purpose flour

3/4 cup (175 mL) whole wheat flour

2 tsp (10 mL) baking powder

1/2 tsp (2 mL) each baking soda and salt

1-1/2 tsp (7 mL) ground cinnamon

1/2 tsp (2 mL) freshly grated nutmeg

1/4 tsp (1 mL) ground cloves

1-1/4 cups (300 mL) packed brown sugar

2 eggs

1 cup (250 mL) canned pumpkin puree (not pie filling)

1/3 cup (75 mL) vegetable oil

2 tsp (10 mL) grated orange zest

1/4 cup (60 mL) orange juice

3 to 4 tbsp (45 to 60 mL) raw pumpkin seeds (optional)

1. In a bowl, combine flours, baking powder, baking soda and salt; stir well.
2. In a small bowl, combine cinnamon, nutmeg and cloves. Transfer 1 tsp (5 mL) of the spice mixture to another bowl; add 2 tbsp (25 mL) brown sugar. Set aside for topping.
3. Place remaining spices and brown sugar in a large bowl; add eggs and beat well. Stir in pumpkin, oil, orange zest and juice. Stir dry ingredients into pumpkin mixture until combined.
4. Spoon batter into prepared loaf pan. Sprinkle top with reserved spiced-sugar mixture, then evenly with pumpkin seeds, if using.
5. Bake on middle rack in preheated oven for 50 to 55 minutes or until toothpick inserted in centre comes out clean. Let pan cool on rack for 15 minutes; turn loaf out and let cool completely.



# A Body Balance Class Demonstrating the Power of Posture

BY DAYNA STODDART



If you have been participating in the Virtual Fitness classes during the pandemic, you have created a solid foundation to progress your fitness levels, physical activity and functional abilities.

The Body Balance class incorporates multiple components of fitness and it offers a restorative rehab approach that allows participants to progress at their own pace.

When we get back to in-person group exercise classes, this class will offer a multi-dimensional approach that is delivered to participants with a wide range of functional levels and abilities.

The class utilizes the concept of mindfulness, the psychological process of bringing one's attention to experiences occurring in the present moment. Large population-based research studies have indicated that the practice of mindfulness is strongly correlated with greater well-being and perceived health.

Our class combines three phases as we move from the mat to the foam roller and back to the mat.

## Benefits of the Body Balance Class

- improves posture, postural alignment and efficiency
- increases strength and endurance of trunk and scapular musculature
- improves static and dynamic balance
- improves balance and equilibrium reactions
- improves kinesthetic sense and awareness to enable safe, appropriate body mechanics
- promotes relaxation
- improves overall sense of well-being
- improves confidence and self-esteem

## 1 Mat work: 1<sup>st</sup> phase of class (preparatory)

You will learn and become familiar with the fundamentals of "scan, reconnect and centre."

Participants will learn to create an awareness of where their body is in space, how their body feels at rest as well as with movement, and how their body is contacting the surface it is on.

We utilize a stability ball during this phase that reinforces shoulder and hip mobility as well as core recruitment and stabilization.



## 2 Foam roller work: 2<sup>nd</sup> phase of class

If you are new to the foam roller, it will take some time to get comfortable using it. The roller itself is three feet long. It will support the length of your spine from head to tailbone. There is a technique to using the roller. Place the foam roller down





the centre of your mat. Sit at the front edge of the roller and then lie back, ensuring the full length of your spine is supported.

There are certain conditions that are contraindicated for use of the foam roller. If you have been diagnosed with severe kyphotic deformity, spinal fracture, spinal tumours or hypermobile sacroiliac joint you will not be able to use the roller. If you are on Coumadin or Prednisone, you should be cautious when using the foam roller due to decreased bone density and bruising easily.



## 3

## Breathing and Progressive Relaxation: 3<sup>rd</sup> phase of class

Here are some of the testimonials from past participants. As mentioned, the class delivers benefits inclusive to all levels of ability.

### Athlete

I like the core work and work on the joints. Body Balance has improved my posture and body awareness.

### Active Now

I was attracted to taking Body Balance as there is no impact. I was concerned with my posture and decreased core strength. After taking this class for some time my posture, core strength and balance have all improved!

### Progressing

Since taking Body Balance, I have noticed that I have more flexibility of movement. Also my balance has improved. I find the exercises challenging yet achievable. I always feel both stretched and relaxed at the end of each class.

*Body Balance will be re-introduced and re-offered during its usual time slot on Thursday mornings from 8:30 a.m. to 9:30 a.m. Check the website for details.*



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# More Coronavirus Considerations for Travelling Canadians

BY KEN MIYAUCHI



The easing of COVID-19 restrictions is causing travel to creep back into our thoughts. With a fourth coronavirus wave on the rise, we are not back to an old normal so there are new considerations before finalizing those plans.

## International Travel

In the past, we were free to select almost any destination that suited our fancy. Now it is important to investigate COVID outbreak numbers, vaccination levels, and restrictions in each country. This requires constant updating because situations remain very fluid.

Check to ensure that you know and can pass the entry requirements. It is not sufficient that you have been fully vaccinated. For example, some countries do not accept mixed vaccines. Be sure that you have received a negative test result prior to leaving and ensure that you have the required documentation, acceptable to the country, to verify your vaccinations.

The UNWTO Tourism Recovery Tracker ([www.unwto.org/unwto-tourism-recovery-tracker](http://www.unwto.org/unwto-tourism-recovery-tracker)) will aid you in assessing and comparing countries. The Canadian Government and CDC websites also contain useful data.

If flying, consider your travel route carefully. If you have stopovers, ensure that you can pass any entry and exit requirements for the stopover(s), not just your destination. Now may be a good time to consider business or first-class seats to distance yourself from other passengers.

Undoubtedly your destination has many interesting sights and activities – will they be open when you are there? If your travel involves buses, trains, or boats, be sure that you are comfortable with their safety precautions.

## USA Travel

At the time of this writing, the US land border was still closed for non-essential travel. Hopefully, by publication time this will be rectified. Also, the US has higher infection and lower vaccination rates than in Canada. You may be exposed to a greater risk of infection, especially with the new variants of concern.

Many states have relaxed their restrictions or opened totally, meaning you will encounter unmasked people in crowded situations. If safety is paramount, continue to wear masks, maintain physical distancing, and favour



outdoor activities and restaurants.

The Johns Hopkins University COVID-19 Dashboard ([coronavirus.jhu.edu/map.html](https://coronavirus.jhu.edu/map.html)) enables you to search at the state, county, and city level.

## Domestic Travel

Travelling within Canada is likely the safest, however, provinces differ in their entrance requirements and quarantine rules.

This may be an ideal time to consider the RV vacation you've always wanted to take. How about a camping trek or a cottage rental?

Consult [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html) for current information on pandemic statistics and other useful information.

## General Precautions

Regardless of your destination, following are useful, if not necessary, precautions:

1. Check that your passport expiry date is six months beyond your trip date. If required, allow extra time as there may be a pent-up demand for renewals.

Continued on page 27

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# More Coronavirus Considerations for Travelling Canadians

CONTINUED...

2. If a COVID-19 test is required, allow sufficient time to be tested (usually within 72 hours) and to receive your negative test results prior to travel. In Canada, antigen tests are not acceptable.
3. Carry your vaccination receipts in hardcopy and electronic form. Currently, Canada requires that you upload this information to "ArriveCAN" for re-entry into Canada. The mobile app can be downloaded, or you can create an account and submit your data on-line. The federal government has announced that a Canadian vaccine passport will be introduced in the fall.
4. Take lots of masks, sanitizer (60% alcohol or more) and disinfectant wipes (70% alcohol or more).
5. Carry a thermometer. The digital handheld models are convenient and reasonably priced.
6. If driving:
  - Ensure that your vehicle has been serviced to avoid unplanned stops.
  - Take sufficient water and allowable food items to minimize stops along the way.
  - When purchasing gas, pay at the pump using a credit card.
7. Give preference to hotels with rigorous cleaning policies and contactless check-in. Avoid any food or drinks that are not in sealed wrappers.
8. In your hotel room, wipe all high-touch surfaces, especially door handles, light switches, toilet handles, taps, phone, and remotes.
9. Eat only at reputable (preferably outdoor) restaurants.
10. Minimize time in public washrooms and avoid contact as much as possible:
  - Use a disposable seat cover or clean with a disinfecting wipe.
  - Wash your hands well, and dry with a paper towel. Do not use hand dryers as they may blow germs from elsewhere onto your hands.
  - Use paper towels to touch any handles, switches, etc.
  - Sanitize your hands again after leaving the washroom.
11. If stores or restaurants do not require face masks, consider going to other establishments.
12. While local rules may not require it, you may choose to continue wearing masks, to practise physical distancing, and to wash your hands frequently.

## Travel Insurance

Travel insurance has always been a recommended part of your trip kit but in this continuing time of coronavirus uncertainty, it is a necessity. There are different kinds of travel insurance: travel medical, trip interruption and cancellation, and baggage insurance. It may be that no single policy will cover all contingencies. Your credit card may cover some of these, but are the limits satisfactory?

Most important is your medical insurance. Ensure that it covers COVID-19 related emergencies as well as other medical situations. Emergency evacuation for medical treatment is another important feature. In the past, many viewed trip interruption and cancellation insurance as optional. Now that many of us have experienced interruptions and cancellations, this has become a priority. With all policies, you may cancel a vacation for specified medical issues. The "Cancel For Any Reason" feature (not included in all policies) may be useful if the destination suddenly has a coronavirus outbreak and you decide you no longer wish to go. Ensure that coverages are sufficient in terms of cost and days to cover all emergencies.

In the fall 2020 edition, I wrote "COVID-19 Considerations for Travelling Canadians." Many of those suggestions still apply.

As we adjust to our new normal, we must continue to be vigilant, especially when travelling in unfamiliar locations.



# A Century of Fire-Fighting Heads

BY LYNNE BALFOUR



Fire is such a frightening event and fighting fire has been key in Toronto's history. Prior to the Toronto Fire Department's founding in 1820, fires were fought by passing water buckets down a line of men. Then horses were used to pull wheeled steamers for almost 100 years. In 1904 the great Toronto fire around King and Bay Streets burned 104 buildings and 5,000 men fought the fire. By 1920 all the horses had been retired and Toronto was buying motorized fire trucks.



It was at that time that a family began its legacy of fire fighting for the Toronto Fire Department. This was the family of Bob Head, a BGCC neighbour, fellow golfer, hockey player, referee, and avid tennis player.

It started with Bob's grandfather, Ernie, who having served in World War I, had joined the Toronto Fire Department in 1921. In 1949 he fought the *Noronic* steamship's major fire on Lake Ontario which killed 119 people, a part of Toronto's history. The firefighters had difficulty getting hoses to the boat as they thought the ship was tipping. Ernie worked for 30 years for the Toronto Fire Department. At that time, it was mandatory to live at the fire hall. Because men were allowed to go home for just a few hours a day they lived very close to the fire station. They worked seven days a week, five at the station and two on-call when they could go to their nearby homes.

Bob's father, Roy Head, became a Toronto firefighter following World War II. He became a captain, then a district chief, and retired in 1978 after 32 years of service. Roy was involved in the big downtown Eaton's store fire that broke out in 1977 during renovations to the store. It burned for several days and was regarded as the biggest fire since 1904. Bob also worked this fire, but on another shift.

Bob had originally decided not to be a firefighter. He attended Ryerson University, studying Urban Planning, until a speech by a city counsellor disparaged that field and discouraged him. He then spent years as a Government of Ontario Land Assessor evaluating fair market value for homes. He then became a property assessor recommending payment for farmland to be used as the Pickering airport. As that job seemed to be fading, Bob finally joined the Toronto Fire Department in 1974, rising through the positions of captain, district chief, platoon chief and acting division commander.

Bob was involved in many famous fires. An infamous one at the Rupert Hotel on Queen Street in 1989 continued for days and the men saved four lives. He also received a commendation for saving an unconscious woman in a fire in 1981.



An interesting situation involved being part of the air show at the CNE. A fire boat was stationed in the bay. When it turned on all its hoses, the planes were signalled to commence their part of the show from that location. The CN Tower fire in the rooftop restaurant presented new problems for firefighters. The elevators were not working and it was impossible to carry the heavy equipment up to the fire site. Following that situation, they designed a







Greg Head



Michael Head



Ernie Head



Roy Head

fire truck specifically for high-rise fires that had sections in which there were dollies that were loaded with equipment. One firefighter could now carry the dolly up 5 flights, alternating until they reached the fire level. This technique was more efficient and was used for all high-rise fires.



Bob Head

Bob's brother Michael became a firefighter for the Mississauga Fire Department in 1977. He worked through the ranks to become a platoon chief, retiring in 2012. His first job was the Mississauga train derailment. Michael's son Greg (Bob's nephew) now works for the Central York Fire Department. Bob even has relatives in Midland who are firefighters. His wife Jane has a sister married to a firefighter... a fully committed family!

Of course, there were changes over the years. They included having a union starting about 1925 that lobbied for better equipment for the men and better hours (no longer having to live at the fire station). Bob felt that the union worked in a consensual, non-adversarial way to support workers. Women became accepted in the 1970s and have been well integrated into the firefighting teams.

During the mid 1900s each fire department trained its staff using classroom and practical training. Of 18 trainees in Bob's group, 15 continued for 30-plus years. The Gravenhurst Fire College on Lake Muskoka provided education and training for new and experienced firemen from all over Ontario. It was not unusual when boating on Muskoka Bay to see the

tower in flames and lots of action below putting it out. Through education at places like that, city and country firefighters learned how to respond to varying needs in emergencies — grass fires, forest fires, home fires, boat and vehicle fires, manufacturing fires, high-rise fires and hazardous material situations. The Gravenhurst college was eventually closed. Initial training now takes place at Seneca College and other such educational facilities. In fact, Bob gave lectures at Seneca on how to pass the interview before being employed by a fire department.

Bob is adamant that the role of firefighters' wives is difficult and necessarily supportive. Many special events are missed and there is decreased time with their children. However, he is proud of both his family and his work. He and Jane have two adult children, a son Scott who is in the technical computer engineer and developer field and a daughter Julie Anne who is involved with compliance in the stock market. Next year Bob and Jane will celebrate 50 years of marriage.

It's an amazing tale of a family fully involved in the firefighting and lifesaving fields from 1921 to 2021 and counting.



# Ballantrae Gardens are Growing

BY LUBA QUADRINI



Last spring at the beginning of the COVID-19 pandemic, I received a call from Jim Scrivens inviting me to join him and Jane Shackleton, both members of our Condo 1 board, in establishing a volunteer garden committee. I agreed, because not only do I love everything about gardening but this would give me an opportunity to meet more of my neighbours.

Our first order of business was to inspect all of the communal gardens that run throughout our properties (83 beds in all) with Rosana from Melfer and the condo property manager to assess the health of the trees, plants and garden beds. Following this, we would provide our recommendations to the board. During our tour it became very clear that many of the beds had seen better days. We made notes on what was needed to improve each bed; alas, we felt that about 60 per cent of them needed some work. There were shrubs and trees that were dead or dying and needed to be removed. Some plants were just old and struggling, some were poorly trimmed and others were seriously overcrowded.

At our follow-up committee meeting we agreed that the rejuvenation of the communal gardens would have to be approached from a long-term perspective. There was neither budget nor manpower to fix everything in one year. We would need to prioritize. So we decided

to start with the three island beds on the cul-de-sacs at the end of Arnie's Chance, Jack's Round and Snead's Green, since these beds are viewed daily by residents and visitors alike. After 20 years they were definitely showing signs of age and decline and needed a total makeover.

So Jane and I got busy. After much research and consultation with nurseries and landscapers, we came up with a new design for these beds. We would keep what was thriving, basically the mature spruce trees, and remove the rest. We chose shrubs and perennials in a variety of leaf colour, texture, bloom and height. Our goal was to have colour and interest in these beds throughout the entire growing season.

Jim presented our drawings to the board for approval, but time was ticking! By the time we received all of the competing quotes for materials and labour, it was mid-summer -- too late in the season to get the needed quantity of plants. A bit discouraged, we had to delay the project start to the spring of 2021.

When March arrived, we needed to go through the process of seeking quotes again. In early May the board approved our design and budget, awarding the job to Melfer. They would supply all of the materials and labour needed to complete the project.





In May the work finally began. The cul-de-sacs were cleared of everything except for the large spruce trees and the lamp posts. Melfer was able to remove and save the healthy plants to transplant into some of our other needy garden beds. Porcupine Irrigation was then called in to inspect the watering systems, to repair and replace any parts to best serve the new landscape design. Since the soil in these beds had not been amended in 20 years, we had 35 cubic metres of triple mix brought in to level the ground and supply nourishment for the new plants.

We were ready to plant, but through much of the spring the process often felt like “hurry up and wait.” Then in late May we got the call that Tree Valley Nursery had received our plant order and we could schedule the installation. Jane and I headed out to the beds with our drawings, stakes and measuring tapes to lay out the planting design. Many hot days and several hiccups later, the plants were in the ground. As of this writing, a few shrubs are still on back order. Melfer is hopeful that those missing will be here this year. Again, we hurry up and wait.

Well, we are done for now, the plant babies are snug in their beds, watered and smiling up at the sun. I feel like a new parent; happy, nervous, excited and impatient to see them grow and mature. As with any new installation of a perennial/shrub garden, it will take some time for everything to become established and flourish. Again, hurry up and wait, as I wish them a warm Ballantrae welcome and hope they will be happy here in their new home for many years to come. Over the next two years we expect they will settle in, spread their roots, triple in size and bring us and our visitors many years of pleasant views.

At time of writing, it's now mid-summer and we have decided to expand our fledgling garden committee with a few more volunteers. We invited two accomplished gardeners to join us and thankfully they accepted. We are happy to welcome Marna Moldon and Maureen Downes and look forward to working with them.

Our neighbourhood has always demonstrated a tremendous pride of ownership and over the past two years, COVID has brought so many changes to the way we live. Many of us spent more time at home and became more aware of our immediate surroundings. Our gardens have definitely benefited from the added attention.

Over the past decades I have enjoyed countless community garden tours throughout Ontario, the USA, Britain and Europe ... in both urban and rural settings. I have always come away with a renewed excitement



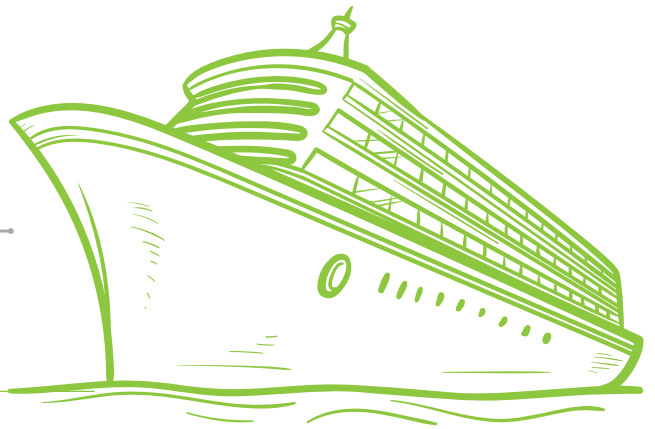
to try new things in my own garden. Why not here? The garden committee agreed that it would be a wonderful way to share our gardens with the entire BGCC community.

We are exploring the possibility of hosting a one-day self-guided garden tour (THROUGH THE GARDEN GATES OF BGCC). It would hopefully take place next June, assuming that the stresses of COVID are behind us and we have returned to some semblance of normality.

I'm excited about the possibilities. A garden tour would provide the opportunity for our community to mingle and share our enthusiasm for the joys and challenges that our gardens offer. I'm sure that you have admired several gardens from a distance, but there is nothing like getting up close and personal with lovely gardens and their enthusiastic caretakers. Strolling through the neighbourhood and admiring gardens with friends and family is a delightful way to spend a few hours on a spring day. If we are able to move forward with the garden tour next spring, and I hope we will, I look forward to seeing you then. You'll definitely find me in my garden. Until then, happy gardening!

# The Ill-Fated — CRUISE —

BY NORA HOOK



It was more than a year ago, March 4, 2020, when Ken and I packed up the December issue of *HOTG* and headed to Pearson for our flight to Buenos Aires to embark on a 34-day adventure. And what an adventure it turned out to be! This, our 27th cruise, was to take us around South America, ending at Port Everglades, Florida, on April 7 with many stops along the route.

After a few amazing days touring Buenos Aires, we boarded the Holland America *Zaandam*. Along with our Canadian hats and shirts, we had brought the latest issue of *HOTG* to take a photo of the cover and the Ushuaia "Welcome" sign in Argentina. Ushuaia is the most southern city in the world—otherwise known as "the end of the world." Alas, this photo was not to be.

The first week of the cruise was wonderful, visiting the ports of Montevideo, the Falkland Islands and Punta Arenas, Chile. Our next port was to be Ushuaia. However, about 10:30 p.m. on March 14, our captain received notice that all seaports would be closed to cruise ships at 6:00 a.m. the next morning. That time was quickly changed to midnight.

The *Zaandam* and her 1250-plus passengers and 600 crew were left stranded at sea. The next day we all had our temperatures taken and were considered to be a

"safe and healthy" ship. We had free run of the ship—great food, wonderful entertainment and weather. We were a "healthy" ship and everyone was enjoying the sea days. The captain announced that we were no longer on a cruise but now on a "humanitarian and safety operation." We were taking the shortest route to San Antonio (Santiago), Chile. The captain was concerned about running low on fuel.

Several days later we arrived at the Port of San Antonio, but again, we were not allowed to dock. We anchored offshore while over a two-day period, boats brought food and supplies to the ship. Refuelling by tankers took longer. As we all watched the restocking, Chilean military boats continually circled the *Zaandam*, making sure that none of us jumped ship.

When we left San Antonio on March 21, the captain announced that he had no idea where we were heading. We were on a cruise "to nowhere." Apparently the powers that be were restricting cruise ships from travelling through the Panama Canal. He did assure us that, "everyone on board continued to be healthy and that we would remain safe on the ship as it delivered us to a convenient destination for everyone to head home."







On March 22 Ken and I were enjoying lunch by the pool when the dreaded announcement came that an unusually high number of passengers and crew had reported to the infirmary with flu-like symptoms. We were to return immediately to our cabins and were not to leave under any circumstances. Ken and I remained confined in our cabin which had a window but no balcony...10 days for Ken, and 17 days for me. The captain's daily announcements informed us that more and more passengers and crew were ill. Four passengers had died. This was becoming very concerning. Still no ports would allow us to dock as we travelled north.

The *Zaandam* arrived in Panama Bay on March 26 and shortly after her sister ship, the *Rotterdam*, cruising south from California arrived bringing much-needed medical personnel and supplies. Again, anchored offshore we were restocked and refuelled. The number of ill people was now well over 100.

During our few days anchored in Panama Bay, all passengers (about 800) were transferred via tender from the *Zaandam* to the *Rotterdam*. Ken and I got moved on March 27. We were masked, our luggage was sprayed with disinfectants, and social distancing was strictly enforced. It took a couple of days to get us all transported over to our new cabins and to get permission finally to travel through the Canal. It was a very clandestine type of maneuver carried out in the dark of night, no lights on in cabins and all curtains closed.

This was about the time that Ken started feeling unwell—very tired with no appetite. Then came a cough and fever. When he started having trouble breathing, he finally let me call 911. Two doctors immediately started him on oxygen, an IV and antibiotics. They also started me on antibiotics...just in case. Ken was diagnosed with pneumonia and later that day they moved him to the Medical Center. At 4:00 a.m.

the next morning, I received a call asking for permission to intubate him as he was struggling with breathing.

We spent many hours cruising back and forth off the coast of Port Everglades until the Trump administration insisted that the *Zaandam* and *Rotterdam* be allowed to dock. By then Ken had been diagnosed with the Coronavirus and was in critical condition. He was immediately transported to Broward Health Medical Center in Fort Lauderdale via ambulance. The next day most of the 250 Canadians from the two ships were flown back to Toronto. As I was in quarantine, I was not allowed to leave the ship. For the next week, while I stayed isolated in our cabin, the doctors and nurses at Broward were in constant contact with me. I was told that Ken was heavily sedated, intubated and in critical condition in their ICU and that he probably wouldn't make it. Twice I was asked to give DNR permission and twice to initiate dialysis. Fortunately, neither was necessary.

The ship doctors checked on me frequently. In hindsight, I believe I also had the virus while on the ship, but was mostly asymptomatic. During my last couple of days on the ship, I was moved to a cabin with a balcony, my first fresh air in two weeks.

Throughout this time our two amazing sons were constantly in touch with doctors, hospital personnel, HAL authorities and Family Assistance, Canadian and U.S. consuls, Global Affairs Canada, the Canadian Consulate in Miami, our insurance company, family and friends.

On April 7, with little notice and not of my own decision, I was told to be packed and ready to leave the ship for a direct flight home to Toronto. Loaded down with luggage for two, and along with 10 other Canadians, I was shuttled to a private airfield in Miami. My flight home took eight hours with stops in

**Continued on page 34**

# The Ill-Fated — CRUISE —

CONTINUED...



Atlanta, Charlotte, and Washington DC. From there we Canadians were flown home in a private jet. Although it was extremely upsetting to be going home while Ken was still in a Florida hospital, it did feel good to be back in Canada and especially to be back in our Ballantrae home.

On April 10, after spending nine days in Broward, Ken was flown home on an air ambulance in an isolation pod along with four ambulance doctors on board. He arrived at Mackenzie Health where he stayed in ICU for 5 1/2 weeks on a ventilator. Ken has no memory of any of those weeks ... which is probably a good thing. At this hospital I was also asked to give DNR and dialysis permission and was told to "be prepared."

After several weeks, when Ken had tested COVID-free, he was ambulated to Markham-Stouffville Hospital for a two-week stay where he underwent many tests ... and was informed by a physiotherapist that he would probably never walk again. On May 30, he was again moved, this time to Uxbridge Cottage Hospital for four weeks of "slow-stream" rehab. He was diagnosed with "profound weakness in all four limbs."

Upon arrival at Uxbridge, he was still completely immobile, unable to stand or even to sit up. The wonderful staff had Ken taking a few steps within days. He basically had to learn to walk again. After a month of rehab there, he was able to walk several metres using a walker.

When Ken was less sedated, the family was able to Zoom or Facetime with him. At first, Ken had no idea who any of us were. He thought he was in his '20s (HA!)

and not married (we have celebrated our 56th anniversary), and he thought our ship had "blown up." So memory was definitely a problem for a while.

Because of his amazing recovery, many of his doctors have labelled Ken "the Miracle Man." After a total of 88 days in four hospitals, five ambulance transfers, and 5 1/2 weeks on a ventilator, I was finally able to see Ken in person for the first time on June 27, when I picked him up from the Uxbridge Cottage Hospital. His first request was to stop at a Wendy's for a chocolate Frosty!

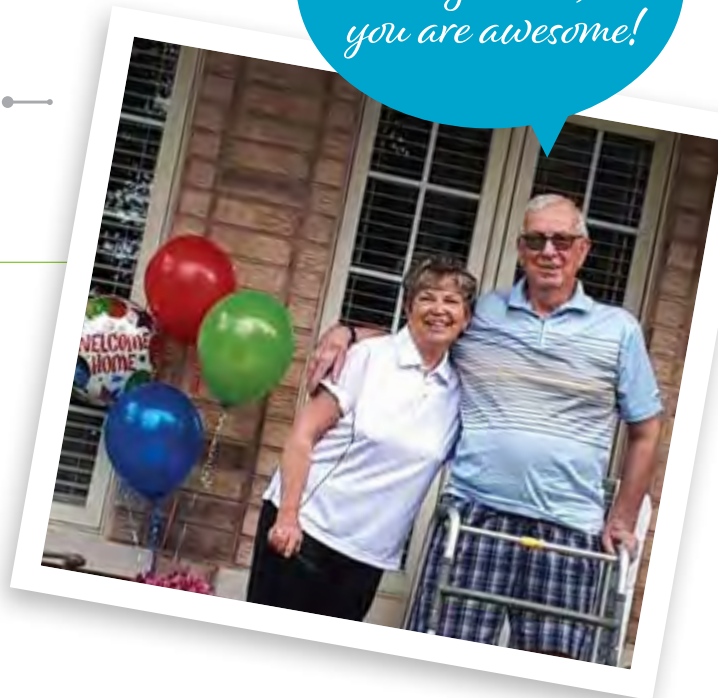
Although Ken is still dealing with medical issues, I believe both Ken and I to be in the "Long Haulers" category. We are so blessed that he has recovered close to his former self with his sense of humour still intact.

On June 29, Wayne Burgess organized a multi-car drive-by celebration for Ken. It was a very emotional experience.

Then on July 1, Marna Moldon arranged for a celebratory walk-by with many residents joining in. So very much appreciated Marna! Thanks to all for participating!

During those three months we were so thankful and overwhelmed with all the encouraging email messages, phone calls, prayers and support from our family, friends and especially our Ballantrae neighbours. That and all the wonderful care that Ken received in all four hospitals were definitely what pulled us both through this unfortunate adventure. Much gratitude to you all. And thanks for all the continued encouragement when we are out for our daily walks.

*Ballantrae  
neighbours,  
you are awesome!*





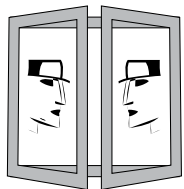
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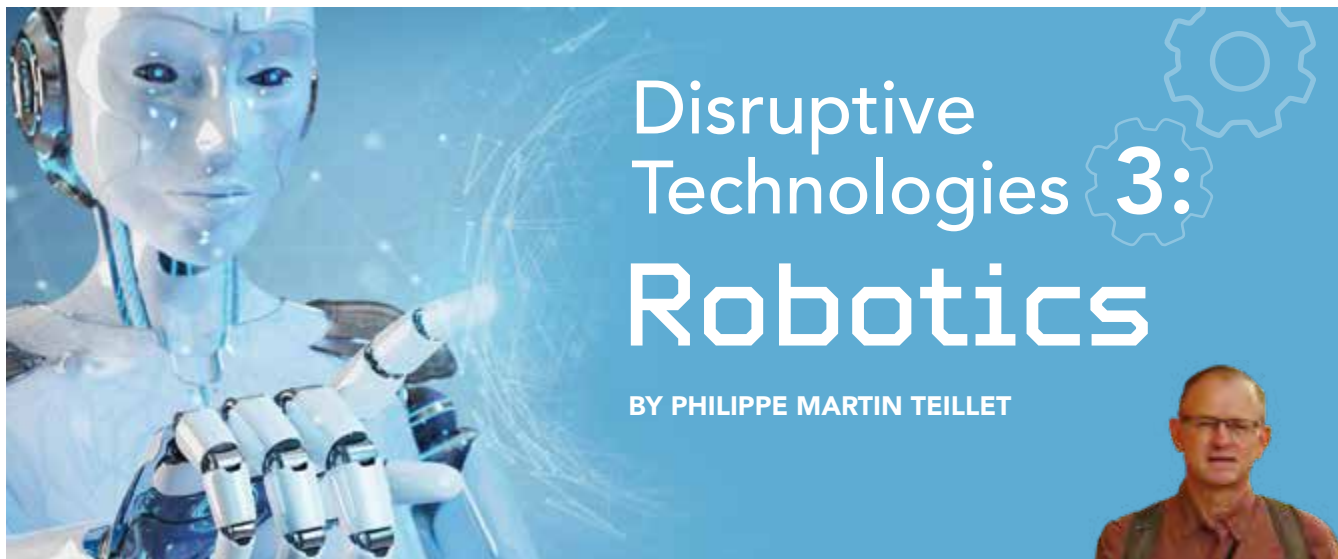
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BY PHILIPPE MARTIN TEILLET

An automaton is a self-operating machine, or a control mechanism, designed to automatically follow a predetermined sequence of operations or instructions. Such automatons have been conceptualized for a long time, including Talos in Greek mythology, the automaton in The Liezi Daoist text circa 250 BC, the musical band of humanoid automata described by Al-Jazari in 1206, and an armoured humanoid automaton designed in 1495 by Leonardo da Vinci.

A robot is a machine, especially one programmable by a computer, capable of carrying out a complex series of actions automatically. Robots can be guided by an external control device, or the control may be embedded within. They may be constructed to take on human form, but most robots are machines designed to perform a task with no regard to how they look. The word robot comes from a Czech word *robota*, meaning “work” or “drudgery.” It was first used by Karel Capek

in his 1920 play R.U.R. (Rossum’s Universal Robots), in which worker machines try to take over the world from their human bosses. The first industrial robot was a robotic arm called *Unimate* on a General Motors assembly line in New Jersey starting in 1961.

Today, people use “robot” for almost any machine designed to be clever. Robots do some of the actions of a human or animal, without constant attention. They can be used in places that are too dangerous or too far away for humans to approach, including disaster areas, war zones, underground, or in outer space.

The increasing use in warfare of unmanned systems, ground-based robots or airborne drones can disconnect the military from society. People are more likely to support the use of force if they don’t see the actual cost in human lives. The situation is comparable

**Continued on page 37**



Karel Capek's Rossum's Universal Robots



Omnitron 2000



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# Disruptive Technologies

## Robotics



CONTINUED...



Ai-Da robot



Jia-Jia-Humanoid-Robot

to George Orwell's book *1984*, where there are oblique references to "the war," but it has no bearing on life.

In aesthetics, the "uncanny valley" is a hypothesized relationship between the degree of an object's resemblance to a human being and the emotional response to it. Initially, our comfort level increases as the robot's human likeness increases. This relationship tends to dip sharply (the uncanny valley) when robots start to look and act almost but not quite like actual humans, causing a response of revulsion among human observers. Our comfort level increases again when the likeness is truly human. The idea was originally proposed in 1970 by roboticist Masahiro Mori. Mori's Japanese term was first translated as "uncanny valley" in the 1978 book *Robots: Fact, Fiction, and Prediction*, by Jasia Reichardt. That translation forged an unintended link to Ernst Jentsch's concept of the uncanny, introduced in a 1906 essay, "On the Psychology of the Uncanny", elaborated upon by Sigmund Freud in a 1919 essay.

Readers may wish to look up humanoid robots online. Examples to consider include: Pepper (Aldebaran Robotics, owned by Japan's SoftBank), designed with the ability to read emotions; ChihiraAico (Toshiba), designed to resemble a 32-year-old Japanese hostess that makes conversation, sings, and will one day play classical music or take care of

people with dementia; Erica (Japan), designed to work as a receptionist or personal assistant, with lifelike skin and facial gestures and artificial intelligence software to listen to and respond to requests; Repliee Q1 (Osaka University and Kokoro Company Ltd.), an example of an actroid, a type of android (humanoid robot) with strong visual human-likeness and the ability to recognize and process speech and respond in kind; Jia Jia (China), a human-like robot that will soon begin performing a range of menial tasks in restaurants, nursing homes, hospitals and households.

Some of you may have heard of the Da Vinci surgical system, and more recently, the robot barista. Robots on assembly lines in automotive and other factories are a more familiar example. In his book *Will Robots Take Your Job?* Nigel (M. de S.) Cameron cites research indicating that, with the advent of self-driving cars, car ownership is headed for a 43% decrease. Auto insurance rates will plummet, but they will get more expensive if you want to drive for yourself. Some auto manufacturers will accept full liability if an accident occurs when their car is driving itself.

We can't imagine some of the new jobs that may be on their way any more than we can imagine a social order in which many more people don't work for a living. Perhaps pertinent to us as third-age people, roboticist Rodney Brooks anticipates a new frontier for robots: "We are going to need lots of them to take up the slack doing the thankless and hard grunt work necessary for elder care, so that younger humans can spend their time providing the social interaction and personal face time we old people are going to crave."



"Spot" Robot by Boston Dynamics-Hyundai



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# "The worst is yet to come":

## Draft UN climate report warns of drastic changes over 30 years

Issued on: 23/06/2021 - 13:24

**Climate change will fundamentally reshape life on Earth in the coming decades, even if humans can tame planet-warming greenhouse gas emissions, according to a landmark draft report from the UN's climate science advisors obtained by AFP.**

Species extinction, more widespread disease, unliveable heat, ecosystem collapse, cities menaced by rising seas -- these and other devastating climate impacts are accelerating and bound to become painfully obvious before a child born today turns 30.

The choices societies make now will determine whether our species thrives or simply survives as the 21st century unfolds, the **Intergovernmental Panel on Climate Change (IPCC)** says in a draft report seen exclusively by AFP.

But dangerous thresholds are closer than once thought, and dire consequences stemming from decades of unbridled carbon pollution are unavoidable in the short term.

**"The worst is yet to come, affecting our children's and grandchildren's lives much more than our own,"** the report says. By far the most comprehensive catalogue ever assembled of how climate change is upending our world, the report reads like a 4,000-page indictment of humanity's stewardship of the planet.

But the document, designed to influence critical policy decisions, is not scheduled for release until February 2022 -- too late for crunch UN summits this year on climate, biodiversity and food systems, some scientists say.

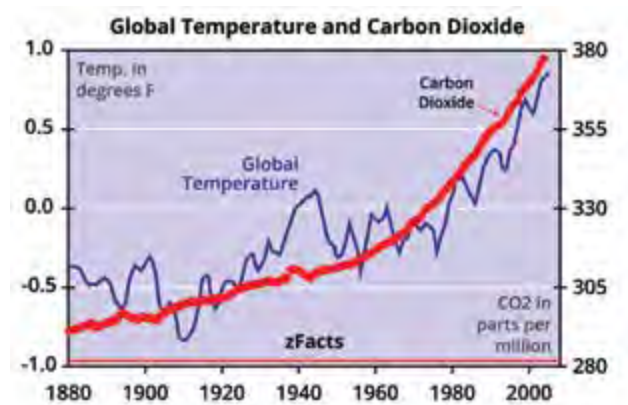
In response to AFP's reporting, the IPCC released a statement saying it "does not comment on the contents of draft reports while work is still ongoing".

### Allies into enemies

The draft report comes at a time of global "eco-awakening" and serves as a reality check against a slew of ill-defined net-zero promises by governments and corporations worldwide.

The challenges it highlights are systemic, woven into the very fabric of daily life.

They are also deeply unfair: those least responsible for global warming will suffer disproportionately, the report makes clear.



And it shows that even as we spew record amounts of greenhouse gases into the atmosphere, we are undermining the capacity of forests and oceans to absorb them, turning our greatest natural allies in the fight against warming into enemies.

It warns that previous major climate shocks dramatically altered the environment and wiped out most species, raising the question of whether humanity is sowing the seeds of its own demise.

**"Life on Earth can recover from a drastic climate shift by evolving into new species and creating new ecosystems,"** it says. **"Humans cannot."**

### 'Irreversible consequences'

There are at least four main takeaways in the draft report, which may be subject to minor changes in the coming months as the IPCC shifts its focus to a key executive summary for policymakers.

The first is that with 1.1 degrees Celsius of warming clocked so far, the climate is already changing.

A decade ago, scientists believed that limiting global warming to two degrees Celsius above mid-19th century levels would be enough to safeguard our future.

That goal is enshrined in the 2015 Paris Agreement, adopted by nearly 200 nations who vowed to collectively cap warming at "well below" two degrees Celsius -- and 1.5 degrees if possible.

**Continued on page 41**



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# "The worst is yet to come":

Draft UN climate report warns of drastic changes over 30 years

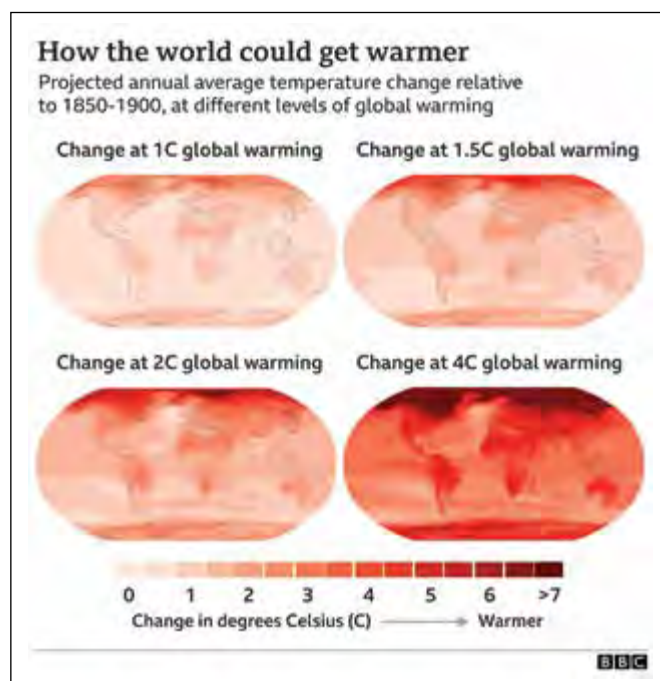
CONTINUED...

On current trends, we're heading for three degrees Celsius at best.

Earlier models predicted we were not likely to see Earth-altering climate change before 2100.

But the UN draft report says that prolonged warming even beyond 1.5 degrees Celsius could produce "progressively serious, centuries' long and, in some cases, irreversible consequences".

Last month, the World Meteorological Organization projected a 40 percent chance that Earth will cross the 1.5-degree threshold for at least one year by 2026.

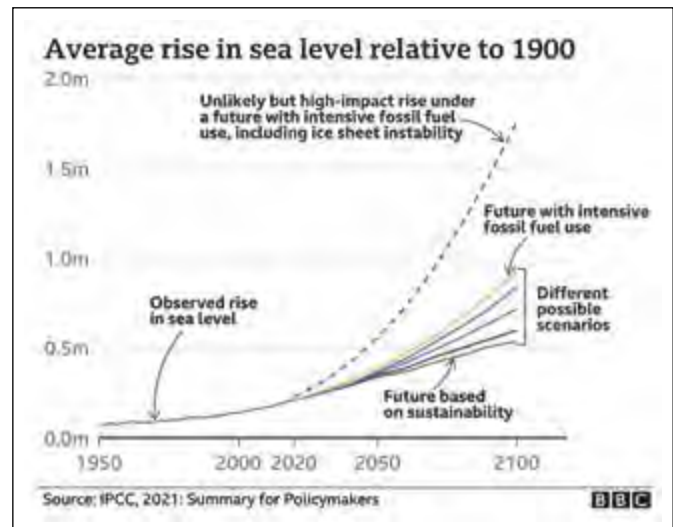


## For some plants and animals, it could be too late.

"Even at 1.5 degrees Celsius of warming, conditions will change beyond many organisms' ability to adapt," the report notes.

Coral reefs -- ecosystems on which half a billion people depend -- are one example.

Indigenous populations in the Arctic face cultural extinction as the environment upon which their livelihoods and history are built melts beneath their snow shoes.



A warming world has also increased the length of fire seasons, doubled potential burnable areas, and contributed to food systems losses.

## Get ready

The world must face up to this reality and prepare for the onslaught -- a second major takeaway of the report.

"Current levels of adaptation will be inadequate to respond to future climate risks," it cautions.

Mid-century projections -- even under an optimistic scenario of two degrees Celsius of warming -- make this an understatement.

Tens of millions more people are likely to face chronic hunger by 2050, and 130 million more could experience extreme poverty within a decade if inequality is allowed to deepen.

In 2050, coastal cities on the "frontline" of the climate crisis will see hundreds of millions of people at risk from floods and increasingly frequent storm surges made more deadly by rising seas.

**Note: This is a summary of a United Nations report.**

**To read the full report, copy the following link into your browser:**

<https://www.france24.com/en/europe/20210623-the-worst-is-yet-to-come-draft-un-climate-report-warns-of-drastic-changes-over-30-years>



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# Hulshof Farm Market Comes to Ballantrae every Thursday



Since Thursday July 8, the Hulshofs have brought their mobile truck market to our Recreation Centre from 10:00 a.m. to noon. Despite the rain, it has been a huge success. Folks have filled the parking lot and lined up to buy fresh farm veggies, micro greens, home-baked goodies, preserves, salad dressings, honey, BBQ sauce and more. The Hulshofs plan to make this a weekly event every Thursday throughout summer and hopefully into fall.

Jim and Elayne Hulshof sold their Bloomington Road farm market in 2017 and eventually moved to their current location in Leaskdale, north of Uxbridge. It's a lovely drive for those who can't wait until Thursday to stock up on freshly grown goodies, baked goods and decorative items made by locals. From 1911 to 1926 Leaskdale was home to author Lucy Maud Montgomery, best known for *Anne of Green Gables*. The manse where she lived is now a National Historic Site.

For more information on farm hours and to place orders for free delivery to Ballantrae call 905-852-1043 or visit [hulshoffarmmarket.ca](http://hulshoffarmmarket.ca)







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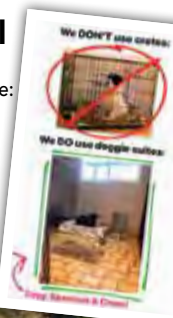
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# Hitting the *High Life* at Whistler

BY ANITA DRAYCOTT

To relieve my pent-up frustration at not being able to travel due to COVID-19 restrictions, I booked a trip to Whistler last August for some mountain golf and other alpine pleasures. Whistler kicked up its already world-class reputation when it co-hosted (with Vancouver) the 2010 Olympic and Paralympic Winter Games.



In the early 1960s, most folks opined that developing Whistler as a ski resort was ridiculous—too stormy, too isolated, no services, no road links. The list went on. But Whistler had remarkable terrain—voluptuous slopes that dropped nearly a vertical mile to the valley floor, hundreds of acres of old growth forest and a plethora of snow.

Franz Wilhelmsen and a cohort of mountain enthusiasts ignored the naysayers and carved a network of ski trails out of the bush. Today, Whistler is considered one of the premier mountain resort destinations in the world with two mile-high peaks (Whistler and Blackcomb) linked via a pedestrian-only village. It has become a four-season success story by which most others in North America are now judged and often modelled upon.

Set into the skyscraping mountains of the Coast Range, the town has an irrepressible spirit that matches its

surroundings. Things have changed quite a bit since the early days when what is now the centre of Whistler Village was a garbage dump where bears foraged. The bears are still there but those early days when skiers swigged beer out of their ski boots have changed considerably. Whistler, the top ski, snowboarding and mountain biking resort in North America has also ascended to the heights of one of Canada's best golf destinations.

## Going for Gold

While Olympians in Tokyo were going for gold, I was too, but my gold involved the super perks and pampering offered to guests in the Fairmont Chateau Whistler Gold level. Fairmont spent more than \$14 million and created a boutique hotel within its existing property. Guests receive all sorts of extra benefits starting with concierge check-in at the totally renovated eighth-floor Gold Lounge. There's an outdoor patio, perfect for sipping your morning Nespresso cappuccino and enjoying the tasty breakfast offerings created by Executive Chef Isabel Chung. Chef makes her jams from BC fruit and honey comes from the hotel's rooftop hives. Breakfast offerings include charcuterie, cheese, smoked salmon, yogurt, fruit, warm from-the-oven pastries, and daily hot specials served in COVID-friendly individual-size serving dishes.





Afternoon tea, finger sandwiches and pastries are served mid-afternoon and from 5:00 to 7:00 p.m., guests may indulge in gourmet *hors d'oeuvres*, an assortment of cheeses and charcuterie and more sweet treats. The honour bar includes wines, liquors and beers, in addition to well-stocked martini and gin-and-tonic stations. The lounge with its overstuffed leather couches and library makes a comfortable extension to the guest rooms, each with electric fireplace, soaker tub and a sensory aromatherapy experience with Skinjay, an all-natural essential oil pod that diffuses through the showerhead. Choose your scent according to your mood: sleep, detox (after too many martinis!), party or play.

### Golf Nirvana

I chose “play.” First on my hit list was the Chateau Whistler Golf Club, where unlike the other Whistler area courses, you really do climb up and down 400 feet of dramatic alpine terrain.

“We listened to the land and harmonized with nature,” says its creator, Robert Trent Jones, Jr. An engineering marvel, the course, carved out of the bench lands of Blackcomb Mountain, traverses “billy goat” steep ledges, gushing glacier-fed streams, massive granite outcroppings and mighty Douglas firs.

The first five holes present an uphill battle with several creeks transecting the fairways. Try to concentrate on your swing but you will be distracted by the spectacular mountain views, possible bear sightings and giddy alpine air. The eighth signature hole plays downhill to a green set off by a crystal-clear lake and a massive granite cliff. The Chateau Whistler course is a true beauty queen with outstanding views in every direction. Afterwards, brag about your birdies on the clubhouse patio. I recommend the peach sangria to wash down some spicy wings.

Smack dab in the centre of the village, The Whistler Golf Club, built in 1983, is the granddaddy of the Whistler area courses. It was also Arnold Palmer’s first Canadian design.

“It’s a Palmer design with a Whistler attitude,” remarked sales manager, Ro Davies. Indeed, classic rock music piped from the clubhouse, the high five you’ll get from the starter and marshals who will help you find errant balls are all part of the Whistler Golf Club vibe.

The 6,700-yard, par-71 course is set amongst ancient cedars, majestic fir trees, winding streams and nine lakes. In 2012 all the greens were planted with state-of-the-art 007 Bent Grass for better playability and resistance to snow and ice damage.

The Whistler Golf Club received the designation of Certified Audubon Cooperative Sanctuary, in part for their staff’s extensive environmental initiatives. Their efforts have had a direct impact on both the Crabapple Creek trout population and local bear population

through enhancements of their wildlife habitats, outreach and education programs and chemical use reduction.

Many naturalized areas on the course provide food and habitat for local wildlife other than the bears, such as coyote, beaver and birds. You might catch a small cub taking a stroll around the patio.

The 11th hole called Arnie’s Eagle is a par-five memorably double-crossed by two creeks. The day the course opened Mr. Palmer holed this risk/reward challenge in three. The signature 16th hole, called The Gallery, is a knockout with elevated tees and a carry over a sparkling lake and then a winding river. In the spring of 2021, The Gallery was expanded to provide seating for joggers, walkers and cyclists on nearby trails to enjoy the views and applaud good tee shots.

Just down the road, Nicklaus North, designed by the Golden Bear himself, meanders alongside glacier-fed Green Lake. Jack Nicklaus deliberately designed it to be fun, with roomy fairways and enormous greens. That said, there are over 50 bunkers and water on 15 holes to be avoided. The par-threes here are very strong, especially the signature 17<sup>th</sup> that plays alongside Green Lake. Although Nicklaus’s company has built almost 300 courses in 40 countries, only four are Nicklaus Signature tracts and one of those is Nicklaus North.

After your round, sit back and relax on what is arguably Whistler’s best patio overlooking Green Lake, the 16th fairway and the Harbour Air floatplane dock. Nicklaus North’s Table Nineteen Lakeside Eatery prides itself on having great prices on beer, wine and dishes that lure more than golfers to the contemporary cuisine.





## Hitting the High Life at Whistler CONTINUED...

### Arrive in High Style

There are various ways to get to Whistler, but I recommend Harbour Air's seaplane from Vancouver. The trip takes about half an hour and you'll land on Green Lake just in front of the Nicklaus North Golf Clubhouse.

[www.harbourair.com](http://www.harbourair.com)

### Alta Bistro

At Alta Bistro the chef prides himself on using local products and ingredients. Though the menu is brief, the dishes are unique. For example, gazpacho comes with goat cheese, herb oil and fermented strawberries. The seared Albacore tuna is rubbed with a house-made burnt onion powder. Fabulous!

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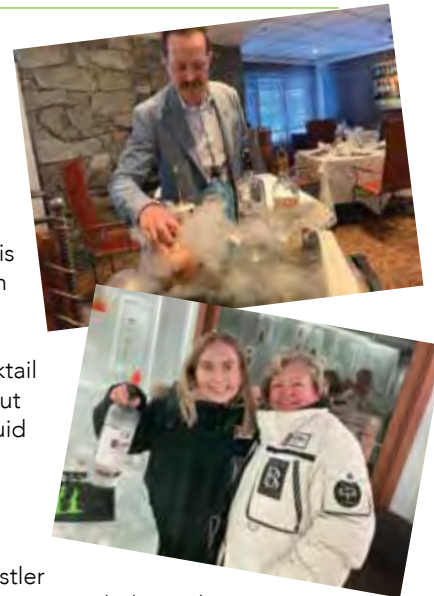
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Note: The approximate price difference between a Fairmont room to a Fairmont Gold room is an additional \$160.00 per night. The upsell rate does vary depending on how much the guests are initially paying for their room. When you add up what it would cost for breakfasts, snacks, afternoon tea, appetizers, personalized concierge service and shuttles to places around town, it's worth the upgrade.

All about Whistler

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# Ballantrae Choir Announcement

BY MARY BRESSER

Sadly, there will be no Christmas Choir Concert in Ballantrae this year.

After much discussion and consideration regarding the health and safety of all choir members, the executive has decided to wait until the fall of 2022 before we join together again to sing.

We encourage all new and long-time residents of Ballantrae to think about joining us. Belonging to our choir is a fun experience that culminates in our annual Christmas Concert. New members are always welcome!

Please contact: [marybresser@rogers.com](mailto:marybresser@rogers.com) or call 416-779-9542

More information will be posted during the coming winter. Rest assured, the Ballantrae Choir will be back. For many folks living in Ballantrae, our concert marks the beginning of the Christmas season and we want that tradition to continue!

# Pocket Concert Coming Later This Fall

Date to be announced when government guidelines permit large indoor gatherings.

Please check the HOTG Website [www.hotg.ca](http://www.hotg.ca) for updates.



## NOTICES

## Name Tags Available for \$10 each

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# More Good Reasons to Visit [www.hotg.ca](http://www.hotg.ca)

BY DONNA CLARK

Over the past couple of months our webmaster, Paul, has been busy improving our **Events Calendar** and updating our **Navigation Guides**.

Because there is a wealth of useful information on [hotg.ca](http://hotg.ca), it can take some time to become familiar with where everything is located. Remember you always have the Website Index and the Search function on the home page to help find information.

There are three Navigation Guides that you might find useful: one for the Home page, one for the Resident Resource section and one for Events. For the next while you can find all three listed on the home page near the top; it is also in the top menu bar. Just click on the one you are interested in and peruse at your leisure.

As we get back to "normal," we expect more of us will be checking out the **Events Calendar**. It is available at the bottom of the home page and also on the top menu bar under "Events." A couple of things worth knowing:

- While the default view is by Month, you can select Week or List views by clicking on the menu at the top right of the calendar. Note, smartphones are only available in List view due to smaller screens.
- Click on any of the events you want to know more about and the relevant information will be displayed.



On the **Rec Centre** page, the event calendar only includes those events such as fitness classes and webinars that are unique to the Recreation Centre.

Note that both pages have an additional calendar below which combines both Events and Recreation Centre activities, so you can determine any conflicts.

## Combined Events and Rec Centre Calendars



Finally, we have a third choice available on the main menu under Events titled **Things to Do and Places to Visit**.

This is a listing of ongoing activities in the area, versus specific events, organized by category. For example, if you are looking for something to entertain your grandkids, check out "Kids Stuff." This entire section is a work in progress, so if you have ideas or suggestions, please let us know at [webmaster@hotg.ca](mailto:webmaster@hotg.ca).



## Rec Centre Calendar



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






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## PLEASE SUPPORT OUR ADVERTISERS

Home on the Green is provided to our residents at no cost. We appreciate our advertisers and hope, when you visit them, you will mention that you saw their ad in Home on the Green. Ads containing the house symbol indicate that the owners or managers of the businesses are residents of the Ballantrae Golf & Country Club.

Remember you can click on an ad with a website and be taken there directly. Online version hotg.ca/hotg





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# Ice Cream Social!



Many thanks to Wayne Burgess, who organized a Canada Day celebration in Ballantrae.

Invited to walk, bike or drive over to a *cul-de-sac* in Condo 3, residents were treated to an afternoon of ice cream, games and an opportunity to socialize with neighbours.

Mister Treats Soft Serve Ice Cream Truck (that has been at our Summer Games events in the past) supplied the frozen delights. Games of ladder golf and bean bag toss added to the fun.





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