

SPRING 2022

HOME *ON THE* *Green*

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

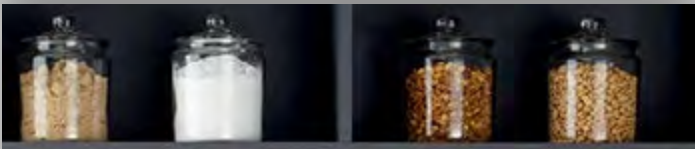
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Winners!

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Preservation

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A positive community voice to inform and entertain.**

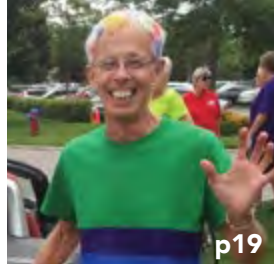
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Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in WORD format to magazine@hotg.ca. *Home on the Green* reserves the right to accept, edit or reject any submitted article. All such contributors are deemed to have consented to the publication – either in print or online – of any information submitted by them.



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MESSAGE FROM THE PUBLISHER

BY ELAINE SAKSONS



It's January and the wind is howling outdoors. I'm writing this for the spring issue of our magazine and have no idea what spring will be bringing us in 2022. We are hoping that the pandemic will soon become endemic ... but there is no crystal ball!

I think it might be important to acknowledge our community and the contributions many have made to ease the stresses on others during day-to-day Covid life. Just going for a walk around "the peanut" is enough to lift your spirits. Courtesy, kindness and warmth are demonstrated every day. The social aspect of walking our streets and acknowledging our community members is as beneficial as the fresh air.

Neighbours helping neighbours has become an even more important part of living here, regardless of the task. Neighbours participating in outdoor street parties has resulted in stronger bonds.

Home on the Green continues to produce outstanding content. Our contributors have stepped up to fill the pages that became available when clubs were forced to shut down.

We have missed so much: activities, people, travel; but I for one am feeling fortunate that I am sharing this experience with fellow residents in Ballantrae.

Please take a moment to appreciate the front cover photo of a spring trillium submitted by Hanna Galyen. Hanna participated in the photo contest along with eight other residents. See the article inside! You might want to start your own file of photos that reflect the beauty of BGCC.

Elaine Saksons

Take care,
Elaine Saksons

NOTICE ANYTHING DIFFERENT?

You may notice that the interior pages of this edition of our magazine are not the same as usual. Unfortunately, due to current supply chain issues, the regular grade of paper was unavailable. Consequently, the decision was made to replace the paper stock with the dull coated version of the same grade. This means that, on one hand, the text may be a little more legible while, on the other, the photograph reproductions may appear somewhat flatter than usual.





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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



We have been more than fortunate to have people with many varied skills living in Ballantrae Golf and Country Club. Many originals still reside here and others, for numerous reasons, have moved on. One of those ladies who lived here in the very early years inaugurated a great magazine which is known as *Home on the Green*. With the assistance of many residents who took up the torch, her original idea has flourished over the years. However, it was her idea and for that we should all be grateful.

Ruth Flanagan, recently moved away from BGCC but she has left behind a kind and gentle legacy. Thank you, Ruth, from all the beneficiaries of your great vision.



Stouffville Fire Services

For most of us the only time we think about fire and emergency services is when we pull over to the side of the road to allow a vehicle with a screaming siren to pass by. Of course, we never call a fire station until we need their service, but we are lucky that they are there when we do need them.

Residents of Stouffville are fortunate to have such a qualified team of men and women available to answer our nearly 1,400 calls each year.



Training and dedication with these teams starts with our current Fire Chief Bill Snowball. Chief Snowball has been connected to the Service since 1974 when he joined as a volunteer after graduating from high school. Today's full-time hires must have completed, as a minimum, a two-year college program, have an NFPA 1001 Fire Fighter certification and have experienced a number of years as a part-time fighter in a municipal fire department. If hired, they must have the ability to work

on rotating shifts, including nights, weekends and holidays. Once hired, the real training begins.

As in many trades, continuous training is a requirement. 2021 saw more than 4,000 training man-hours spent by our local crews. This training covers much more than fire fighting or suppression. Activities such as responding to medical emergencies or using "the jaws of life" at an auto-entrapment accident, have become an important part of their daily responsibilities.

At year end 2021 we had a complement of 34 full-time Suppression Fire Fighters, 4 Fire Prevention personnel, 39 paid on-call volunteers and 4 staff positions. Council recently approved an addition to this contingent for 2022. As the number of residents and home structures change within our community, we will continue our obligation and need for more full-timers.

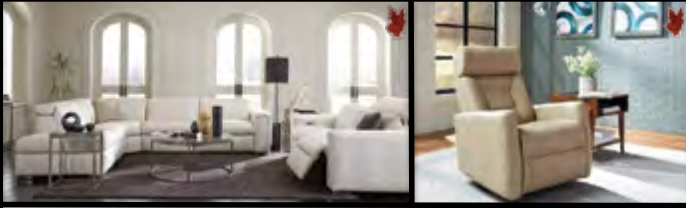
The local fire station on Highway 48 was built in 1996. The original Ballantrae station was located in the structure at the corner of Aurora Road and Ninth Line. It was used as a sub-station and was completely manned by local volunteers. When BGCC was being designed, it became obvious a more permanent home was required.

An unknown and often misunderstood fact deals with the supply of emergency services (EMS) and who pays for what portion. There is a clear division of responsibilities within our province. Ambulance services come under the province and for our area through the Ministry of Health, York Region controls this service. Fire fighting services on the other hand are fully funded by each local municipality and are 100% paid for by local taxpayers.

During discussions with Chief Snowball for this article it was made perfectly clear to me that "fire prevention and public education is the future of the fire service." This must be as our community continues to expand and evolve into an ever-diverse housing community which includes group homes and long term care facilities such as Mon Sheong and Parkview. It was recently announced that a number of high-rise buildings will soon to be dotting our horizon. Fire prevention and public education will become a must.

I have attended many of the graduation ceremonies where we welcome new recruits to the town's fire team. As your Town Councillor, I hope to continue this relationship for a number of years to come. They work hard at their jobs and I for one appreciate the dedication shown. After all the hard work put in over the years, most of these professionals will tell you, "There's no job like it."

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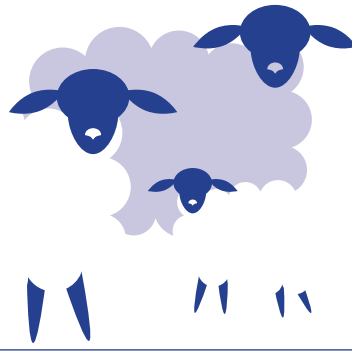
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Guardians of the Flock

BY LINDA LEGALLAIS



In past articles I have highlighted the many ways dogs help us. I honestly don't know what we would do without them! Today I want to feature a group with a very specific and incredibly important job, the Livestock Guardian Dogs. Not to be confused with herding breeds such as Border Collies and Cattle Dogs, these guys don't move a flock about at a shepherd's orders, but rather live with the flock to assure its safety from predators. These dogs have been protecting flocks of sheep and goats for centuries. There are several breeds from different parts of the world and they fall into two categories.

Usually a flock of sheep or goats has a large grazing area and, depending on where they are located, encounter various predators ranging from wolves to cheetahs. Specific dog breeds were bred to protect the flock when out of range of the shepherd. The first group includes such breeds as the Great Pyrenees from France, the Turkish Anatolian Shepherd and Akbash dog and the Italian breed, the Maremma. These dogs



Great Pyrenees Sheepdog



Maremma Sheepdog Breed

usually weigh about 120 pounds and have a white or off-white coat helping them blend in with their charges. At about five to six weeks, a pup is introduced to a flock and he literally grows up amongst them, becoming part of the flock. His natural tendency toward being protective and loyal causes him to protect his flock from danger. Usually, the very presence of such a formidable dog will deter potential threats.

In some cases another guardian is required. When it is a large flock or a vast area to cover, shepherds also use perimeter guards. They are a bigger, somewhat fiercer and more independent dog. They include



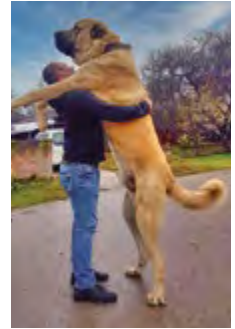
Turkish Kangal Shepherd Dog

such breeds as the Turkish Kangal who weighs in excess of 130 pounds and has the greatest bite force of all dogs. A Kangal can kill a wolf. An even more impressive dog is a Turkish Malakli, who can reach 170

pounds. These dogs, although again raised with a flock, are of a more independent nature and will "patrol" the perimeter of the flock as a very successful deterrent to any predator.

The important work these dogs perform cannot be underestimated. Just ask Cody and Lisle Lockhart, shepherds who run a large sheep farm in Debden, Saskatchewan.

They used to lose a sheep every night to wolves and coyotes. For many years the farmers' only options were to leave out poison or to shoot a predator. In these more enlightened times however, a better option is the ancient practice of using Guardian dogs. The Lockharts have ten dogs of four different breeds: Kangal, Pyrenees, Anatolian and Maremma. Since using the dogs they have not lost a single sheep to a predator. The best part is that the predator is also protected!



Turkish Malakli Dog

It's hard enough for a shepherd in Canada to lose animals, but imagine being a subsistence farmer in a place like Namibia. The loss of one sheep or goat can be devastating. When you have cheetahs threatening



Malakli in Africa

your flock what can you do but shoot them? Cheetahs are now listed as vulnerable to endangered by the International Union for the Conservation of Nature. The loss of one is a tragedy. Fortunately, an amazing group, the Cheetah Conservation Fund, has been working with the local shepherds to teach them the value of Guardian dogs. They provide the dogs to the shepherds and teach them how to train them. The work continues and is spreading to other countries in Africa. I think it goes without saying that these breeds do not make good pets for the average person. They are working dogs and should only be owned by responsible, experienced shepherds.

Not only are they aiding people but also protecting the flocks they guard. And as a bonus, they are also protecting the invaluable lives of the predators facing so many other challenges in this modern world. Remember, the predator is not a wanton killer; humans put livestock into its world. This use of Guardian dogs seems to be a big win all around.



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Who Was That MASKED MAN?

BY KEN MIYAUCHI



At the time of writing, the COVID-19 pandemic is starting to plateau, but scientists warn that it is not yet over. The continuing rise of new variants/subvariants and the loosening of restrictions may lead to new cases and hospitalizations. Many experts also state that COVID is likely here to stay. It will evolve into a lesser virus that will require annual vaccines, much like seasonal flu. Therefore, it's time to review some measures that we have come to accept, and ensure that we continue to be safe and healthy.

In bygone days, mask wearing was confined to the Lone Ranger or bank robbers. Today, it applies to most of us. Wearing a face mask is a simple and easy precaution. It is not the intent of this article to address the controversy surrounding mask wearing. I believe, as do most health professionals, that mask wearing minimizes the spread of COVID-19. Also, in my opinion, the protection of others from me and my own personal protection is of far greater importance than any individual's right to choose.

N95 respirators (most commonly referred to as masks) are considered the gold standard. Previously, due to shortages, they were only recommended for health professionals. Today, they are available to everyone. KN95 respirators are made in China to Chinese standards, and are generally considered to be suitable alternatives. Both filter out 95% of very small (0.3 microns) air particles including bacteria and viruses, but the N95 masks are measured using stricter standards. Especially when buying masks from internet suppliers, we need to be aware of fakes. To ensure that your mask is certified, look for your mask on the approved list of the CDC NIOSH (National Institute for Occupational Safety and Health) respirators. The NIOSH logo will appear on the respirator, but be aware that fakes may also have the stamp. If the logo is absent, avoid this mask. Also, if the masks are called face masks rather than respirators, avoid them as well. Always buy your respirators from reputable manufacturers and reputable retailers.

Approved N95 respirators have two straps that fit over the head to secure the "mask" and create a tight seal. You can buy respirators with ear loops instead, but remember that these masks do not provide as tight a seal. Some have a one-way exhalation valve that permits air to be expelled but does not allow unfiltered air in. These respirators with exhalation valves are considered more comfortable and suitable for longer periods of use; however, the CDC does not recommend them for healthcare situations. If you have breathing issues when mask wearing, the valve respirators may provide relief. For most of us, respirators without valves are preferred because the valve allows air from inside the "mask" which may be contaminated with COVID particles to be expelled and potentially infect others.

Other types of acceptable face masks include three-layer surgical masks (ASTM Level 1-3) and three-layer cloth masks. Surgical masks are used when N95s are neither required nor available. When going to a hospital or doctor's office, these are the masks that are supplied to you. Cloth masks are washable and reusable. Some cloth masks have a pocket for an additional filter. These are the preferred cloth masks as the PM2.5 filters are made from similar materials to the N95 respirators, and filter out air particles larger than 2.5 microns. If you do not wish to purchase N95 respirators, a cloth mask with a filter and a surgical mask underneath will give you better protection than a surgical or cloth mask alone.

Of paramount importance is that the respirator or mask conforms to your face and has no gaps for air to be inhaled or to escape. The nose bridge should have a metal insert that allows the "mask" to mold over your nose. It should cover your nose down to the chin and have no gaps along the sides. An ill-fitting "mask" offers little protection. If a "mask" is soiled or torn, discard it immediately. Try not to touch the front or inside of the mask to avoid contaminating your hands. If you do touch these surfaces, wash your hands or use a hand sanitizer.

All respirators and masks, except cloth masks, are designed for one-time use; however, for most of us, they can be reused. The length of time depends on how often you wear the mask and for what period of time. If you intend to reuse surgical masks or N95 respirators, each "mask" should be stored in a separate paper bag. The paper bag allows ventilation to enable the "mask" to air out for at least 48 hours (the time that the virus lives on paper). A good method is to have three labelled paper bags and cycle three "masks." Each person should have his or her own set of bags and "masks."

We all hope that the pandemic ends and we can return to some semblance of normality. The likelihood is that an endemic form of the virus will remain, and "mask" wearing may continue to be an important safeguard.

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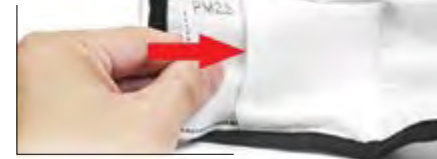
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BlackBerry, the first smartphone

BY JAN RICHARDS

Canadian engineer, Mike Lazaridis, is the founder of business juggernaut Research in Motion (RIM), and creator of the BlackBerry brand. He is known as the father of the smartphone and is recognized as a visionary, an innovator, and an engineer of extraordinary talent in the global wireless community. Among other honours Mike Lazaridis is an Officer of the Order of Canada, a member of the Order of Ontario and is a Fellow of the Royal Society.

In 1966, five-year old Mihal Lazaridis immigrated to Canada from Istanbul, Turkey, with his parents. When he was 12 years old, he won an award at the Windsor Public Library for reading every science book in the library!



LEFT: Mike Lazaridis; RIGHT: Jim Balsille

Mike studied electrical engineering at the University of Waterloo and in 1984 started a consulting firm focusing on electronics and computer science. He hired Jim Balsille in 1992 as co-CEO. Both men prospered from their relationship – Lazaridis with his technical vision and Balsille with his business savvy. RIM expanded from a small company of ten employees to an international corporation worth \$68 billion by 2007.

By 1996, RIM had launched the Inter@ctive Pager that allowed clients to contact each other not only by sending audible messages, but also by messaging via a keyboard. Three years later, a prototype for the first wireless mobile device was introduced. There were several other cellular phones in the marketplace, but RIM executives envisioned a device where data could be sent efficiently, affordably, and securely.

Launched in 1999, the BlackBerry brand was the first mobile device to be synchronized to a desktop computer and to be capable of retrieving emails via a dedicated private network.



TOP: BlackBerry Curve 8310; ABOVE: Evolution of the BlackBerry

The name BlackBerry was chosen because the keyboard's buttons resembled small drupelets (seed casings) of blackberries.

Many offers were submitted to purchase the company, but RIM continued to refocus and reinvent itself despite competition. At its peak in 2012, BlackBerry had more than 80 million active users. Their devices were so popular and addictive, they were known as "CrackBerries!" Lazaridis also received an Academy Award and an Emmy Award for developing a high-speed barcode reader which greatly increased the speed of editing film.

Because of the advanced encryption capabilities of the BlackBerry smartphone, it was used by many government agencies. Canada issued BlackBerry devices to federal corporations to secure multimillion dollar contracts. Barack Obama was known for his dependence on his BlackBerry. And the Hillary Clinton email controversy was associated with the continued use of her BlackBerry after assuming political office.

As of January 4, 2022, BlackBerry ceased providing technical support for all early versions of their device. Older models not running on Android software can no longer use data, send text messages, access the internet, or make telephone calls.

The BlackBerry smartphone took shape in the mind of Mike Lazaridis in 1999 and will always be remembered as the Canadian innovation that launched the age of mobile digital communication. Made in Canada, eh!

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Slabtown Cider Company

BY ALISON SCOWCROFT



Located in the rolling hills of rural Uxbridge, the Feddema family purchased property in 2017 to build a cidery now known as Slabtown Cidery. In 2018 they began to build the orchard. Many trees were planted, some of which came from Siloam Orchards. Back in the 1800's Siloam was known as Randallville, a mill town.

This hamlet was also referred to as Slab Town because of the slabs of wood on the side of the road. To preserve the history of Uxbridge, this is where Slabtown Cider got its name.

Originally the Feddemas opened as a farm store and began offering tastings and selling bottles of cider, with a food truck to offer meals. The structure of the Ciderhouse & Eatery was built in 2019, and then the pandemic hit, so they expanded the patio and now it is larger than the indoor space. They partnered with the owner of Annina's Bakeshop & Cafe in Goodwood, Marco Cassano for the Ciderhouse & Eatery and he works closely with the Head Chef on premise, Chef Brian. All cider production is done on site and led by cider maker Dave. Dave wanted "something traditional with a modern twist" in creations, and that is indeed what he has done. Prior to becoming their head cider maker, Dave was in IT. His strong passion for food and flavours and his technical ability, made him the perfect person to create their recipes. He has been part of the development, vision, and execution of the cidery since the beginning. The variety of ciders is impressive and I guarantee, even if you aren't a cider drinker, you will find one to enjoy. I would suggest for your first visit to order a Flight which gives you four different varieties to taste. The food menu is quite diverse, anything from burgers, tacos, salads, pastas, and a huge favourite,

wood-fired pizza; out of this world delicious. One unique thing about the food served in the eatery is during summer months, the chef goes out to the garden on the grounds and picks produce, fresh, daily, to use in the kitchen. The parents of Jason (one of the owners), who have farmed all their lives, help out in the garden and orchards, and also in the store where you can purchase the cider to take



home. The Feddemas also carry fresh baked goods and a variety of products from local artisans, including preserves, art, and pottery.

Slabtown Cider Company provides a beautiful location to sit and savour a delicious meal with a refreshing glass of cider while enjoying the surrounding scenery.





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The Magic of Musical Theatre

BY GREG MCCAIN



Over the last 70 years I have seen over 1,000 theatrical productions. I am often asked about my favourite experiences. Oscar Wilde said, "I regard the theatre as the greatest of all art forms." Here are some of my favourites.

1) GUYS AND DOLLS

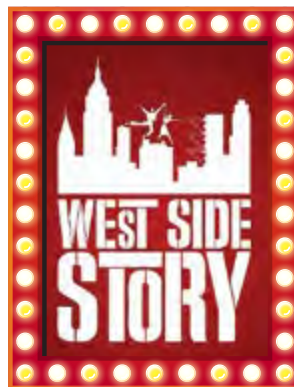
This is the first musical I saw in the 1950s at the Royal Alexandra Theatre in Toronto. The Runyon-like characters are as timely today as then. The recent revival at the Stratford Festival was equally enjoyed by myself and my grandchildren.



2) WEST SIDE STORY

This remake of the classic Romeo and Juliet theme won both a Tony, and an Oscar and now there's a new film version directed by Steven Spielberg. The very classic, haunting song by Leonard Bernstein *Somewhere* (There's a place for us), is reminiscent of Martin Luther King's "I Had a Dream" in which all people regardless of race, creed or religion live together in harmony.

It also introduced us to the late Stephen Sondheim who left an indelible mark on modern Broadway musicals. Listen on YouTube to the song *Send in the Clowns* interpreted by Dame Judi Dench. You will get a new appreciation of this man's talent.



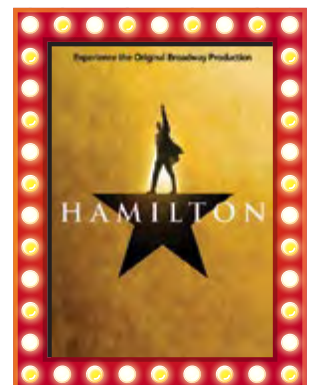
3) EVITA

I have liked many of Sir Andrew Lloyd Weber's musicals such as *Cats* and *Phantom of the Opera*, but the moment I like best is when Eva Peron, first lady of Argentina sings *Don't Cry for Me Argentina* on the balcony. This powerful anthem just might be a prophecy that sometime, somewhere we will have a female president.



4) HAMILTON

This musical by Lin-Manuel Miranda is a history lesson about the founding fathers of America, told through the musical genre of hip hop. It casts non-white actors as the founding fathers. It is America then as told by America now. Young people are learning their history via music and live theatre.



Perhaps, if just a few people fall in love with theatre as I did 70 years ago, this just may be "The Magic of the Theatre." As Shakespeare said, "All the world's a stage."



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Starry, Starry Night

BY BLAIR TULLIS

There are songs that touch your heart and works of art that speak to you. There is great healing power in the juxtaposition of art and music. Rarely, however, do they come together in such a combination that compels you to not only reflect on the life of the artist, but your own as well. That is how one might feel when opening the YouTube file with music by Don McLean and stunning images from the works of Vincent Van Gogh. The song is *Vincent*, released in 1971 on McLean's *American Pie* album. By the way, you can find the video at <https://www.youtube.com/watch?v=oxHnRfhDmrk>.

Though the song title is not familiar to many, the opening lines set us off on this wistful musical journey: "Starry, starry night. Paint your palette blue and grey. Look out on a summer's day, with eyes that know the darkness in my soul."

The song tells a story of Vincent Van Gogh's lifelong struggle with sanity. Listening to the gentle music and watching the images of such beauty, we can see our own struggles these days with getting through our own moments of darkness.

Taking a moment to contemplate, relax and reflect on this beautiful and sad trip, we see that McLean's words reflect so well the images of many Van Gogh classics. It's an inspiring and compelling video.

Most picture Vincent Van Gogh, the Dutch artist who committed suicide in a suburb of Paris at age 37 in 1890, as a mad artist who ultimately failed to understand his place in the world. He was, in fact, intelligent and well-spoken, if somewhat mad, and a friend of artists such as Gauguin, Lautrec and other leading French painters. He was a complex and troubled soul who, ironically, was on the verge of getting the recognition he deserved for his brilliance when he decided to end his life.

Like so many great artists of the time, he lived a life of excesses, including an addiction to absinthe, the drug of choice for so many French artists and writers of the time. It is interesting to note that he didn't start to paint until he was 30 but made up for lost time by creating



about 2,100 works and 860 oil paintings before his death seven years later. His immense talent blossomed when he moved to Arles, in the south of France, and established the bright colour palette and short stroke, bold style for which he became known.

His most famous work, *Starry Night*, was done during his stay at the Saint-Paul de Mausole psychiatric asylum in Saint-Remy, where he was living in two small rooms with bars on the windows, one of which was his studio. Thankfully, the barred window did not hide the spectacular view of farm fields in the foothills of a mountain range, called Les Alpilles, that gave inspiration for his manic creativity. He painted 150 works in his time at the asylum, viewing the world through his window and, later, wandering the gardens of the asylum and the surrounding area. Van Gogh was at his creative height in this period.

Walking through the town of Arles a few years ago, we felt the magic in seeing the Café Terrasse that Van Gogh captured on canvas. The next morning, we were profoundly moved by visiting the grounds of the asylum where he did so much. Familiar images of Van Gogh's works were displayed around the grounds and in the gardens that



LEFT: Monastery of Saint-Paul de Mausole; RIGHT: The View from his Room



inspired the paintings. To look out the same window he looked out over a century ago was a singular moment.

An old habit of collecting artwork from places we've visited brings us great pleasure as we remember how lucky we are. Don McLean understood the artist's struggle, as written in his last verse:

"Now, I think I know what you tried to say to me
How you suffered for your sanity
How you tried to set them free
They would not listen, they're not listening still
Perhaps they never will"

Perhaps, however, we have listened and will see the joy and revel in the freedom Vincent sought for so long.

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Our Shy Neighbour

BY LYNNE BALFOUR



When you move to Ballantrae Golf and Country Club, especially in the summer, you may meet an outgoing fellow with crazy blue, red, yellow, green and purple hair. This is Wayne Burgess. Wayne is a busy guy involved in many BGCC activities: organizing the summer games in 2017 and co-chairing in 2019, president of condo three for eight years, serving on our Recreation Centre board for eight years as well.

Wayne and his wife Janice moved to BGCC in June 2010 from downtown Toronto. They had visited this area about five years prior but at the time felt that they didn't have enough grey hair! However, once they had decided to sell their house, the open spaces of our golf course community beckoned! A keen golfer, Wayne is also a good snooker player.

Wayne and Janice have been married about 30 years. Wayne's son Michael and wife Colleen and twin grandsons, Owen and Aidan, live in Texas. Wayne himself comes from a family of seven kids. He is the second oldest in his busy family. He and his older brother (Michael, star of *Les Miz*) attended Toronto's Saint Michael's Choir School. (Wayne enjoys music, particularly Tina Turner's *Simply the Best* and Bette Midler's *The Rose*). Unfortunately, Wayne was felled by mononucleosis for two years, ending his experience in the Choir School. Subsequently, the family moved to Kingston.

After his high school years in Kingston, Wayne lived in Ottawa for 27 years. A football friend suggested trying real estate as a career. That led to a 40-year career in every phase of real estate, from salesman, broker owner, trainer and the CCIM (Certified Commercial Investment Member) designation, culminating with four years in international commercial real estate for Scotiabank. That experience certainly gave him the skill to attract many sponsors for our Summer Games and other special events. In fact, many of those sponsors became neighbourhood friends and supporters.

In Ottawa, Wayne was president of the Ottawa Toastmasters Club, coached minor football in an underprivileged area, ("three of the best years of my life"), became president of the Ottawa Carlton Minor Football Association and organized the first ever father-son dinner with the Ottawa Rough Riders. He was also president of the Glebe Community Association, receiving the Mayor's Citizenship Award. For three years during this time Wayne also owned, produced, edited and published a national trucking magazine.

He is certain BGCC is a special and unique community, filled with experienced, wise, patient and beautiful people, which he loves. He finds residents open to new ideas and wants us to be re-identified as an "Adult Lifestyle Community."

He is inspired by Bobby Kennedy's saying, "There are those who look at things the way they are and ask why – I dream of things that never were and ask why not?"

I Wish I Had Done That Years Ago!

BY BRIAN FREEDMAN



I'm afraid no amount of therapy or counselling is going to lessen the mixed emotions that this statement triggers in me, especially given the frequency with which it occurs. Despite my best efforts otherwise, I can't really help but take it personally. After all, the reality is that I am inarguably guilty as charged. This is because I am always quick to make suggestions where I see opportunities for others to simplify and/or enrich their lives with today's technologically advanced devices that are now well within everybody's reach and budget. For many, the result is akin to a liberation of sorts which might explain the mixed emotions that can come along with it. So, perhaps the best form of therapy for me is to lay out for you the most common scenarios where this has been encountered to the extent that they might serve to inform or inspire at this stage.

① "Our TV Is Large Enough."

This is unquestionably a generational thing; perhaps a hangover from the earlier days of TV when we had to endure a rather grainy, even slightly snowy display consisting of only 280 lines of resolution (just to be technical). It was like looking at a picture through your back door screen. So no wonder it had to be small and you had to keep your distance from it in order to enjoy, notwithstanding all the imperfections.



Peter von Richter on Couples Gallery enjoys his Samsung Frame TV – both on and off!

Today there are no "rules" other than perhaps *bigger is better*. That is because the larger the TV the more immersive and engaged you become with it. With over 1,000 lines of resolution as a standard, there simply are no visual imperfections. Get as close as you like. Today's TVs are meant to be wall-mounted and the one thing we all have in common are high walls, so no real excuse. You just might need to get a little creative, depending upon your home decor. There are TVs today, like the Samsung Frame, that when turned off become framed pieces of art or photos. So you can really have your proverbial cake and eat it too!

Finally on this topic, whenever I hear the claim that "we are not big TV watchers" I have to brace myself for the inevitable mixed emotions I referred to earlier. I can assure you that this is a self-fulfilling prophecy because it is from those same folks that I most commonly encounter the "wish I had done that years ago" dilemma. Perhaps this view is another hangover from the days when the definition of "TV" was narrowly restricted to a range of broadcast stations with pre-determined content (and commercials). With today's smart technology, streaming services and the like we no longer "watch" TV. Rather, we "use" the TV to access and engage in an ever-widening array of entertainment and educational and social activities.

② Big Picture, Small Sound.

Today's TVs are so thin and compact that there is little space available to accommodate any decently-sized speakers. So it's no wonder that the sound from today's TVs is at best annoying and most likely unintelligible, especially when trying to discern dialogue from the music and sound effects happening in the background. And let's face it, our ears aren't exactly as sharp as they were half a century ago. There is no TV today that cannot benefit substantially from the installation of a decent sound bar. I would encourage you to revisit my article on this subject published in the summer 2019 issue of the *Home on the Green* available on our website.

Incidentally, my best recommended soundbar for the money remains the Polk Audio Signa S2 available at Best Buy for \$299 and frequently on sale for \$249. This one rivals any of the soundbars I have experienced in the \$600+ range.



Big anticipation as Sharon Gibson on Gentle Ben unpacks her Polk Audio Signa 2 Soundbar.

③ "We Only Have One Email Address Shared By Both Of Us."

I continue to encounter this frequently. The reality is that your email address has become your online identity. Just as you do not share a single driver's license, health

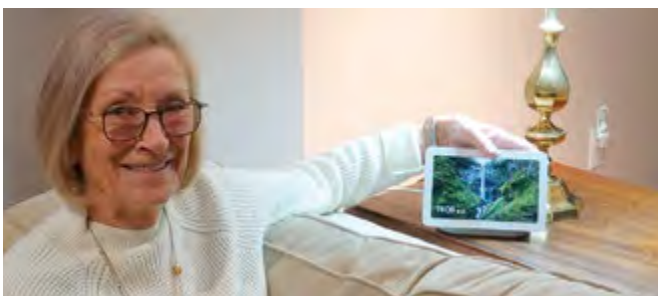
card or passport, it is totally impractical today for a single email address to be shared between two or more people. Whether you are creating an account with LifeLabs for your test results, setting up an iPad, iPhone or Android device, using services such as Facebook and the like or ordering products from an online retailer, your email address is the primary identifier and it needs to be unique to you, otherwise you will encounter an ever-growing array of obstacles in properly accessing the features and services important and unique to you.

There is also the matter of basic courtesy when corresponding with others. When I receive an email I like to know right up front who it is that is corresponding with me, rather than having to scroll down to the bottom for this to be revealed. Even worse when there is no sign-off present at all. Similarly, I would like the courtesy of writing to one person, not more, especially if the matter is of a personal nature.

On an even more practical level, email management becomes quite unwieldy when addresses are shared, particularly when it comes to deleting, replying to or storing emails in folders for future reference. Each of us has our own preference in that regard. The good news is that it is both free and simple to create one's own email address today.

4 "You Won't Catch Me Speaking To One of Those Silly Little Devices."

Well, the reality is that in addition to offering an incredible array of conveniences, these *silly little devices* might even save your life. Whether it's the Amazon Echo (i.e., *Alexa*), Google Home (i.e., *Hey Google*) or Apple Homepod (i.e., *Hey Siri*) it seems the utility and value you derive from these is limited only by your imagination at this



Olive Simpson on Lamb's Run answers her doorbell with her smart Google Nest Hub.

point. You can use them to set timers or reminders, wake you up, listen to your choice of music, plan your next driving route, guide your home fitness routine and so forth. And with the right accessories they can control a wide array of gadgets and appliances in your home including lighting and security.

There is also an array of free apps (called "skills") that are designed with your safety in mind. For example, take a few moments to Google the details for a skill called "Ask My Buddy." It will allow you to call out for help if, for

example, you have fallen and cannot physically reach the telephone. There is also work underway on skills that will allow these devices to accurately identify a specific pattern of breathing known as agonal breathing or gasping for air that develops during an impending cardiac arrest, or when your heart stops beating, so that an ambulance can be dispatched to someone who might live alone.

Those who have approached these devices with an open mind and a bit of healthy curiosity seem to arrive at the same point ... "I wish I had done this years ago."

5 Two Voicemails Are Not Better Than One.

Many years ago now, prior to the advent of voicemail services for our home phone line, we went out and purchased a separate recording device to capture incoming messages in the event we were unavailable to answer an incoming call. This worked reasonably well except for one major drawback. If the phone was in use, the incoming caller had no way of reaching the recording device and, therefore, no way of leaving a message. The incoming caller would either be faced with a busy signal (unheard of today) or a never ending stream of rings for as long as the recipient was willing to endure the disruptive beeps should call waiting be enabled.

Thankfully all of this is now more or less in the past. However, all of the wireless telephone sets we purchase today have a very similar recording feature, perhaps designed for the less than 1% of the population that does not have access to a Voicemail service. So be sure that this local recording feature is **TURND OFF** on your home phone set so that you are using your provider's Voicemail service, otherwise you will find yourself time warping back to the problems of the past. Even worse, if you have both your local recorder and your provider's Voicemail active at the same time, messages from callers will end up in two places: On your local recording when you are not available to answer and on your provider's Voicemail service when the line is in use. So if your family and friends complain that you have not responded to their messages now you know why!



6 One More Thing If You Will...

Finally, for those of you that may have the voice of a loved one who has passed as your voicemail greeting, I would be pleased to offer free assistance in preserving that recording for you as a treasured memory. This will then allow you to update your voicemail greeting in your own voice so callers will feel more comfortable both with the greeting and in leaving you their messages. So please do contact me if you would like help in this regard.

Balance and Stability:

How you can improve your balance and reduce your risk for falls.

BY DAYNA STODDART



The Tuesday 10:15 a.m. Virtual Balance and Core Stability class offers 30 minutes of fitness movements, strategies and exercises for improved balance, core stability and improved quality of life. This class is intended to educate and to increase your awareness and confidence in maintaining your independence and in continuing your lifestyle with hobbies and activities you enjoy. The class is open to all levels of ability, from beginners with no experience to those who have taken balance training. Balance is defined as a process of controlling the body's centre of gravity with respect to its base of support, whether the body is stationary or moving. You may be primarily concerned with maintaining your balance when walking or moving. However, maintaining a stable upright position while standing or sitting also involves active contraction of various muscle groups to control the position of the centre of gravity against the destabilizing force of gravity. Thus, balance is always a dynamic process. Balance is an integral component of fitness, as are strengthening, cardio, and stretching. As we age, balance training will reduce our risk of falling. Falls are a leading cause of fatal and nonfatal injuries for older adults.

Check your risk of falling by completing the chart.

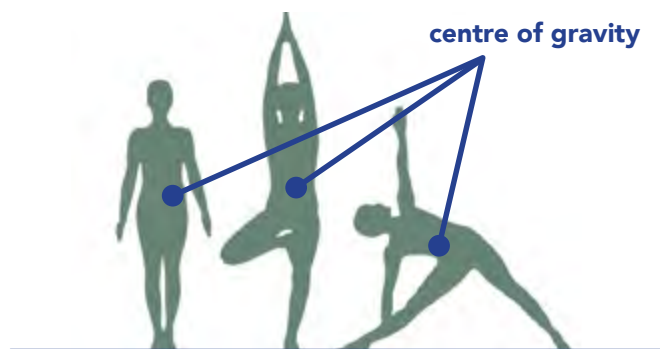


If you are concerned, know that you can make improvements by including a balance class and training in your fitness regimen on a consistent basis. We can improve our balance at any age. Age is not a factor: disuse and decreased mobility within our movement sphere are. We

know that regular physical activity is important for our health and well-being throughout our lifespan. With every decade, exercise becomes more important in terms of quality of life and independence. There is an inverse relationship between physical activity and risk of mortality. My all-time favourite quote from **Dr. Kenneth Cooper, M.D.**, also known as the "father of aerobics," speaks volumes: "We do not stop exercising because we grow old, we grow old because we stop exercising."

Dr. Cooper continues to promote living better longer. This fitness movement pioneer encourages and embodies healthy longevity. In a recent article, his message was again loud and clear, "Your physical potential as you age is greater than you have been led to believe."

Good posture is critical to good balance. Our class begins by addressing our core muscles and our posture using specific seated exercises. (Note: If you are interested in improving your posture, join the Virtual Postural Exercise prep class on Wednesdays at 9:45 a.m. You can also email me at daynas@rogers.com for a copy of my published article "The Power of Posture" in the ICAA Journal on Active Aging.) Lower body exercises warm up the joints to prepare for the standing segment. Range of motion of the ankle joints, the strength of the shin, and the flexibility of the calf muscles all contribute to balance. As we move to standing, it is safety first and foremost. You are reminded always to use support when needed, and to keep your floor space free and clear of obstacles and tripping hazards. Stepping in multiple directions and shifting our **centre of gravity** help to solidify the mind/muscle connection and to establish an automatic stepping strategy to prevent a fall if we were to lose our balance. Both static and dynamic balance exercises are



introduced with variations and modifications to adapt to individual levels of comfort and ability. Multiple systems play a role in our balance: the musculoskeletal system, the somatosensory system, the vestibular system and the visual system. We challenge these systems with many variations to our exercise regimen during this class. You are always reminded to listen to your body and to do what feels right for you, moving through the class at your own pace. You know your body best. In spring/summer 2022, we will be offering a new and exciting progressive balance training class: training the movement sphere, staying up, and robust resistance to falls. Watch for this.

BE WELL and THRIVE!

CHECK YOUR RISK FOR FALLING

CHECK: "YES" OR "NO" FOR EACH STATEMENT BELOW			WHY IT MATTERS
YES (2) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I have fallen in the past year.	People who have fallen once are likely to fall again.
YES (2) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	Sometimes I feel unsteady when I am walking	Unsteadiness or needing support while walking are signs of poor balance.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I am worried about falling.	People who are worried about falling are more likely to fall.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I often have to rush to the toilet.	Rushing in the bathroom, especially at night increases your chance of falling.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I take medicine to help me sleep or improve my mood.	These medications can sometimes increase your chances of falling.
YES (1) <input type="checkbox"/>	NO (0) <input type="checkbox"/>	I often feel sad or depressed	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
TOTAL: _____		ADD UP THE NUMBER OF POINTS FOR EACH "YES" ANSWER. IF YOU SCORED 4 POINTS OR MORE YOU MAY BE AT RISK FOR FALLING.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res:2011: 42(6)493-499). Adapted with permission of the authors.



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Ballantrae

Photo Contest

BY ROBERT PITOUR

Last May, our previous publisher, Helen Hunt invited all residents to participate in a photo contest featuring photos from our community.

Residents were invited to submit up to five photos reflecting the four seasons depicting: ponds, grasslands, forests, sunsets and sunrises, gardens and wildlife that showcase our Ballantrae community.

We were delighted to receive 30 photos from nine participants: Bob Siegel, Brian Tidmarsh, Daw Darke, Hanna Galyen, Jane Keast, Jim Brett, Laura Wilson, Maureen Downes and Rita Mak.

The judging committee was comprised of Elaine Saksons, Karen Clark, Terry Coulson, Dennis Hristovsky (a professional photographer) and myself. Judges, of course, did not compete.

The judging panel evaluated all photos based on a ten-point scale for each criteria: originality, impact, story, mood, creativity, composition, points of interest and technical quality.

Out of the 30 photos received, the top ten were selected. Then the top three were reviewed a second time to ascertain their placement and suitability for the magazine cover.

We were extremely impressed that all submitted photos scored high points, particularly in

originality, creativity and technical quality criteria.

This year's photo contest proved again to be popular and I encourage our shutterbug residents to go out often and discover interesting subjects to capture. Nature never goes out of style! Photographs are more than just snapshots. They transport you to distant landscapes, capture fleeting emotions, recall cherished memories, reveal the beauty of daily life...

Don't be afraid: "Your first 10,000 photographs are your worst." – Henri Cartier-Bresson

The judging committee wants to thank all participants for their time and hard work and also welcomes their feedback. We hope you will enjoy the cover and centre spread; all remaining photographs will be displayed on the *HOTG* web site.

Continued on page 27

COMING UP AT 19 ON THE PARK - 19 CIVIC AVENUE STOUFFVILLE

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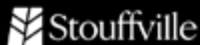
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Photo Contest

CONTINUED...

And the Winner is...



Hanna Galyen moved from Gormley to Condo 4 in March of 2010.

Since then she married John and both of them enjoy living

in Ballantrae. Hanna is always on the go while enjoying many activities; playing golf with her ladies' league in the summer; long distance walking with her husband and dog Romeo; bicycling on various nature trails and along the lakeshore of downtown Toronto; skiing; cooking; and spending time with her five grandkids. Wherever Hanna goes, her camera and cell phone are always with her. It's become an obsession with her to continually observe her surroundings. So it's not surprising that she found a rare kind of trillium on one of her walks in early May in the woods of Ballantrae. There, in the middle of some white trilliums, she found an unusually marked trillium with green stripes featured on our cover. When you open your eyes, you find beauty everywhere.

Continued on page 28



1

1st Place Photo

Green-Striped Trillium

Taken by Hanna Galyen

"A Spectacular Beauty amongst the White Trilliums"

iPhone XS-F/1.8-ISO25-1/701sec.

Photo Contest

CONTINUED...



2

2nd Place Photo
Evening at the Golf Course
by Hanna Galyen

3

3rd Place Photo
Morning Sun
Coming Up
Through the Fog
by Bob Siegel



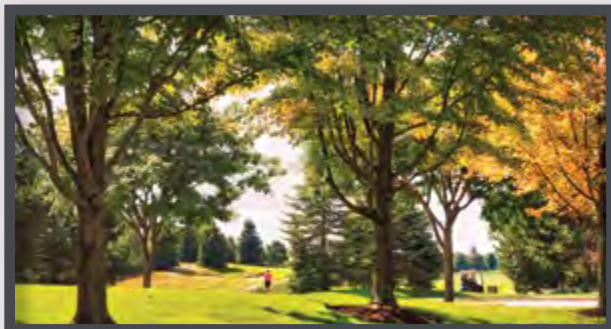
4

Morning Glory
by Hanna Galyen



5

Natural Beauty
by Rita Mak



6

Sunny Golfing Day
by Jim Brett



7

Heading South for the Winter
by Bob Siegel



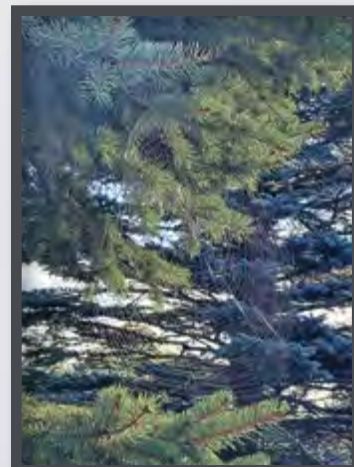
8

Fiery Sunset
by Jim Brett



9

Bougainvillea Backing
on to the 11th Fairway
by Bob Siegel



10

Web on the Green
by Rita Mak

Welcome Spring with Zesty Lemons!

After a chilly winter sustained with rich stews and soups, I'm in the mood for a sunny and lively burst of lemons to kick it up a notch or two in my cooking and baking!

There is something exhilarating about the zing of lemons in dishes. Whether in a creamy pasta with scallops or a lemon-soaked loaf cake, lemon lifts the flavour of whatever we're making. So let's celebrate spring with lemons in all their glory — from the zest to the juice!

BY JOHANNA BURKHARD



ROAST CHICKEN WITH LEMONS

Lemons tucked into the cavity transforms this amazingly simple recipe into one of the juiciest, most lemony roasted chickens. This recipe is adapted from Marcella Hazan's *Essentials of Classic Italian Cooking*. Hazan's take on roasting a bird is iconic. No need for pre-salting or brining. No marinades or rubs. Just the magic that happens when heat hits a salted, lemon-stuffed chicken.

MAKES 4 SERVINGS

Preheat oven to 350°F (180°C)

3 to 4 lb (about 1500 g) chicken

Salt and freshly ground black pepper

2 small lemons

1. Remove any bits of fat hanging loose in cavity and neck area. Pat skin and cavity dry with a cloth or paper towels. Sprinkle a generous amount of salt and pepper on the chicken, rubbing it with your fingers all over body and into cavity.
2. Scrub lemons under warm water and dry with a towel. Soften each lemon by placing it on a counter and rolling it back and forth as you apply firm downward pressure with the palm of your hand.

Puncture each lemon in at least 20 places, using a sturdy round toothpick or a trussing needle.

3. Place both lemons in the bird's cavity. Close opening with toothpicks, or trussing needle and string. Close well but not airtight as chicken may burst when roasting.
4. Run kitchen string from one leg to the other, tying at both knuckle ends. Leave legs in their natural position without pulling tight. If skin is unbroken, the chicken will puff up as it cooks. The string only serves to keep thighs from spreading apart and splitting the skin.
5. Put chicken into a roasting pan, breast facing down. No need to add oil or butter as bird is self-basting and will not stick. Place in upper third of preheated oven. After 30 minutes, turn chicken over so breast faces up. When turning, try not to puncture the skin. If kept intact chicken will swell like a balloon, which makes for an arresting presentation. Even if it fails to swell, flavour will not be affected.
6. Roast for another 30 to 35 minutes, then increase oven temperature to 400°F (200°C) and roast for an additional 20 minutes. Calculate 20 to 25 minutes per lb (45 to 55 minutes per kg) total roasting time. No need to turn chicken again.
7. Whether your bird has puffed up or not (my roasted chickens never seem to puff), bring it to the table whole and leave the lemons inside until carved and opened. Spoon the delicious juices over chicken slices. Discard lemons. Serve chicken immediately for best flavour.



CAULIFLOWER WITH LEMON WALNUT CRUMB TOPPING

Snowy cauliflower topped with a buttery crumb topping makes the perfect side dish for a special dinner. Simply cut a crusty baguette into a few thick slices and chop in your food processor to make the best soft crumbs.

Variations: Sprinkle the garlic-crumb mixture over other vegetables such as broccoli, Brussels sprouts or spinach that have first had an added squeeze of lemon. Double or triple the walnut topping and freeze in a covered container.

Preheat broiler

8-inch (2 L) shallow baking dish, lightly greased

MAKES 4 SERVINGS

Lemon Nut Topping:

2 tbsp (30 mL) butter

1/4 cup (60 mL) chopped walnuts or slivered blanched almonds

1/2 cup (125 mL) soft bread crumbs

1 large clove garlic, grated

1/3 cup (75 mL) finely grated aged white cheddar cheese or freshly grated parmesan cheese

2 tbsp (30 mL) chopped fresh parsley
1 tsp (5 mL) grated lemon zest
1 small cauliflower, broken into florets
 Generous lemon wedge

1. In a medium skillet, melt butter over medium heat. Add walnuts and cook, stirring, for 1 minute or until lightly toasted. Add bread crumbs and garlic; cook, stirring, for about 2 minutes or until crumbs are lightly coloured. Remove from heat; let cool.
2. In a bowl, combine crumb mixture, cheese, parsley and lemon zest.
3. Cook cauliflower in boiling salted water for 3 to 5 minutes or until barely tender-crisp. Drain well. Place in baking dish and squeeze lemon juice over. Sprinkle with crumb mixture. Place under preheated broiler for 1 to 2 minutes or until topping is lightly browned. Serve immediately.



LINGUINE WITH SEARED SCALLOPS, LEMON AND GARLIC

When visiting my daughter and her family who have an organic farm near Annapolis Royal in Nova Scotia, I always make a trip to the nearby town of Digby, known as "The Scallop Capital of the World." At a local fish market there, not only can I get fabulous scallops but also fresh lobster, haddock and an occasional cod. It's worth a trip just to indulge in fresh seafood for a week, including this luscious creamy pasta dish with scallops. When I make it at home, I've found for both quality and price the next best thing to Nova Scotia scallops are those sold frozen in Costco.

MAKES 4 SERVINGS

1 lb (500 g) large scallops
12 oz (375 g) linguine
 Salt and freshly ground black pepper
2 tbsp (30 mL) butter

3 cloves garlic, grated
1/2 cup (125 mL) dry white wine
1 tbsp (15 mL) finely grated lemon zest (about 1 large lemon)
1 tbsp (15 mL) fresh lemon juice
1 cup (250 mL) whipping (35%) cream
1/4 cup (60 mL) chopped fresh flat-leaf parsley or use part chives

1. Pat scallops dry with paper towels. Halve horizontally and season with salt and pepper. Assemble and measure remaining ingredients before you start cooking.
2. Place a large pot of water on the cooktop. When water is boiling, season with salt and add pasta, stirring often, until water returns to a boil. Cook according to package directions.
3. Meanwhile, heat a large skillet over high heat. Add butter; heat until foamy and butter starts to brown. Add scallops and cook for 1 minute or until lightly browned. Turn and cook second side for about 20 seconds. Do not overcook. Transfer scallops and juice to a bowl.
4. Reduce heat to medium. Add garlic and cook, stirring, for 30 seconds or until fragrant. Stir in wine, lemon zest and juice; bring to a boil. Add cream and cook, stirring, until sauce boils and is slightly reduced. Add parsley and season with salt and pepper to taste.
5. When pasta is just tender (al dente), drain well, reserving 1/2 cup (125 mL) of the cooking liquid, and return to pot. Turn heat to high under the sauce, add scallops and reserved pasta cooking liquid to make a creamy sauce. Cook for 1 minute or just until heated in the sauce. Do not overcook.
6. Pour sauce over pasta and toss until well coated. Spoon pasta into warm bowls and serve immediately.



LEMON YOGURT LOAF

Here's a yummy lemony loaf that stays moist for days – if it lasts that long!

MAKES 1 LOAF

Preheat oven to 350°F (180°C)

9 by 5-inch (2 L) loaf pan, greased
1-3/4 cups (425 mL) all-purpose flour
1 tsp (5 mL) baking powder
1/2 tsp (2 mL) baking soda
1/4 tsp (1 mL) salt
2 large eggs
3/4 cup (175 mL) granulated sugar
3/4 cup (175 mL) plain yogurt
1/3 cup (75 mL) vegetable oil
1 tbsp (15 mL) grated lemon zest

Topping

1/3 cup (75 mL) fresh lemon juice
1/3 cup (75 mL) granulated sugar

1. In a bowl, combine flour, baking powder, baking soda and salt. In another large bowl, beat eggs. Stir in sugar, yogurt, oil and lemon zest. Fold in flour mixture to make a smooth batter.
2. Spoon into prepared pan; bake in preheated oven for 50 to 60 minutes or until cake tester inserted in centre comes out clean. Place pan on rack.
3. Topping: In a small saucepan, heat lemon juice and sugar; bring to a boil. Cook, stirring, until sugar is dissolved. (Alternatively, place in a glass bowl and microwave on high for 1 minute, stirring once). Pour over hot loaf in pan; let cool completely before turning out of pan.



PROFILE:

Terri Drover

and her Lifetime of Caring

BY KAREN CLARK



Meet Terri Drover and discover her interesting and dynamic career path in the health profession.

Q: Where did you grow up? What inspired you to seek a career in health care?

A: I was born in North Sydney, Nova Scotia, but raised in a very small town (2500 people) on the ocean in Newfoundland. My father worked for American Telephone and was responsible for the ocean cables that came from Europe. I had two brothers and a sister. My mom was a nurse and I was always strong in sciences at school so nursing was a natural progression.

Q: Where did you take your training?

A: I was educated as a nurse at the University of New Brunswick. It turns out I was not well suited for shift work, so after graduating from UNB I came home and ran the Nursing Department at the hospital in Bonavista, NL. When my two daughters entered primary school, I opted to take a position with Proctor & Gamble (P&G)



in New York. The position was focused on pharmaceutical research that took advantage of my nursing degree and minor in mathematics. I worked there for five years.

Q: How did you end up in Toronto?

A: P&G opened a division in Ontario and I was asked to inaugurate the same program to focus on post-marketing research and establish their presence in Canada. I moved to Toronto.

Eventually, I was recruited by Apotex Inc. to establish their research division where I worked for 11 years.

Q: Your ties to Newfoundland are strong. What kept you in touch with your roots?

A: About four years into my career with Apotex, the CEO approached me to pivot my role from research to sales and marketing. This took me back to Newfoundland for a number of years. This new venture allowed me time with family and for my girls to spend time with their grandparents.

Transferred back to Toronto, I expanded my senior executive role within Apotex and was one of only two female executive leaders in the company.

Q: You mentioned that you were at Apotex for 11 years. Where did life take you after that?

A: After completing a Masters in Business Administration, I expanded my skill set by joining a publicly traded company. I took a senior executive post at Wyeth Ayerst (now known as Pfizer). From there I eventually joined Sandoz, a pharmaceutical company in Montreal where I led the sales and marketing teams for the company.

Q: From what I know, you didn't stop there.

A: No, never one to shy from a challenge, I accepted a position leading a consulting division with a global consulting house, IQVIA, and moved back to Toronto. It was while working for them that I moved to Ballantrae.

Q: What made you choose Ballantrae?

A: I came to this community to enjoy the beautiful space, the golf and the proximity to cottage country. Ballantrae also offered a reasonable commute to my office and a "lock and leave" lifestyle. Having been here for seven years, I appreciate the sense of community, my wonderful neighbours and many evening patio visits with friends.

Q: With your varied career path, what are you doing now?

A: I have to say that my current position is also my most meaningful and impactful. Approached by a recruiting firm, I now act as Director General at Health Products Stewardship Association (HPSA).

Old meds be gone—safely

Protect your family and the environment with these simple steps to dispose of medications

When pharmacist Rachelle Rocha saw Lillian*, one of her regular customers, approach with a sad smile and a plastic bag full of medications, she knew what had happened. Lillian's father, who had been receiving end-of-life care at home, had passed away.

They spent a few minutes in quiet conversation, then walked to the end of the pharmacy counter where Lillian dumped the contents of the plastic bag into a specially designated bin. The bag contained her father's unused medications, including pain medications, and a few other expired medications, vitamins and creams found in his home.

"As pharmacists we are privileged to be with so many of our patients and their loved ones throughout their life journey. We're also equipped to take in unused and expired medications for safe disposal. It's one less thing you have to worry about," says Rocha, co-owner of Seasons Pharmacy and Culinary in Sault Ste. Marie, Ontario.

The safe disposal of medications protects your family and is essential to help protect the environment. Medications, even vitamins, should never be flushed down the toilet. Canadian studies have found evidence of pharmaceutical waste throughout the Great Lakes and trace amounts in drinking water. Regular garbage disposal is also not an option for medications, no matter how old. They can be found and consumed by children or pets, who can become ill. They eventually contaminate the soil of landfill sites.

The safe disposal of medications is also an important contribution to society's efforts to prevent hospitalizations and deaths due to accidental overdoses of opioid drugs. Originally used as pain medication (for example for an injury, after surgery or as part of cancer treatment), leftover opioids can be misused or stolen. Their misuse has been a public health crisis in Canada for several years, which has worsened since the start of the COVID-19 pandemic.



What you can do

Many pharmacies in Canada take back unused and expired medications, including nonprescription drugs and vitamins. Some also accept used medical sharps (needles and other medical devices designed to puncture the skin, such as for diabetes testing). Once you confirm a pharmacy, here are some tips:

- Empty all pills and tablets (including pain medications and medications for pet) into a plastic or paper bag, or a cardboard box.
- Place the empty containers for the pills and tablets (such as plastic prescription vials) in your recycling bin at home.
- Keep all liquids and creams in their original containers (such as tubes, bottles or jars) and place them in the bag or box with the pills and tablets; remove or black out all personal information.
- For medical sharps, most pharmacies in Ontario, Manitoba and P.E.I. participate in a government approved program and can provide you with a sharps container at no cost. In other provinces, keep the sharps separate from medications and contact your municipality to get details on their disposal.
- Take your medications and/or sharps to the pharmacy right away or store them in a secure (ideally locked) location until you go to the pharmacy.

Weighty matters

3.5 million
kilograms of medications
Collected and safely disposed of by the Health Products Stewardship Association since it was established in 1999

2 million
kilograms of sharps

More information about the safe disposal of consumer health products can be found on the website of Canada's Health Products Stewardship Association (www.healthsteward.ca).

*Name changed



This is a non-profit association that acts similarly to the blue box system for household waste. HPSA manages expired and unused medication, over-the-counter drugs and needles and lancets used in the home. They provide a collection network through

See page 42 for information on returning expired medications and sharps.



retail pharmacies that ensures all household medications and sharps can be collected and properly disposed of. This prevents waste being flushed or placed in landfill sites, or more concerning, falling into the wrong hands.

Long a proponent of environmental stewardship, Terri's work is making a difference to the quality of our waterways and landfills as well as patient safety.

In her words, "Canada has the largest resource of fresh water in the world. Let's keep it that way!"

Grass Home Care Tips

BY LUBA QUADRINI



As I write this article in January, Ballantrae is covered in a blanket of snow and we're in a deep freeze. You are probably reading this in early April and the scene outside may still be grey and dreary. So you may be wondering why is she writing about grass now?

Well folks, I am looking forward to seeing a beautiful green lawn soon. When I hear the mowers come by for the first time each spring I get a stupid grin on my face and I sigh, knowing that spring has finally sprung.

I think of a lawn as a living carpet that brings a certain amount of character and order to our exterior spaces. When it's lush and green, it also provides a beautiful backdrop to our homes, trees and flower gardens. We are fortunate to live in a community where our property management mows our grass and provides the irrigation and fertilizer. With this basic care, our lawn and soil should be stocked with enough microbes and nutrients to resist most diseases and look healthy. But there are some things that are not included in our contract with Melfer that could improve the lawn quality.

I decided a few years ago that if I wanted the soft, lush, deep green, toe-tickling grass of my dreams, I was going to have to put in a little extra effort to make that happen. My goal was simply to see an improvement in my lawn from one year to the next. I believe that the first step to a great lawn is preventative garden care. An unhealthy lawn is more likely to succumb to disease, bugs and weeds and I knew that if I could just add a few new chores to my gardening routine, an amazing lawn could be in my future.

Being somewhat obsessive when it comes to gardening, and after giving it some thought, I developed my AT-A-GLANCE LAWN CARE CALENDAR. It helps me accomplish my lawn chores by season and doesn't depend on my less-than-stellar memory. As I take you through my calendar, I will discuss some lawn issues and how to deal with them. You may decide that you are very happy with your lawn and that it needs no added attention. Or you may just choose one or two things to remedy a specific problem. Whatever the case, I hope this information is helpful.

EARLY SPRING

After all of the final snow has melted, repair any winter damage from snow plows, shovels and erratic drivers. Deep water the stretch of lawn, about one metre wide, at the road curbs to help dilute and wash out the salts that were spread on the roads throughout the winter. Clean up the debris under bird feeders which will most likely develop into weeds. Check for snow mold. It appears as a thin layer of grey to pink cottony growth on the grass. The diseased spots tend to be 5 to 25 cm wide and they first take hold when snow falls on unfrozen ground in the early winter. The humid conditions of early spring kick snow mold into high gear. It also often attacks the grass under dead leaves that were not removed in the fall. If you see it anywhere on your lawn just give the spots a good raking. But don't make yourself crazy, because when the warmer sunny days arrive, the grass normally recovers and turns green again.

Continued on page 36

A Great Smile Lasts A Lifetime.

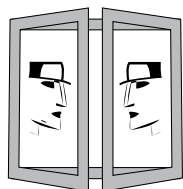
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Grass Home Care Tips

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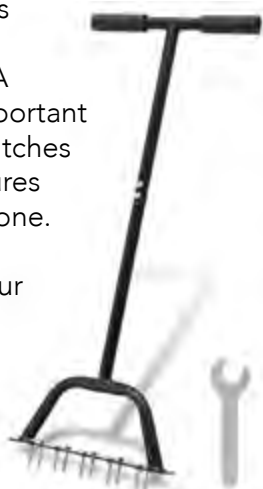
Rake and remove any dry dead thatch that has matted at the base of the grass.

Every other year in early to mid May I spread a compost-rich soil and over-seed my entire lawn. The seed will easily germinate in the warm and rainy weather that will soon follow. When seeding I always use a grass seed mixture. I know everyone loves the deep, lush green of Kentucky bluegrass but a team of different grasses will be more resistant to disease than one single variety. My preferred mix always includes some Perennial Rye (deep green, handles foot traffic well and is disease resistant), Kentucky bluegrass (likes lots of sun and water and looks neatly manicured when mowed) and Fescue (blends well with other grasses and tolerates shade).

SPRING

Prune shrubs and trees to allow for good air flow over the grass. Aerate the lawn by walking on it with spiked footwear, golf shoes or by using a garden tool sold expressly for this purpose.

This slows down soil compaction, improves water and fertilizer penetration and earthworms will show their gratitude by poking even more much-needed holes in your soil. In the years that I don't over-seed the entire lawn, when the new growth begins, I spread some screened compost and sow some grass seed to repair any damaged and weak areas in the lawn. A mix of grass seed is most important here to avoid getting odd patches of different colours and textures in lawn where repairs were done. Remember that the sod that was originally installed on your property was grown from a blend of seed varieties. If you start to see signs of grub damage that



presents as large irregular patches of dead brown grass, spring is the best time to deal with them. Spray the dying areas with a dissolved mixture of beneficial nematodes that are microscopic predatory organisms that bore into the larvae bodies, and kill them. Grubs are the larvae of a variety of beetles, including Japanese beetles which have caused me much grief over the past three years. They have tried very hard to destroy my linden tree and roses.

SUMMER

I enjoy sinking my bare feet into the cool, soft, green grass as I tend to my flowerbeds and occasionally pull up a few weeds that dare to invade my lawn. The following is an all-season recommendation. If you have a dog, remove waste as soon as possible to limit damage.

I have found that most of my dog-walking neighbours are diligent about removing their pet's deposits. I know we all appreciate that!

EARLY FALL

If you still have some weak patches in your lawn, apply grass seed now that the heat of summer has passed but there is still time for germination before the really cold weather sets in. When you sow grass seed, it's always helpful to water the seeded areas twice daily for the first 7 to 10 days to keep the soil moist.

LATE FALL

After the last mowing of the year, if there is an abundance of fallen leaves anywhere on your lawn, remove them so they don't smother the grass and encourage damage from snow mold. You don't need to bag the leaves, just rake them onto your flowerbeds. A layer of leaves over the roots of perennials, roses and shrubs in your garden will provide valuable winter protection at the root zone. All plants will benefit from an 8 to 10 cm layer of leaves to get them happily through the winter.

WINTER

Now you can relax, you're done. For this year, anyway.



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BY PHILIPPE MARTIN TEILLET

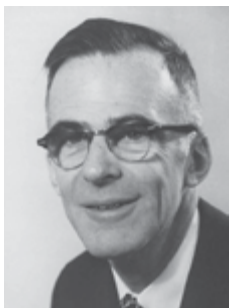
After several billion dollars in costs and a launch aboard the Space Shuttle Discovery in 1990, operators discovered that the Hubble Space Telescope's primary mirror had a spherical aberration that affected the clarity of the telescope's images. How did this expensive, out-of-focus space telescope become one of the most productive and popular NASA missions ever?

In 1923, rocket pioneer Hermann Oberth mentioned in a publication how a telescope could be propelled into Earth orbit by rocket. In 1946, astronomer Lyman Spitzer published a paper on the advantages that a space-based observatory would have over ground-based telescopes: avoiding atmospheric turbulence that affects astronomical observations, and observations in infrared and ultraviolet light, which are strongly absorbed by the atmosphere. Spitzer devoted much of his career to pushing for a space telescope, eventually being appointed head of a committee specifying scientific objectives for a large space telescope in 1965.

The Hubble Space Telescope was not the first space telescope, but it is one of the largest and most versatile, renowned both as a vital research tool and as a public relations asset for astronomy. Hubble is named after American astronomer Edwin Powell Hubble (1889-1953), who played an important role in establishing the fields of extragalactic astronomy and observational cosmology.



Herman Oberth



Lyman Spitzer

Hubble was funded in the 1970s with a proposed launch in 1983, but the project was beset by technical delays, budget problems and the 1986 Challenger Space Shuttle disaster. It was finally launched in 1990, with a launch mass of 11,110 kilograms and the dimensions of 13.2 metres by 4.2 metres (as big as a school bus), settling into Earth orbit at 540 kilometres. The telescope was built by NASA, with contributions from the European Space Agency. The Space Telescope Science Institute at Johns Hopkins University selects Hubble's targets and processes the resulting data, while NASA's Goddard Space Flight Center controls the spacecraft. Cumulative costs to date are

Continued on page 40



Edwin Powell Hubble



ESA-NASA Hubble Space Telescope (in its orbit 540 km above the Earth)

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Space Technologies Part One:

THE AWE-INSPIRING

CONTINUED...

approximately U.S. \$10 billion. Five Space Shuttle missions have repaired, upgraded, and replaced systems on the telescope, including all of the main instruments.

Hubble features a mirror 2.4 metres in diameter, and has five main instruments (including cameras, spectrographs and interferometers) that observe in the ultraviolet, visible, and near-infrared regions of the electromagnetic spectrum. Hubble's orbit outside the distortion of Earth's atmosphere allows it to capture extremely high-resolution images with substantially lower background light than ground-based telescopes.

The problematic mirror was built by Perkin-Elmer Corporation. NASA traced the problem to mis-calibrated equipment used during the mirror's manufacture, resulting in an aberration 1/50th the thickness of a human hair in the grinding of the mirror. Replacing the mirror was not practical, so the solution was to build replacement instruments that fixed the flaw much the same way a pair of glasses corrects the vision of a near-sighted person. The corrective optics and new instruments were installed on Hubble by spacewalking astronauts during a Space Shuttle mission in 1993.

After more than three decades, Hubble remains in operation and continues to yield numerous breakthroughs in astrophysics. It has taken over a million observations and provided data used in more than 18,000 peer-reviewed scientific publications on a broad range of topics. All current astronomy textbooks include contributions from the observatory.

While ground-based astronomical images have always been beautiful and inspiring, Hubble images, benefitting from newer imaging technologies and the lack of atmospheric effects, are so stunningly beautiful that they almost defy description. Many websites show examples of Hubble's spectacular images of planets, nebulae, star clusters, and galaxies. The Hubble Ultra-Deep Field is a magnificent image mosaic of a very small region of space southwest of Orion in the constellation Fornax, containing an estimated 10,000 galaxies. The galaxies are so far away that it has taken billions of years for their light to reach



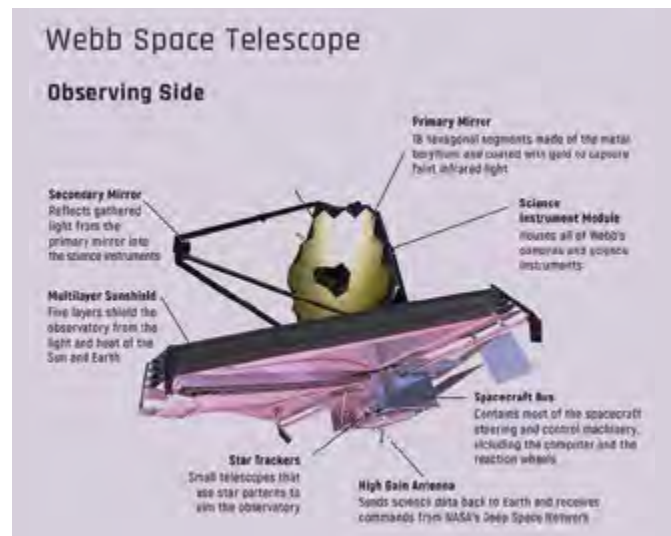
Carina Nebula (2007)-Photo credit NASA Hubble Space Telescope

us. The telescope is like a time machine that lets us study galaxies as they were billions of years ago. Another image mosaic is The Hubble Legacy Field, created using 16 years' worth of data (7,500 separate exposures). It shows 265,000 galaxies, stretching back 13.3 billion years to just 500 million years after the Big Bang.

The key successor to Hubble is the James Webb Space Telescope (JWST), which was launched on a French Ariane 5 rocket on December 25, 2021. The JWST operates farther out, on the opposite side of Earth from the Sun, where optical interference from the Earth and Moon are lessened. It is expected to detect stars and galaxies in the early Universe approximately 280 million years older than those detected by Hubble. The telescope is an international collaboration between NASA,



James Webb



James Webb Telescope

the European Space Agency and the Canadian Space Agency. The JWST has a mass about half of Hubble's, but its primary mirror, a 6.5-metre diameter gold-coated beryllium reflector, has a collecting area over seven times larger.

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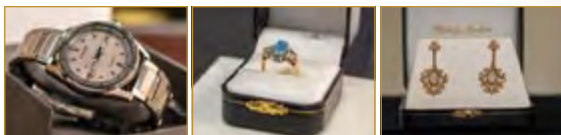
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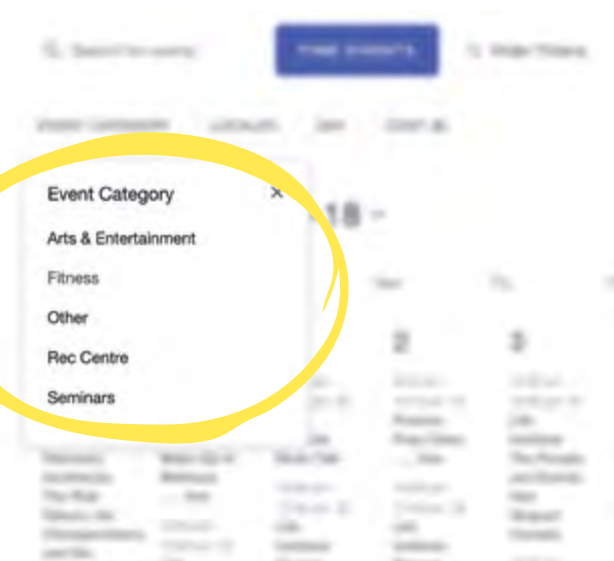
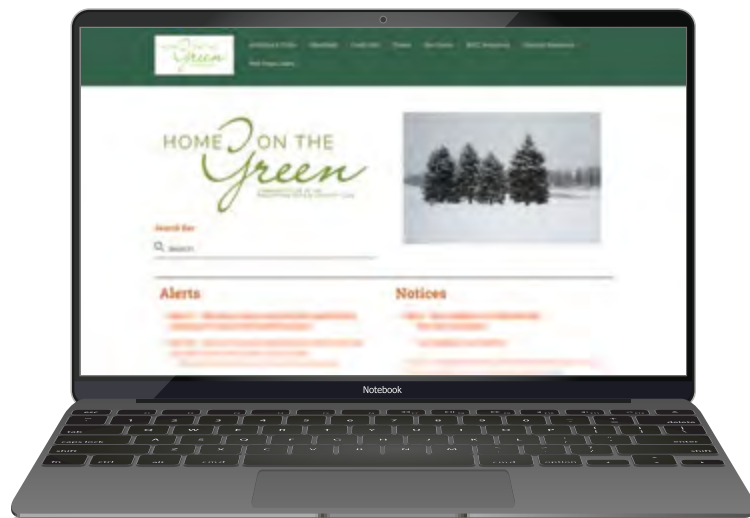
More Good Reasons to Visit www.hotg.ca


BY DONNA CLARK

Our community website, hotg.ca, remains your top source for keeping up to date on what's happening in our community and in your specific condo. If you click on **Condo Info** on the main menu you will find links to all five condo web pages. In addition, you will also see a section, *Property Management and Home Maintenance*. This is where you can find helpful information including contacts for First Service Residential Property Management, Melfer and Porcupine. There is also helpful information on fire safety, garbage and recycling.

As mentioned in the past, the hotg.ca team continues to upgrade and simplify the site. The home page features most recent news under **Alerts and Notices**. Below this section is our Events Calendar. If you have a chance to familiarize yourself with our calendar, you will find it very interactive. You can display by week, month or list of events. You can filter by type of event, such as fitness or seminars for example, by location (e.g., BGCC, Aurora, Stouffville) or even by day of the week. Hopefully this will become an important destination to keep updated on future events.

And remember if you have any trouble finding information on hotg.ca, try the *Web Pages Index* on the top menu bar or use the Search Bar function (located just to the left of the photos on the home page).





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



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Tennis Anyone?

BY IGGY NATOLI

The BGCC TENNIS CLUB would like to welcome back all of our past members and invite any new tennis enthusiasts to a brand new and exciting season.

APRIL

30

REGISTRATION will take place on April 30, 2022, from 10a.m. to 1p.m. at the BGCC Recreation Centre. Put it on your calendar!

This year promises to be a great year for social and competitive tennis for everyone!

Our executive board consisting of Iggy Natoli, President; Rennie Wittenbols, Vice President; Karen Clark, Secretary; John Perz, Past President and Treasurer; Ginny Tullis and Geri Flotron, Social Directors is working hard to create a fun-filled, friendly atmosphere at the courts.

The highlight of the year will be our annual CANADA DAY PARTY and SOCIAL TENNIS. Other events include the Opening Day and Fall Mixed Doubles Tournament Social.

This year we will make sure the condition of the courts is of excellent standard. Various tennis programs will allow everyone to play at comfortable skill levels. We are introducing grading so that you will be playing with players of equal ability.

Programs for the upcoming season are as follows:

Monday evening:

Mixed ladder

Tuesday morning:

Ladies' League

Wednesday and Saturday mornings:

Mixed Drop In

Wednesday evening:

Men's League

Friday

Tennis Clinic (Dates to be announced)

Friday afternoon:

Advanced Play

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Iggy Natoli 905-591-0064 or bunchafarmers06@gmail.com



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Birds and Wildlife Protection

PHOTOS & TEXT BY FRANK ALLISON



In this issue, I would like to salute those organizations dedicated to the welfare and protection of our wildlife.

HISTORY

In 1889 Emily Williamson created The Society for the Protection of Birds out of sheer anger because the all-male British Ornithologists' Union was doing nothing to protect grebes, egrets and other birds from extinction due to the killing of hundreds of thousands of birds. This was to fulfil a great demand for feathers used to adorn hats and accessories worn by Victorian women at the time. It was estimated that 61 species were under threat of extinction.

Emily's all-female society grew in popularity and influence with the addition of three like-minded friends, Etta Lemon, Eliza Philips and Winifred Cavendish Bentinck, Duchess of Portland. A goddaughter of Queen Victoria, Winifred was instrumental in getting a royal charter to create the Royal Society for the Protection of Birds (R.S.P.B.) which she served as president for 60 years. After 30 years of campaigning, in 1921 the Plumage Act was passed in Parliament making feather trading illegal.

PRESENT

From those humble beginnings, the R.S.P.B. now boasts a staff of 2,000 and nearly 13,000 dedicated volunteers, managing over 200 nature reserves throughout the U.K. The Society is not confined to the U.K. Partnering with the leading authority on global conservation, Birdlife International, a network of 115 passionate organizations, they are working together to save wildlife around the



world. Birdlife International assesses all the bird species in the U.K. every few years and places them into one of three categories:

- GREEN – No concern at this time
- AMBER - The next critical group
- RED - Highest conservation concern with species needing urgent action!

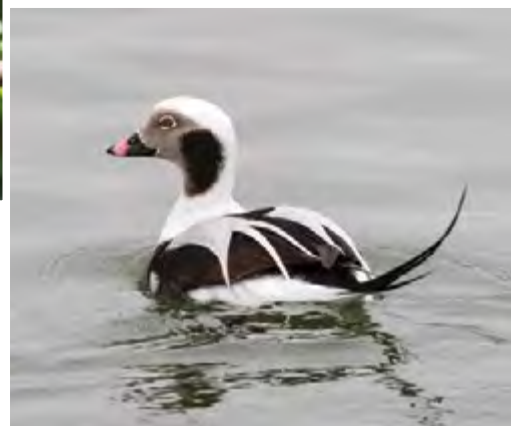
R.S.P.B has 40 years of invaluable data from the Big Garden Birdwatch. Open to members and to the general public, the Big Garden Birdwatch monitors bird populations and helps to prioritize any action to be taken. Now, given the resources previously mentioned, it's disheartening to see recent results. I hate to be a bearer of bad news, but we have to face the fact that numbers are not going in the right direction. Birds on the RED list have doubled. One in four of U.K. birds are on the RED list. Our bird population is diminishing at an alarming rate.

Not wanting to finish on a negative note, we should celebrate the successful reintroduction of three magnificent raptors: osprey, red kite, and white-tailed eagle (no pic), plus the avocet, featured in the logo of R.S.P.B. The other images presented are all much-loved birds that are all currently on the RED list.

Also worth celebrating, in 2021 the Big Garden Birdwatch grew to an unbelievable one million members, essentially doubling the numbers from the previous year. I can only assume that the additional 500,000 have discovered the beauty of nature during this pandemic – which is a good thing!

Keep an eye out for osprey on our golf course ponds this summer!

Happy birding!



Left: Greenfinch; Middle: House Sparrow; Right: Long Tailed Duck; Below: Black tailed godwit



Top left: Lapwing; Top right: Ruff Minsmere; Left: Great Egret



Above: European Shag (Cormorant)
Right: Pied Flycatcher

Continued on page 48



Birds and Wildlife Protection

CONTINUED...



An endangered bird from the long Red List



Above: 1) Red Kite; 2) Osprey; 3) Avocet; 4) White Tailed Eagle
Left: Puffin



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Ballantrae Men's Golf League

BY NORM BRESSER

It's the time of year when we all anticipate the start of our 2022 golf season.

With a reduction in provincial health COVID-19 protocols over the past few months, we are planning to bring back our Tuesday Men's Golf League to regular play this year.

We have worked closely with the Ballantrae Golf Club and have agreed to an 8:00 a.m. start time every Tuesday from May until September, with a 9:00 a.m. shotgun start on the last Tuesday of each month to accompany our monthly luncheons in the Recreation Centre.

Registration will begin in March with all fees to be paid prior to our official first round of golf on May 3, 2022.

If the government reintroduces restrictions, we will re-evaluate our options in conjunction with the golf club and will advise all members of any changes accordingly.

For further details and information, visit our website at www.hotg.ca/tuesday-mens-golf

Opening day luncheon: 1:00 p.m. at the Recreation Centre, April 26, 2022.

Membership fee: \$95.00 or \$130.00 if you wish to be included in the weekly 50/50 draw.

Cheques payable to Ballantrae Men's Golf League.

League email address – ballantraemensgolfleague@gmail.com

Ladies' No-Stress Golf

BY JEANNE CHRISTIE

This friendly, casual group meets every Tuesday throughout the spring, summer and fall at the Royal Stouffville Golf Club, (west side of Highway 48 just south of Vandorf Sideroad). The object of our weekly ritual is to enjoy fresh air and meet members of our Ballantrae community. We draw for partners each week and play a shotgun format, obeying whatever COVID-19 protocols may be in place. Coffee afterwards on the clubhouse balcony is where the "latest" finds and best buys are revealed! Since we don't keep our golf scores, we have nothing to brag (or moan) about!

We love new members of all skill levels. Give these organizers a call if you want to know more:

Jeanne Christie, 905-640-0737 or
Nancy Forty, 905-642-8666.

Mark your calendar for a possible Meet and Greet this year on Tuesday, May 3, 10 a.m.

First day of golf: Tuesday, May 10, conditions permitting.

We're all looking forward to emerging from our cocoons and meeting with present and future members.

Ballantrae Ladies' Golf League

BY SANDRA HINCH

For an up-to-date status of the Ballantrae Ladies' 18-Hole Golf League, please contact Sandra Hinch.

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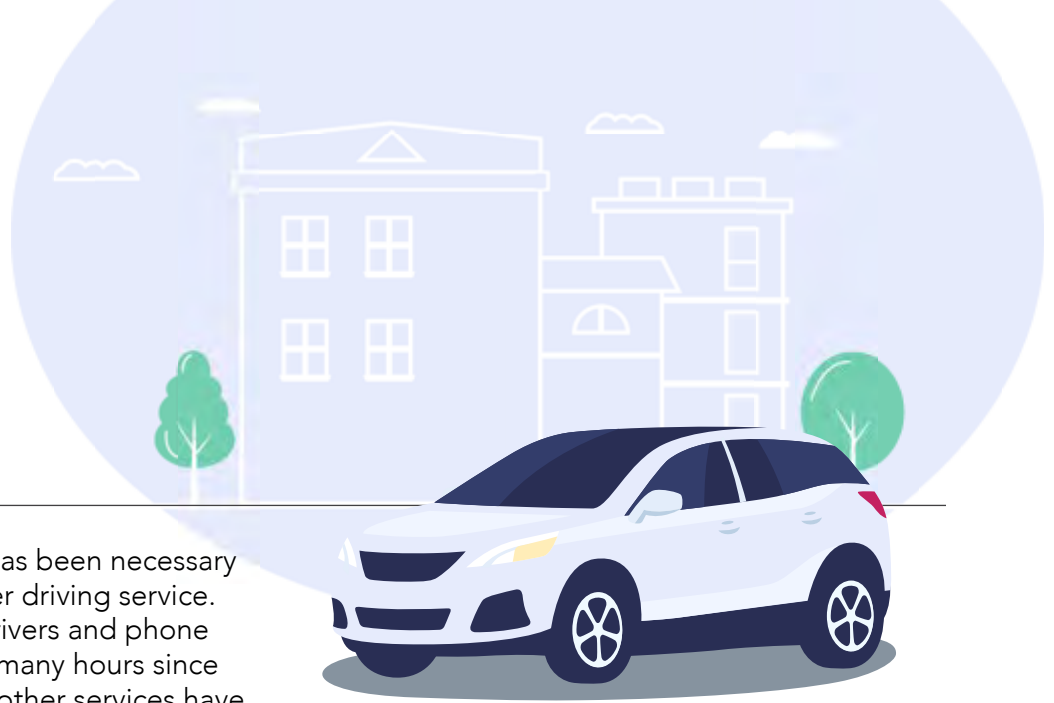
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We're Sorry

BY LYNNE BALFOUR

As our Covid world unrolls, it has been necessary to disband our BGCC volunteer driving service. We are grateful to the many drivers and phone volunteers who have donated many hours since 2010. However, over the years other services have become available. We hope that the following list will be useful for you.



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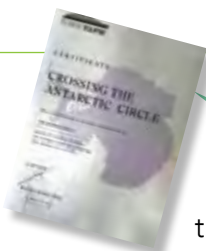
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time, we wore heavy waterproof clothing and knee-high waders to go ashore. We saw hundreds of penguins on shore and dolphins further out. They totally ignored us, showing no fear. Fat seals slept on ice flows. Whales rolled often in the bay. Some icebergs were a beautiful blue because of compression. Surprisingly the temperature was milder than at home: -1 to +1C. Wonderful friendly staff, good food and amazing views resulted in an outstanding trip.



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