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

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



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MESSAGE FROM OUR PUBLISHER

BY ELAINE SAKSONS



Our outstanding sales team is about to start contacting our current advertisers to determine who will be returning and how many new advertisers we will welcome to the fall issue.

As I was thinking about new advertisers, I also thought about all the new people in our community who are not familiar with the background of *Home on the Green* and how it came into being. Almost 20 years ago (January 2003), a group of residents led by Ruth Flanagan decided to create a publication that would serve the Ballantrae Golf & Country Club community. With a \$1,000 loan from the Condo 1 Board and a gift of \$1,000 from Ruth's husband, they were off and running.

Their aim was to raise sufficient funds from advertisers to cover operating costs. We continue to operate in the same manner today. Our advertisers support us in so many ways and we value their experiences in our community. Our advertisers come to us primarily through word of mouth. When a company does a good job, our residents show them the magazine and encourage them to consider purchasing ad space. **Our sales force is YOU, our residents.** Our sales team provides the service element by being the link between advertisers and the magazine.



Many years ago, *HOTG* was designated a non-profit enterprise. This allows us to control the balance of ads to editorial copy. We do not add pages to create more revenue – much to the chagrin of those waiting for space to become available. The magazine has grown from 40 pages to 56. *HOTG* was created to embody the spirit of our remarkable community and each issue aims to capture that.

We could not have succeeded without the outstanding support of our volunteers and advertisers.

Elaine Saksons

Thank you all!

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Steer Friends is a registered Canadian charity run by Ballantrae residents, Steve Wilkins and Maureen Hall. It is the only privately funded program in Ontario offering a daycare program for youths and adults with disabilities and critical care needs at its Stouffville facility. All proceeds from the event and donations go directly to Steer Friends to fund their program!



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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE

BY MAURICE SMITH



Town Chief Administration Officer (CAO)

Like many corporations, the town of Whitchurch-Stouffville includes a staff with diverse backgrounds and disciplines. Also, like any large corporation with many employees, there is only one boss. No, that is neither the mayor nor the councillors. The mayor and council set policy and guidelines for the overall operation of the community. However, all staff report through various departmental channels to the CAO.



Let me introduce you to your CAO, Mr. Rob Adams.

Rob has a diverse background and is a passionate and innovative leader who came to Stouffville after gaining years of experience in both public and private

business sectors. He was Mayor of Orangeville and Warden of Dufferin County. He also ran a large digital technology software company. He has worked in urban and rural municipalities in various management levels and in union and non-union environments.

After graduating from the University of Western Ontario, Rob joined the private sector, gaining the experience necessary to transfer seamlessly and to leverage success in local governments. He served as CAO of the municipality of Grey Highlands immediately before coming to Stouffville in 2019.

Rob receives direct reports from those who head up departments including finance, leisure, public works, planning and development, human resources and fire services. In those departments there are approximately 250 full-time staff and about the same number of part-time and summer personnel. Through his director of finance, he oversees an operating budget of approximately \$65 million and a capital budget of another \$17 million. He attends to all these duties while keeping the mayor and council focused on the political issues of the day.

An innovative leader, Rob makes time to speak at outside functions such as Municipal World events, the Intelligent Cities Summit, Ontario CAO conferences and Economic Developers Council of Ontario. He has also spoken during the recent COVID-19 pandemic to groups on the subject of redeployment of municipal staff to support economic development. This is only one area in which our community benefits from his leadership skills.

What of the future and where will he lead Stouffville in the years ahead? Many projects including cyber security, long term financial planning, and updating technology and the digital processes necessary to deliver services to all residents are top of his mind on a daily basis.

Under his direction comes the need to attract more commercial development and industry to Stouffville to ease the burden placed on a residential tax base and to bring much needed employment to the area. To this end, Rob meets and speaks regularly with his peers within York Region, along with various provincial ministers and our premier on subjects such as the 404 development, our local planning and transit requirements and financial assistance in the form of grants.

Stouffville benefits from employees such as Rob Adams as we continue to be the second fastest growing municipality (2021) in Ontario. I look forward to working with Rob and all he brings to our community well into my next term on council.

Public transit in BGCC

In 2020 I was able to convince York Region transit to expand their Mobility On-Request service into BGCC. It is understandable during COVID there was a certain reluctance to take advantage of this service and public transit in general. However, I would like to remind residents that this great service is still available. They provide small vehicle transportation at a very reasonable cost. Simply call 1-844-667-5327 if you need transportation to Stouffville and beyond. Further details are also available at www.yrt.ca

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Helping the Environment



BY LINDA LEGALLAIS

Most people would agree that climate change and the devastating effects it is having on our environment is one of the greatest challenges facing us today. While we pressure governments and corporations to address the problem, and try in our daily lives to be more conscious of our own impact, the situation can at times seem daunting. So I'd like to spread a little hope. We humans are getting some help in saving our planet and it's coming from animals – sometimes through their natural behaviour or by lending their unique abilities to us. Here are a few examples.

The warming temperature of our oceans is a key indicator of danger to the environment. Scientists continually monitor the oceans and keep track of important data. But how do you test the temperature in the deepest depths of the Arctic? Kristin Laidre of the National Oceanic and Atmospheric Administration leads a team who are



Dr. Kristin Laidre



Narwhals pod hopping

getting help from, of all creatures, the Narwhal, or "Unicorn of the Sea." These fascinating creatures spend much of their time at depths reaching 1,800 metres. By attaching a type of thermometer to the tusk of a Narwhal, the team can monitor the temperature at these depths for the first time. The only problem is that these gentle creatures are very shy and elusive. Ms. Laidre credits local Inuit guides for assistance in finding them so the device can be attached. The information gathered is vital.

On land, the use of pesticides and chemicals is extremely toxic to our ecosystem. For too many years we have used these products to control weeds and unwanted grasses, with devastating results. Now a much more eco-friendly method is

being used more often and it's an ancient method. A "trip" of 30 goats can clear a half acre in three to four days. They will eat anything, including poison ivy and



A goatherd in Alberta



Goat rental for land clearing, before and after

plants with sharp brambles! Sending out a crew of people to clear land and pull weeds is expensive and labour intensive, so many municipalities, including Lethbridge, Alberta are hiring modern day goatherds and their stock to clear brush from roadsides, vacant lots and playgrounds at a much more economical cost. They are also used to create fire breaks. Plus, they are awfully cute!

A less cute, but no less helpful animal is the rat. Rats, in particular the Africa giant pouched rat, which weighs in at about three pounds, has become very



Magawa, the mouse that detects landmines, was distinguished for bravery.

sought after for clearing areas of deadly land mines. Rats are very intelligent and are easily trained. They can sniff out

Continued on page 9



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Helping the Environment

CONTINUED...



Magawa wearing his medal.

TNT in the mines and because they are so much lighter than a dog, they rarely set off an explosion. They are much cheaper and they can work for up to five years. Let's face it, there aren't as many tears shed when one is lost when compared to a bomb-sniffing dog, but perhaps there should be? A rat named Magawa detected over 100 potentially lethal mines in Cambodia. This not only saved lives, but freed up land for farming that had already been cleared of trees, thus protecting the forests in the area. Magawa recently died at age eight and was the first of his kind to receive the PDSA Bravery medal for his heroics. Perhaps rats deserve a little more respect from us?

Let's head back to the oceans around Port Moody, B.C. The Steller sea lion is a favourite resident in the area, but shockingly its numbers have decreased by 75 per



Stellar sea lion

cent in the last few decades. To find out why this is happening and to hopefully save this wonderful creature, marine biologists are getting help from the sea lions themselves. They know that much of the problem results from illegal harvesting of the animal and run-ins with boats and fishing nets. But is there perhaps something in their diet that is poisoning them? Scientists are using trained sea lions harnessed with various monitors. They swim

freely and send back information, returning to a familiar vessel so scientists can also monitor their condition. Not only are they helping themselves, but the information they collect can provide clues about other species and environmental concerns.

Last but certainly not least, is our own beaver. These little engineers are keeping the ecosystem healthy with their dams that create ponds. This behaviour provides wetlands for other species and increases biodiversity. The dams also reduce soil erosion and can improve the quality of water. By slowing the movement of water, these dams can



Beavers' dams

minimize flooding. Plus, the water stored in ponds can become essential during droughts.

These are just a few examples of how animals are helping to slow down the harm to our world. For their sake and ours, let's do all we can do to follow their lead.



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Spectacular Splendiferous STAYCATIONS

BY KEN MIYAUCHI



The “staycation” is a Canadian invention, created in 2005 by the writers of the TV show *Corner Gas*. Little did these writers know how important their invention would become.

We are all anxious to resume our normal activities, especially our desire to travel. While many countries have reopened their borders, there is still testing, quarantine requirements and restrictions.

One country that is fully open to all Canadians is our own. The Ontario Government is even providing an incentive for us to explore Ontario by offering a 2022 Ontario Staycation Tax Credit of 20% of eligible expenses. This means we get back up to \$200 as an individual or up to \$400 as a family. Go to www.ontario.ca/page/ontario-staycation-tax-credit for more information.

DAY TRIPPERS

Like the well-intentioned shoemaker and his unshod children, there are many attractions that we have always meant to visit, but never have. Here’s a list of some popular GTA attractions:

- **CN Tower** – The view from the top is wonderful, and the Edge Walk allows you, for a fee, to take a circular, 90-minute walk on a 5-foot ledge, 116 storeys above the ground.
- **Ripley’s Aquarium** – Located next to the CN Tower, you can see 20,000 aquatic animals, up close, in 1.5 million gallons of water.
- **Rogers Centre** – Baseball is back in town, so take in a game while visiting the CN Tower and Ripley’s Aquarium.
- **Museums & Galleries** – The Royal Ontario Museum, Art Gallery of Ontario, Hockey Hall of Fame, and Bata Shoe Museum are also worth a visit while downtown.
- **Toronto Island Park** – Ward’s Island, Hanlan’s Point, and Centre Island are easily reached by a short ferry ride and offer picnicking, swimming, biking, bird watching, fishing, as well as the Centreville Amusement Park for the grandkids.
- **Aga Khan Museum & Ismaili Centre** – Both are located on Wynford Drive in North York and feature striking architecture and interesting exhibits.
- **McMichael Canadian Art Collection** – Art lovers who favour Canadian art, especially the works of the Group of Seven, will enjoy this gallery in Kleinburg.
- **Royal Botanical Gardens** – Burlington’s Royal

Botanical Gardens has five gardens with more than 2,500 plant species.

- **Other Attractions** – The Toronto Zoo, Pioneer Village, Casa Loma, Ontario Science Centre, Canada’s Wonderland and the CNE are amongst many other attractions.

OVERNIGHTERS

- **Midland** – This area is home to many historical sites including the Martyrs’ Shrine, Sainte-Marie among the Hurons, and the Huronia Museum & Ouendat Village.
- **Niagara Region** – There are numerous wineries, golf courses, and even Niagara Falls if you’ve never visited it.
- **Theatre Tour** – The plays at the Shaw Festival in Niagara-on-the-Lake combined with Shakespearean or Broadway plays in Stratford are a cultural tradition. On the way home, stop at the Kitchener Farmers’ Market for lunch and to sample Mennonite products.

TRAINS, PLANES, & AUTOMOBILES

Further afield are longer trips for the more adventurous:

- **Agawa Canyon** – Sault Ste. Marie is a day’s drive away. Here, you can board the Agawa Canyon Tour Train to view the incredible beauty of the fall colours. There are also tours leaving from Toronto.
- **Ottawa Region** – There are numerous attractions to visit in our nation’s capital. On the way, stop in Gananoque for a boat ride through the 1000 Islands.
- **Montreal & Quebec City** – The cosmopolitan charm of Montreal and the old-world mystique of Quebec City are perennial favourites. Take the opportunity to practise your French.
- **Maritime Provinces** – For even more adventures, continue east after Quebec City to the Maritimes. You’ll find plenty of scenic sights, golf, whale watching, and of course, seafood galore.
- **The West** – From the magnificent prairies, to the Alberta mountains and on to British Columbia, there is much to explore. You can travel by car, take The Canadian train from Toronto, or ride the Rocky Mountaineer train through the Rockies.

The GTA, Ontario, and Canada have much more to offer than the attractions listed in this article. 2022 might just be the right time to explore our own backyard.

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Butter Tarts

BY JAN RICHARDS



Butter tarts are one of Canada's quintessential sweet treats originating back to the pioneer days. This iconic dessert is always at the top of the list of "best traditional Canadian foods you need to try."

The earliest published Canadian recipe for butter tarts was from Barrie, Ontario. It dates back to 1900 and can be found in *The Women's Auxiliary of the Royal Victoria Hospital Cookbook* which is now housed in the Simcoe County Archives. Mrs. Ethel MacLeod can be credited for submitting her recipe for the butter tart filling – a maple syrup custard in flaky tart shells. The tart recipe was vague (just a list of ingredients to mix together) and as with many recipes, the ingredients vary from family to family – pecans, walnuts and raisins were optional.

Traditionally, the English Canadian butter tart consists of butter, sugar and eggs in a pastry shell, similar to



TOP: April 2019 – "Sweet Canada" stamp; LEFT: Traditional butter tart – flaky crust with gooey filling; RIGHT: Perfect afternoon relaxation – tea & tarts

the French-Canadian sugar pie. But the butter tart can be traced back even further to another group of women – the *filles à marier* – marriageable young girls who immigrated to New France in the 1600s seeking a better life as servants and cooks. As cooks, these young women adapted their traditional French dessert recipes to the availability of ingredients in Canada so maple syrup became their source of sugar.

Whether it is a border tart that includes dried fruit; a sugar pie that uses maple syrup, butter and dried fruit; a backwards pie that originated in the Maritimes; a Western Canada version made with corn syrup; an English treacle tart made with golden syrup (treacle) or a shoofly pie made by the Pennsylvania Dutch with molasses – what better way to satisfy your sweet tooth!

Butter tart festivals are an integral part of Eastern Ontario cuisine and many communities celebrate the butter tart in their annual taste tours. In 2014, Ontario's Best Butter Tart Festival and Contest was held in Midland, Ontario. More than 50,000 tarts were sold!

Closer to home, The Maid's Cottage in Newmarket, has won numerous awards for best in show, best plain, best traditional and the people's choice award for their delicious butter tarts.

This summer take a trip to your local bakery and enjoy one of Canada's original and favourite ooey gooey hand-held sweet treats! Made in Canadian kitchens, eh!

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Reflections on 50 Years of Medical Practice

BY GREG MCCAIN



As I look back on my career in medicine, several pillars keep recurring that I think led to a successful, healthy and enjoyable occupation: a good education, a good secretary or office manager and good patients.

GOOD EDUCATION

After playing Junior B, Junior A and NHL hockey during the interval between high school (Upper Canada College) and university, my dad picked me up by the back of the neck and said, "You've had your fun playing hockey, it's time for an education." My father always emphasized that the things they can't take away from you are your memories and a good education.

I entered medical school at the University of Toronto and went on to a post graduate degree in Plastic Surgery, specializing in hand surgery.

GOOD SECRETARY

I was very fortunate to have had only two major secretaries throughout my career. My first secretary, Mrs. McVey, taught me the art of medical practice. When I had only a few patients to see in the early days, she had them all come at 4:00 p.m., making me look busy. Later, when I got very busy, she always told the patients I was fully booked but if they came at 5:00 p.m. she would squeeze them in. I never understood why I never got home before 7:00 p.m. She accommodated patients and they loved her. If you want to see a doctor, praise the secretary and bring her the chocolates. One pearl I learned from her: "Never sort the paper out as it falls to the ground." My second secretary lived in Innisfil and always wanted to leave early, so the last patient appointment was at 4:00 p.m. In the later stages of my practice this suited me fine.

GOOD PATIENTS

Of all the stories I recall, these three are my favourites.

- 1) I was asked to see a gentleman in the emergency department who had amputated several fingers.

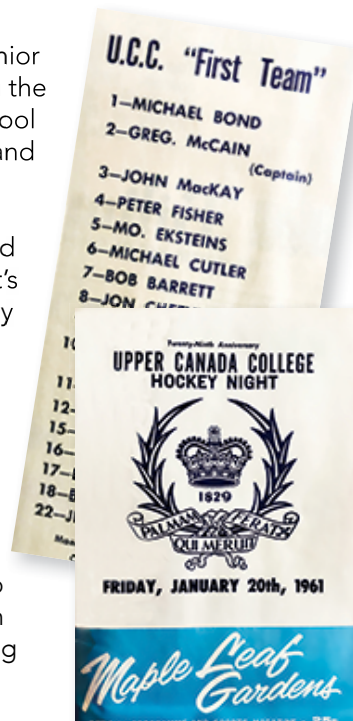
He was in his eighties and was mowing his lawn when he picked up the mower because he thought the blade was not rotating. He rode his bike to the hospital from north Bayview. After revising the amputation, I offered to drive him home. He was the father of Bernard Slade, the famous Canadian comic playwright who wrote among others, the play and movie *Same Time, Next Year*. The father accepted my offer and told me "You just want to see the scene of the crime." When we got to his home, he wanted me to look for the missing parts. I guess his son's wonderful sense of humour was inherited from his father.

- 2) I was in Fairview Mall when a mother spotted me and asked me to wait at the bottom of the escalator. She told me that I was in the emergency room when her five-year-old came in with his finger amputated. I recall calling the OR and reattaching the finger. In the post op clinics she always asked "Do you think my son will ever be able to play the piano?" She had stopped me to tell me that he was at the Royal Conservatory of Music studying piano.

- 3) A 96 year-old lady came to see me in the office. I asked her to what she owed her longevity. She carefully explained. "Young man (I was about 65 at the time), my husband and I have had a martini every night before dinner since we were married 70 years ago." I asked her if it was only one martini? She responded, "Absolutely, that's the rule, but the size of the glass has gotten bigger."



I am often asked that if I could have changed anything in my career, what might it be. I have been lucky to have spent a career doing everything I loved to do and would not change anything. If pushed, I'm glad I am not a slave to the computer (a modern trend) as it's much more fun to interact with people than any computer.





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Ignite Your TV Viewing

BY AL MOLDON



You are probably one of the hundreds of Ballantrae Golf & Country Club residents who have already switched to Rogers Ignite TV service over the last couple of years. This article describes the service and may include features you have not yet used. If you have not installed Ignite yet, this should help you understand its capabilities.

Unlike the older Rogers cable service, Ignite delivers a higher quality picture wirelessly to each TV set in your home, including some sports channels at four times the resolution (which is called 4K) if your TV is so equipped. Up to 200 hours of TV programming can be recorded and played back at your convenience on all TVs in your home. This personal video recorder (PVR) function permits the viewer to skip the commercials using a voice command, resulting in a one-hour show being watched in only 43 minutes!

Ignite is offered in five bundles with varying numbers of TV channels and each includes a very fast internet connection. The most popular bundle with BGCC residents is called "Flex 20 + Sports," offering 60 channels with 28 of them "flexible" so the homeowner can choose from a list of about 120 channels depending on their interests. Flex channels can be swapped or changed once a month if desired.

You can also include a home phone line with unlimited Canadian and US/International calling capability at a very low additional cost and keep the same number you have now. The Rogers "call answer" service, which is included, has a great feature that sends you an email whenever someone leaves a message and includes a "voice clip" so you can hear the message. If someone calls you while you are on the phone, they do not get a "busy" signal and can leave a message rather than calling back several times until you are available. You



Ignite TV top box



Ignite Gateway WiFi modem

will also hear the "call waiting" beep and can switch over to the other caller if desired.

The Ignite remote control has a handy "microphone" button which enables the user to activate many functions by voice. For example, if you say "Channel 24" or "CP24," the TV changes to that channel. If you are watching a PVR recording and the commercials come on, just say "Go forward 3 minutes" and the annoying commercials are skipped. Since the free streaming service YouTube is included with Ignite, just say "David Foster on YouTube" and all his great music videos are yours to enjoy.

Rogers will also add the streaming service "Crave" to the system for a monthly fee so you can say "King Richard on Crave" which finds the movie so you don't have to search for it. Similarly, your Netflix account can be added so you can just say "Heartland on Netflix" to start watching. The low-cost streaming service called "Prime Video" from Amazon is also accessible by voice. Just say "Law and Order on Prime" to catch up on missed episodes.

There is also an Ignite TV app for your iPad and cell phone that gives you access to all your TV channels and PVR recordings. This is particularly handy if you are visiting a friend without Ignite, waiting in a doctor's office for your appointment or flying to your favourite destination, as you can watch your downloaded PVR recordings anywhere.

The remote has four buttons labelled **A**, **B**, **C** and **D**. The A button activates a variety of Ignite help videos you can watch to learn more about the system and the B button allows you to turn on or off the Closed Captioning feature if you need help with the dialogue. The C button displays all the sports games schedules and the league standings for each sport, while the D button is used to delete recordings you no longer need.



Ignite remote control

I hope you have found this summary useful, and if it has triggered any questions about the Ignite service, please feel free to contact me at: amoldon@rogers.com

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Muscle Shoals has got the Swampers...

BY BLAIR TULLIS



ABOVE: Muscle Shoals Recording Studio; RIGHT: Fame Recording Studios

Fifteen years or so ago, I made a pilgrimage to a crummy looking little block building in Muscle Shoals, Alabama, an unassuming small town in the rural south. On this fall morning, I knew I was about to cross the threshold of a place that, for the recording industry, was a legend. This was Fame Recording Studio.

While the manager of the place gave me a tour of the studios, echoes of rock 'n roll licks filled my thoughts while I looked out at the instruments and microphones from the previous night's recording session. As we were the only people in the place, the manager took the time to share some of the history of Muscle Shoals...and sell me a tee shirt.

This little building hosted some of the greatest recording stars of the '60s and '70s, including Aretha Franklin, Etta James, Paul Simon, Mac Davis, Duane Allman, Rod Stewart, Otis Redding and the Rolling Stones. At one time, the success of the two local studios



One of the Swampers



Aretha Franklin with the Swampers at Muscle Shoals



Duane Allman Wilson Pickett

made Muscle Shoals arguably the "Hit Recording Capital of the World." Why did so many people come to record here? Well, this brings us to the Swampers.

The whole verse, from Lynyrd Skynyrd's *Sweet Home Alabama*, actually goes like this:
Now Muscle Shoals has got the Swampers
And they've been known to pick a song or two (yes they do)
Lord they get me off so much
They pick me up when I'm feelin' blue
Now how about you?

The Muscle Shoals studios were blessed with a series of loose collectives of local musicians who acted as house bands for recording sessions. An artist would breeze in with his or her record contract and hit song idea and the studio aces would fill in the blanks. The session musicians came up with the goods. While no writing credits were expected or given, their input was critical. Los Angeles had the Wrecking Crew. Detroit had the Funk Brothers. Nashville had the A-Team and Muscle Shoals had the Swampers.

Working for scale, the Swampers blended their inspired playing with the producing genius of studio owner Rick Hall. Together, they created many enduring hits like *Mustang Sally*, *Brown Sugar*, *Old Time Rock and Roll*, *I'd Rather Go Blind* and *Love Me Like a Rock*, with people from all over the musical map.



Rick Hall at FAME Recording Studios

You might think the Swampers would have been a bunch of wizened black musicians who had been brought up playing Delta Blues on beat-up steel guitars. In fact, they were mostly young white players who, unusual for those days in the south, thrived on working with black artists. Duane Allman taught Wilson Pickett the Beatles song, *Hey Jude*, and played on what became a hit album for Pickett. Most studio players, like the ones who attended the coronation of Aretha Franklin as the Queen of Soul in her Alabama sessions, contented themselves with a life in the shadows and the joy of knowing they were part of history.

So when you listen to Aretha demanding R-E-S-P-E-C-T, think about the background licks and how the session musicians played a pivotal role in making the song transcendent. It picks me up when I'm feeling blue. How about you?

Figs, Anyone?

BY LUBA QUADRINI

During the 1990s we lived in Arizona where the climate is perfect for growing figs. Since Danny and I both love figs I decided to have “a go” at growing some. We planted two trees, a green Kadota and a purple Mission. I was pleased to see how quickly they established. We were in fig heaven and ate them with our breakfast every morning. We also shared them with our friends and neighbours and enjoyed freezing, canning, jamming and inventing recipes to make use of the abundant crops. We became so overwhelmed with figs that we eventually had to remove one of the trees.



Upon moving back to Canada I was disappointed with the lack of flavour in the figs that I was purchasing at the grocery store. Sadly, many of us living in colder climates have never tasted a perfect tree-ripened fig. Since they are too fragile to transport long distances, the store-bought figs are picked before they are truly ripe and at their peak. But once you have eaten a freshly picked fig, you're spoiled for life. I had never considered growing a fig tree here since our climate is not conducive to growing sub-tropical plants outdoors...or so I thought.

Then last fall we went to visit my husband's uncle, Zio Tony, in North York. His health was in decline and he had become frail. During our visit we talked about his beloved fig trees. He has ten trees and he was concerned that he would soon no longer be able to care for them. He also has a rustic greenhouse in his back yard that he built from discarded windows many years ago. This is where he overwinters his fig trees

with the help of a small portable heater. His trees are potted and every spring he takes them out and places them around his yard. He asked us to adopt a few of his prized trees but I explained that we could not erect any kind of shelter on our property. He replied that this was not a problem as he had been growing fig trees long before he built his greenhouse. He assured us that if we had a garage, we could easily grow figs. He insisted that they are simple to care for and that they are very forgiving of poor pruning.

So we came home with two fig trees and secured them in the garage next to my car. Throughout the winter I gave them about a litre of water every month, just enough to keep them hydrated but not enough to cause root rot. Zio Tony didn't know what varieties they were, just that one would produce green fruit and the other, purple fruit. Both, he assured me, were delicious!

So here are the fig-growing rules according to Zio Tony, plus a bit of research I did over the winter. Figs are native to Mediterranean climates and grow best in sunny, dry summers, often in poor soil. I will be putting my potted fig trees outside at the end of May when the risk of frost has passed.

If left unpruned they will grow to resemble a shrub, but I prefer the tree shape which will make it easier to find space for them in my garage for the winter. Pruning, which is a must for the tree's health, vigour, and abundance of fruit, is best done in the spring. The tree should





be trimmed shorter than you think you want it. It will put on quite a bit of growth each year and the main fall crop will only set on new growth. The aim is to control the size of the tree and the number of leaves so that more of the plant's energy can go into the development of fruit. Wear latex gloves when pruning to keep the sap off your skin; it can be irritating. Pinch off all leading stems above five feet to keep the growth hormones lower in the tree at an ideal fig picking height. Cut out any secondary sucker branches above the main branches and at ground level (very much like trimming a tomato plant to remove branches that will not bear fruit). The goal is to have more figs, not more foliage. Also remove any weeds in the container that will compete with the tree for nutrients.

Figs do not need the help of insect pollinators and some trees will produce two

crops in one year. The first is the breba or summer crop which forms figs on last year's branches and it ripens sometime in July in our zone five climate. The second is the main crop which develops on this year's new growth and it ripens in September/October. This crop may be sparser but the figs are sweeter. From the first appearance of fruit nibs on the branches in early summer, it takes an average of 80 to 90 days to grow and ripen good quality figs. The tree will need regular watering to hold on to developing fruit, but be a little stingy with the fertilizer. Too much will give you lots of foliage but less fruit. Zio says, "Fertilize in May and early August and then no more, so the plant can harden off and prepare to go dormant for the winter."

When you see the fruit start to turn colour, be patient and don't pick your figs too early. They won't continue to ripen to perfection on your kitchen counter like tomatoes do. If the stem of your fig oozes a milky sap

when plucked, it's not ready! Wait until the stem bends downward, the fig droops and is soft to the touch. It may even have a drop of nectar glistening at the eye. Now it's ready to be picked and enjoyed.

Zio's secret magic trick is if the season is coming to a close and there are still some unripened figs on the tree, use a piece of cotton to dab a bit of olive oil on the eye of each fig to speed up the ripening. Then as the weather starts to get colder and the leaves dry and start to fall, decrease the watering and allow the soil to dry out a bit. With the first frost it's time to put the trees away for the winter. While they are dormant, they don't need much light or heat and can be comfortably overwintered in a cool dark cellar or garage. The winter temperature should ideally stay above -10 degrees Celsius.

If you think you'd like to give growing a fig tree a try, here are some dependable varieties to consider for growing in pots in our region.

RONDE DE BORDEAUX: medium size rosy fruit that ripens early with intense berry flavour.

OLYMPIAN: large black fruit that tastes of peaches and honey.

CHICAGO HARDY: medium size black fruit, very early ripening with a mild raspberry flavour.

DESERT KING: sweet, medium to large yellow/green fruit that ripens earlier than most varieties.

So, that's it folks! I want to make Zio Tony proud, so I'll water and feed his fig trees (but not too much!) and I'll keep my fingers crossed, as I do with so many of my garden experiments. If all goes well, we'll be enjoying our own delicious juicy figs this year. And if I'm lucky I may even be able to identify their varieties.



Ground Game Check-Up Time

BY DAYNA STODDART



Our body and abilities adapt to what we do or what we don't do.

Our environment drives movement and movement drives function. When we shrink our movement sphere, we shrink our function, well-being, quality of life and longevity.

My motto is: exercise is powerful medicine. My mission is to inspire, motivate, support and empower baby boomers and older adults to be physically active. It is my passion to advocate and promote movement that encompasses all aspects of fitness as a health promotion and disease prevention strategy. This supports well-being in order to enhance the quality of life and vitality! Physical activity is an integral part of the prevention and treatment of chronic disease in the Canadian health care system. Canadian Physical Activity Guidelines recommend you accumulate at least 150 minutes of moderate to vigorous intensity aerobic training five to seven days per week; practise strength training two to three times per week, and engage in balance training and stretching daily.

The saying, "We don't stop exercising because we grow old, we grow old because we stop exercising," by Dr. Kenneth Cooper could not be more accurate or true.

Falling is not part of aging. Lack of or loss of mobility, range of motion in our joints, strength, core stability and balance, along with polypharmacy (multiple medications and their side effects) and fear of falling all play a role in loss of function and increase the risk of falls. Lost

“

We don't stop
exercising because
we grow old, we grow old
because we stop exercising

- Dr. Kenneth Cooper

”

confidence from a near fall, and the fear of falling can be more limiting than the fall itself.

If you are not forced to the ground by doing hobbies, chores and training, do you go there? If you have not been down on the floor in years, can you still get there? Or if you unintentionally end up there, can you get back up?

Unless our daily activities and routines require a variety of movements and positions, including getting down on the floor (ground game), it is in our best interest to create and choose opportunities to preserve them or earn them back.

Try this – the ground game check-up:

Choose an appropriate surface. Note - do not self-inflict pain or injury just to prove you can do it.

Score yourself.

YES (1 point): I did it automatically with ease;

NO: I struggled, felt pain, had to think too much.

- | | |
|----------------------|---|
| <input type="text"/> | 1. Get down on the floor, using zero to two points of contact (hands/knees), in control. No plopping! |
| <input type="text"/> | 2. Sit cross-legged for 15 seconds without hunching. |
| <input type="text"/> | 3. Un-cross your legs and crawl forward and backward six times in each direction. |
| <input type="text"/> | 4. Lay on back with arms overhead. |
| <input type="text"/> | 5. Roll right onto belly, roll back. |
| <input type="text"/> | 6. Roll left onto belly, roll back. |
| <input type="text"/> | 7. Sit up. |
| <input type="text"/> | 8. Stand back up, using zero to two points of contact. |

TOTAL SCORE

Tally your score.

8 = holding your own.

4-7 = some kinks in the chain of movement. Time to expand your movement sphere!

0-3 = multiple kinks in the chain. But it's never too late to start the re-learning journey; be sure to ease back in.

If you scored an 8, KEEP the ability! Lay on the floor. Sit and crouch in a variety of ways; cross-legged is not mandatory. At home, do physical chores inside and outdoors that force you to crouch, kneel, sit on the ground, and get up and down. KEEP doing those jobs like scrubbing the floor, detailing the car and gardening.

If you scored 0-7, expand your movement sphere. Join me for the seven weekly complimentary wellness classes (six are virtual and one is in-person at the Recreation Centre) that address mindfulness to improve cognition and manage stress; promote joint health; improve posture and body awareness to allow our organs to function optimally; improve core strength, stability and balance; improve functional strength, bone density, heart and brain health; improve flexibility in our muscles for more ease of movement and decreased risk of injuries.

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Meet *Johanna Burkhard*

BY LYNNE BALFOUR



Johanna Burkhard is not the type of grandmother who sits at home and knits. Perfecting recipes, planning cruises, pruning perennials and organizing puppy play times are just a few of the things that keep this dynamo active.

Johanna comes from a family who immigrated to Canada after World War II from the southern farmlands of the Netherlands. They eventually moved to Aurora where her father opened a landscape business with several greenhouses. The family worked very hard including Johanna, her two sisters and one brother, who always had responsibilities and after-school jobs. This disciplined upbringing resulted in Johanna's energetic entrepreneurial spirit. After high school she attended the University of Western Ontario and received a degree in food science and nutrition.

After starting her internship as a hospital dietician, Johanna decided that it was not her destiny. She became a management trainee at the Four Seasons Hotel. Having been brought up on plain Dutch cooking, she was now exposed to fancy food and expensive wines. She married in 1975 and she and her husband moved to Calgary where she worked at Canadian Western Natural Gas Company in the Blue Flame Kitchen, where people could call in for recipes and advice. She also wrote a local food column.

In 1978, when the Parti Québécois was elected, the family was transferred to Montreal as her husband spoke French. Johanna took intensive French classes. They had their daughter Nicole and their son Patrick while living there. (Johanna is now a grandmother with three grandsons and another one on the way.)

Johanna wrote two food columns for the *Montreal Gazette* (What's Cooking and Microwave

Cooking). Her editor at the paper recognized her writing talent and arranged for her to take a post graduate writing course at Concordia University. The paper entered one of her feature articles in the National Newspaper Association (NNA) contest and Johanna won the award for the best nutrition article for newspapers with over 150,000 circulation. The award was presented



in San Francisco where she met many famous writers including Julia Child of TV and cookbook fame. Johanna wrote food articles for *Canadian Living* magazine, *Homemakers* magazine and *LCBO Food and Drink* magazine. Somehow she also found time to teach cooking classes and develop recipes for food clients.

With that background, she was approached by the producer of the Ralph Lockwood Show on CTV

Continued on page 27

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Meet Johanna Burkhard

CONTINUED...

to demonstrate easy recipes each week. This gig lasted five years. Most shows were broadcast from the studio, but some were on location, including one in the elephant barn at the Granby Zoo!

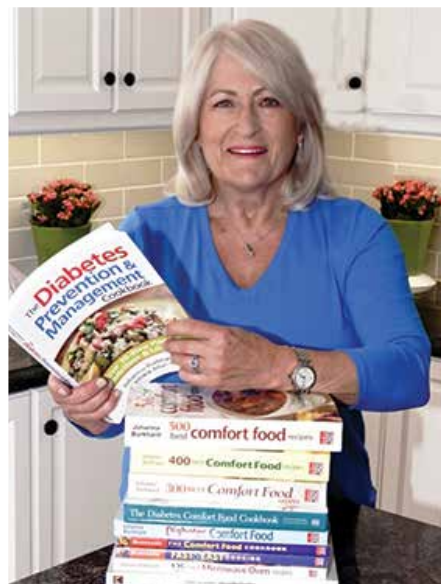
In 1997 she teamed up with publisher Bob Dees of Robert Rose to write her first cookbook: *The Comfort Food Cookbook*, followed by 11 more books including French editions. Most of these are still available on [Amazon.ca](https://www.amazon.ca) and [Indigo.ca](https://www.indigo.ca). (Indigo has the best prices.) Her cookbooks feature soul-satisfying recipes that are easy and dependable. The last book in the series is titled *500 Best Comfort Food Recipes*.

Her most recent book, *The Diabetes Prevention and Management Cookbook*, offers a ten-step plan for nutrition and lifestyle.

In 1998 the Burkhardts moved to the Niagara area. Johanna was determined to find a role in that bustling wine region. She suggested to key wineries that they host a media trip for Quebec writers to introduce them to the wines of Niagara. The media trip produced 25 articles in Quebec publications and resulted in her being offered the role of manager of media and public relations for the Wine Council of Ontario. She later joined Peninsula Ridge Estates Winery and established their annual Jazz on the Ridge – Wine, Dine and Jazz Gala. The long-running and highly successful fundraiser continued for over a decade, raising over \$700,000 for the West Lincoln Memorial Hospital Foundation and other local charities.

After her marriage ended and her two children were in university, Johanna moved to Toronto in 2005 where she worked for public relations agencies and other clients, such as Southbrook Vineyards.

She also married Ron Renwick. They have been together for 17 years and love to travel. They moved to Ballantrae Golf & Country Club five years ago. Johanna is part of our BGCC social committee and writes the recipe column for this magazine. She has a busy life, combining her keen interest in food and wine with her passion for cooking. Her personal favourite foods to cook are



Books by Johanna Burkhard

***Fast and Easy Cooking* 1999**

***Cuisine Vite et Bien* 1999**

***The Comfort Food Cookbook* 1999**

***300 Best Comfort Food Recipes* 2002**

***125 Best Microwave Oven Recipes* 2004**

***400 Best Comfort Food Recipes* 2006**

***Diabetes Comfort Food* 2006**

***200 Recettes réconfortantes* 2007**

***Cuisine pour diabétiques: plus de 70 recettes santé, délicieuses et facile à préparer* 2008**

***The Diabetes Comfort Food Cookbook* 2008**

***500 Best Comfort Food Recipes* 2010**

***The Diabetes Prevention and Management Cookbook: Your 10 step Plan for Nutrition and Lifestyle* 2013**

lamb, venison and seafood. She loves her active Havanese puppy, Abby, and is an organizer of a local puppy play group.

We are glad to have such a friendly, dynamic neighbour!

It's Summer

– bring on the salads!

Barbecue season is now in full swing. While it is easy to decide what goes on the grill - whether it is chicken, beef or ribs - the dilemma is what to serve with it. Here is a selection of easy-to-make salads that can be made ahead and refrigerated.

I have included a luscious no-bake dessert with local strawberries and pound cake smothered with creamy mascarpone and dark chocolate – perfect for entertaining.

BY JOHANNA BURKHARD



DELI EGG AND POTATO SALAD

Why settle for takeout from the supermarket deli when you can make this creamy potato and egg salad flecked with dill pickles? Add crusty rolls and sliced cold cuts for a ready-to-go picnic lunch. This tasty salad can be prepared ahead, covered and refrigerated for up to 2 days.

MAKES 4 SERVINGS

- 1-1/2 lbs (750 g) small new potatoes
- 1/3 cup (75 mL) mayonnaise
- 1/3 cup (75 mL) sour cream
- 1 tbsp (15 mL) grainy or Dijon mustard
- Salt and freshly ground black pepper
- 4 hard-cooked eggs, chopped
- 1/2 cup (125 mL) diced celery
- 1/2 cup (125 mL) diced dill pickles
- 3 green onions, sliced
- 2 tbsp (30 mL) each chopped fresh dill and parsley

1. In a saucepan of lightly salted boiling water, cook potatoes for 15 minutes or until tender when pierced. Drain; when cool enough to handle, cut into 1/2 inch (1 cm) cubes.
2. In a bowl, combine mayonnaise, sour cream and mustard, season with salt and pepper to taste. Pour over potatoes. Add eggs, celery, pickles, green onions and dill; gently toss to coat. Cover and refrigerate. Remove from refrigerator 30 minutes before serving. Adjust seasoning with salt and pepper as needed.



VEGETABLE NOODLE SALAD WITH SPICY PEANUT DRESSING

Add whatever vegetables you have in the fridge to this all-purpose salad. Colourful choices include sliced zucchini, sweet pepper cubes, thinly sliced new carrots, broccoli and cauliflower florets.

For a meal-in-one dish, toss in thinly sliced grilled steak or strips of boneless cooked chicken breast along with the noodle-vegetable mixture if desired.

MAKES 4 SERVINGS

8 oz (250 g) spaghetti, broken into 3-inch (8 cm) lengths

4 cups (1 L) assorted chopped vegetables

3 green onions, sliced

Spicy Peanut Dressing:

1/4 cup (60 mL) peanut butter (not natural type)

2 tbsp (30 mL) soy sauce

2 tbsp (30 mL) rice vinegar

1 tbsp (15 mL) toasted sesame oil

2 tsp (10 mL) packed brown sugar

1 tbsp (15 mL) minced fresh ginger root

1 clove garlic, minced

1 to 2 tsp (5 to 10 mL) Sriracha or other hot pepper sauce to taste

1/3 cup (75 mL) chopped fresh cilantro

1. In a large pot of boiling salted water, cook pasta until tender but firm. Rinse under cold water to chill; drain well. Place in a serving bowl; add vegetables and onions.
2. Dressing: In a bowl, whisk together peanut butter, soy sauce, vinegar, sesame oil, sugar, ginger root, garlic and Sriracha to taste. (If dressing is too thick, stir in 1 tbsp (15 mL) of water or as needed.) Pour over pasta mixture; toss well to coat. Sprinkle with cilantro and serve.



BEAN SALAD WITH MUSTARD - DILL DRESSING

Bean salads have always been a summer staple at pot luck suppers with friends and family. Originally this salad used canned string beans, but fresh beans give it a new lease on taste as does the fibre-packed addition of chickpeas. You can also use any variety of canned mixed beans such as those combining chickpeas, red and white kidney beans, and black-eyed peas.

MAKES 6 SERVINGS

1 lb (500 g) young green beans

1 can (19 ozs / 540 mL) chickpeas, rinsed and drained

1/3 cup (75 mL) chopped red onion

2 tbsp (30 mL) finely chopped fresh dill, parsley or chives

2 tbsp (30 mL) each olive oil and red wine vinegar

1 tbsp (15 mL) each Dijon mustard and granulated sugar

Salt and freshly ground black pepper

1. Trim ends of beans; cut into 1 1/2 inch (4 cm) lengths. In large pot of boiling salted water, cook beans for 2-3 minutes (count from time water returns to boil) or until bright green and still a bit crisp. Drain; rinse under cold water to chill. Wrap in clean dry kitchen towel to absorb moisture.
2. In a serving bowl, combine green beans, chickpeas, onion and dill.
3. In a small bowl, whisk together oil, vinegar, mustard and sugar; season with salt and pepper to taste.
4. Pour over beans and toss well. Refrigerate until serving time.

ITALIAN SALAD DRESSING

Instead of store-bought salad dressings, try this easy to make version to drizzle over summer's crisp salad greens. For best results, use a salad spinner to ensure the greens are dry. Don't drown the salad in oil – drizzle a small amount of dressing over greens and toss gently until lightly coated in dressing.

In a bowl, stir together 2 tbsp (30 mL) red wine vinegar and 2 tsp (10 mL) Dijon mustard. Add 1/3 cup (75 mL) olive oil (or I like to use a lighter vegetable oil such as avocado oil), 1 minced clove garlic, and 1/4 tsp (1 mL) each dried basil, oregano and marjoram leaves. Season with 1/2 to 1 tsp (2 to 5 mL) granulated sugar or drizzle of honey, and salt and pepper to taste. Store in a covered jar in the refrigerator.

MAKES 1/2 CUP (125 ML)



STRAWBERRY MASCARPONE TRIFLE WITH CHOCOLATE

No cooking is involved in this sensational dessert. It's only a matter of assembling layers of pound cake, luscious strawberries, creamy mascarpone and dark chocolate. Sinful – and oh so simple!

MAKES 10 TO 12 SERVINGS

1-1/2 cups (375 mL) cold whipping (35%) cream

1 cup (250 mL) mascarpone cheese * (see Tip)

2/3 cup (150 mL) granulated sugar

2 tbsp (30 mL) orange juice

1 tbsp (15 mL) grated orange zest



5 cups (1.25 L) fresh strawberries

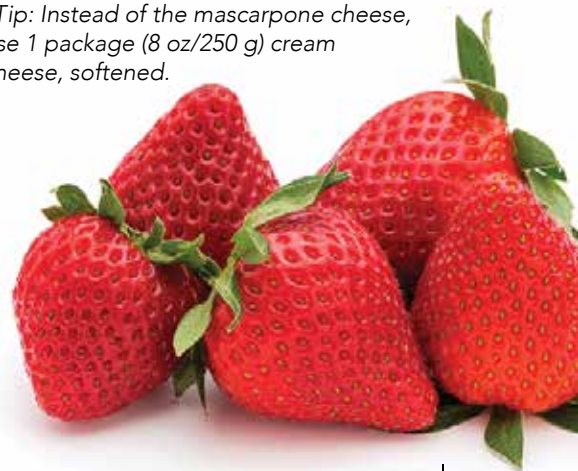
1/3 cup (75 mL) orange-flavoured liqueur such as Grand Marnier or Cointreau, or orange juice

1 fresh or frozen pound cake (10 oz/298 g)

4 oz (125 g) bittersweet chocolate, grated
Mint sprigs

1. In a bowl, beat mascarpone cheese with sugar, orange juice and zest until creamy.
2. In another bowl, beat whipping cream until stiff. Fold in mascarpone mixture until smooth.
3. Set aside 1 cup (250 mL) small whole strawberries. Slice remaining berries and place in a bowl; stir in orange-flavoured liqueur.
4. Cut cake into 1 by 1/2-inch (2.5 by 1 cm) pieces. Arrange half the cake cubes in the bottom of an 8-cup (2 L) glass serving bowl. Top with half the sliced strawberries, including some juice. Spread with half the mascarpone mixture; sprinkle with half the grated chocolate. Repeat layers with remaining ingredients.
5. Cover and refrigerate at least 4 hours and up to 12 hours before serving. Garnish with reserved whole strawberries and mint sprigs.

**Tip: Instead of the mascarpone cheese, use 1 package (8 oz/250 g) cream cheese, softened.*



The Greening of Golf in Canada

Where to Swing with a Clean Conscience

BY ANITA DRAYCOTT

We golfers know that look; that somewhat disdainful sneer when I announce to my friend (whose opinion of golf is “surely there must be a faster, cheaper way to humiliate yourself in public while ruining the environment”) that I’ve just booked my annual golf vacation; that implication that we golfers don’t give a darn about the environment; that golf courses are a waste of land and water, and that nasty pesticides are a blight on natural flora and fauna. But our much-maligned sport really doesn’t deserve the bum rap.

The Canadian Golf Superintendents Association is a society committed to excellence in golf course management and environmental responsibility through the continuing professional development of approximately 1000 members. Their association has developed a set of responsible environmental guidelines, from construction to maintenance.

Thomas McBroom, one of Canada’s leading golf course architects concurs that “golf has gone very green in the last ten years.”

McBroom also suggests that golfers need to shift their paradigms. Every course can’t and shouldn’t be groomed like Augusta National. Indeed, brown can be good.

If you want to swing with a “green clean conscience,” opt for courses that have been approved by the Audubon Cooperative Sanctuary Certification Program. (For a listing, visit www.auduboninternational.org). To achieve certification,

courses must comply with standards for protecting water quality, conserving natural resources and providing wildlife habitats. Consider teeing it up at some of my Canadian favourites, based on their eco credentials as well as the quality of course design, scenery and service.

Close to Home

Our very own Ballantrae Golf Club received Audubon certification in 2003. In addition to its environmental conscience, the golf club donates funds to the Whitchurch-Stouffville Food Bank and Autism Dog Services, a program that provides autistic children with trained service canines.



I confess to a bias for Westview Golf Club in Aurora as I was a long-time member of this 27-hole layout in the Oak Ridges Moraine, run by the Nisbet family. Westview proudly boasts being part of the Audubon Sanctuary Program. Some of their “green” schemes include creating a new reservoir to bankroll water for times of drought, installing

bird and bat houses, planting butterfly-friendly flowers and enlarging natural out-of-play areas to increase wildlife habitats.

Maritime Marvels

"Nature must always be the architect's model," opined the late Stanley Thompson, designer of Highlands Links in Cape Breton Highlands National Park, the first golf course in Atlantic Canada to receive Audubon certification. Thompson's so-called "mountains and ocean" course takes you on an exhilarating trek through gullies and swales from rocky headlands to secluded wooded glens. Buffer areas around all of the waterways create a healthy habitat for wildlife.



Nature appears to be thriving at Highlands. The day I played, bald eagles soared overhead, a feisty fox tried absconding with my ball on the seventh hole, and on the walk to the twelfth tees I saw salmon frolicking in the Clyburn River.

Hopping over to Prince Edward Island, *Golf Digest Places to Play* awarded The Links at Crowbush Cove four and a half stars and raved that the Thomas McBroom design is "golf at its absolute best." Crowbush was also the first course on PEI to be awarded Audubon certification. Routed through 1000-year-old sand dunes on the island's north shore, each fairway presents its own unique series of challenges. There are nine water holes, plenty of pot bunkers and sudden strong wind gusts from Crowbush Cove.



Rocky Mountain Highs

Yet another Stanley Thompson masterpiece, the Fairmont Banff Springs Golf Course in Alberta's Rockies, has received numerous accolades including, "Top 100 Golf Resorts, 2007" from *Condé Nast Traveler*. Here again, Thompson let nature dictate the lay of the land. Try concentrating on your swing while surrounded by snow-frosted mountain peaks, azure glacier lakes, and elk, bear and geese that have the right of way.



There is no doubt that Thompson would approve of Banff's Audubon Certification. The Banff Springs' most significant habitat protection project involves the seeding of more than 14 hectares of native montane grass to replace previously managed turf. Dead trees are also topped and left standing to provide habitat for woodpeckers. Along with birdies and bogies, wild critters such as geese and elk are par for this course. Recycled grease from the resort's restaurants fuels grass mowers. Banff also encourages walking and is fine-tuning a caddie program that will reduce the use of power carts.

In 2004, Stewart Creek in Canmore, Alberta received an Environmental Leader in Golf Award from the Golf Course Superintendents Association of America and *Golf Digest* magazine. Until 1979 the area was a sterile abandoned coal mine. Now the course, set at the base of the Three Sisters Mountains, is part of a provincially legislated wildlife corridor meant to help bears, cougars, wolves and other Rocky Mountain wildlife move from one habitat to another. Indeed, the marshall informed our foursome that a cougar had just been sighted near the mine shaft entrance on the first fairway.

These are but a sampling of Canadian golf courses where you can play and hold your head high – except, of course, when you're swinging!

Hospital care in our community

Focus on Southlake Regional Health Centre

BY DONNA CLARK



We are fortunate to have three excellent community hospitals to meet our needs: Southlake, Markham-Stouffville and its partner, the 20-bed Uxbridge facility.

What you may not know is that Southlake (SL) is both a community hospital and an **advanced regional care** centre for the treatment of cardiac, stroke and cancer patients. The advanced regional programs cover the northern GTA and extend as far north as Muskoka. It is the fourth busiest hospital in Ontario with 580 physicians, 3500 staff and 790 volunteers.

Below is an interview with two key individuals at SL on some exciting initiatives happening that may positively impact the health

and wellness of many of us here in Ballantrae. First is Barbara Steed, Executive Vice President, Clinical Services and Vice President, Regional Cancer Program. The second is Jennifer Ritter, President and CEO, Southlake Regional Health Centre Foundation.

Q: Barb, could you explain what being a regional centre means for patients living here in Ballantrae Golf & Country Club?

Our number one priority is to ensure leading edge care close to home. If you live in our communities,



you should not have to travel downtown for your care.

Being close to home is especially important when facing a diagnosis of cancer. The Stronach Regional Cancer Centre (SRCC) represents the regionally designated program for the Central Regional Cancer Program. We co-lead shared-care cancer programs with Princess Margaret Cancer Centre and SickKids. We worked closely with the Princess Margaret Cancer Centre to establish the SRCC 12 years ago. Many of our leading clinicians work out of both centres. We will soon announce a new partnership with Princess Margaret Cancer Centre. The first of its kind, it will enable our patients to have access to larger and broader research and clinical trials.

In the past, both cancer and cardiac patients would head to Toronto for the best care. This is no longer necessary. Residents of BGCC may not know that we offer a comprehensive cardiac program that includes *cardiac diagnostics, surgery, interventional cardiology, electrophysiology, advanced heart failure management and cardiovascular prevention and rehabilitation*.

Q: Most of our residents are older. What new initiatives might we want to know about?

Southlake@home, launched in March 2019, is the first initiative of its kind in Ontario designed to improve care for older adults. The focus is on the coordination of home care and community support services by a Southlake@home coordinator. On returning home, patients receive a first day visit, a 24/7 phone number for questions or concerns and telemonitoring to ensure goals are met.

In the area of men's health we recently purchased two extraordinary pieces of equipment – a new



Barbara Steed



Jennifer Ritter

interventional urology workstation and a Holmium laser, both used exclusively in our urology operating room. The workstation is a state-of-the-art operating table that provides incredible resolution in X-ray (fluoroscopy) and endoscopy and improves patient comfort and safety during delicate procedures. The Holmium laser is used mainly for the treatment of tumours and kidney stones, fragmenting much larger stones in significantly less time. This means less anaesthesia for patients and more efficiency in the operating room which helps us to treat more patients and reduce our wait times.



Holmium laser



Interventional urology workstation



Dr. Morrie Liquornik performing a urological procedure.

Q: Even before COVID, wait times for non-emergency surgeries (e.g. hip and knee replacements) were growing in the province. How is SL managing and what's new in this and other areas?

SL has developed and is “working” on a plan to gradually resume elective surgeries. We are pioneering new approaches for shortening hospital times that benefit both patient and hospital capacity.

For example, Dr. Patrick Gamble was among the first in the GTA to do what's called an Anterior Hip Replacement. This minimally invasive approach splits the muscle resulting in a smaller incision, less pain



Dr. Patrick Gamble

and faster recovery. Instead of staying four to five days in hospital, patients are home the same day, often walking within six hours and taking the stairs in days. SL also offers hip resurfacing as an innovative alternative to full hip replacements. The procedure makes it feel more “normal” for the patient and preserves bone, which can make future revision surgeries, if they are required, much safer and easier.

In the area of knee replacement, Southlake's anaesthesiologists and orthopaedic surgical teams are finding new ways to help patients better manage their pain at home. In the past, patients would rely on OTC pain relief and/or stronger opioid medications. Patients now have the option of using an adductor canal catheter – a simple disposable catheter, inserted by the anaesthesiologist into the mid-thigh, near the nerve responsible for sensation to the front of the knee. A small disposable pump continuously delivers local anaesthetic, keeping the front of the knee anesthetized. Patients are often able to go home the day of their surgery and can start their physiotherapy sooner. It also enables SL to increase capacity to do more knee replacement surgeries.

In the area of cancer care, we are growing our capacity for radiation therapy and increasing our chemotherapy chairs from 26 to 42. Finally, the most exciting news is that a brand-new PET-CT machine has arrived at SL! This leading-edge equipment supports advanced diagnosis, staging and monitoring of cancer. Currently, there is no PET-CT in the region and all patients must travel downtown or to Mississauga for this critical screening. We will be ready to receive our first patient by March, 2023.



PET-CT biograph

Hospital care in our community

Focus on Southlake Regional Health Centre

CONTINUED...

Our Regional Cardiac Care Program is also at the forefront of innovation. One example involves patients with acute arrhythmia who have not responded well to medical therapy or cannot tolerate an ablation procedure. SL is using a new, less invasive approach called Stereotactic Body Radiation Therapy (SBRT). SL's cardiac and cancer teams have been working closely with Washington University in the United States for the last two years. This treatment uses SL's linear accelerators, used for radiation therapy in its Cancer Centre, to radiate the heart to interrupt the electrical signals that are causing an irregular heartbeat. This procedure is non-invasive, requires no anaesthetic or catheters to the heart and lasts only 30 minutes. SL is one of the few hospitals in Canada, and globally, to treat a patient with SBRT.



Linear particle accelerator



S.L. Stereotactic body radiation therapy team, Stronach Regional Cancer Centre

Q: Jennifer, we always hear about the challenges in healthcare funding. What role does government play versus private donations?

Funding for healthcare is a partnership. While government supports operations, we are dependent upon the generosity of our communities to support new and replacement equipment as well as renovations to existing spaces. Even new capital

builds and expansions will have a local share that requires Foundation fundraising, inspiring our community to help. Simply put, we cannot provide leading edge and compassionate care without our communities by our side.

Q: What are the biggest needs at the moment?

To create the cancer care our communities deserve, we will soon launch our \$20M campaign, **HERE is Where Cancer Meets its Match**. Government funding only gets us halfway to our goal. This campaign will bring the latest technology to SRCC to ensure our talented clinicians can deliver the best care – and the best chance for our patients to survive their cancer – right **HERE**. With the investment of our community, together we will:

- Expand our **Radiation Therapy Program** with new technology, replacing our original fleet of linear accelerators and adding a fifth to treat 400 more patients a year.
- Expand our **Systemic Therapy Program** for chemotherapy treatment to over 870 more patients.
- Expand **outpatient care for acute leukemia patients** so that the most vulnerable don't have to travel downtown for all of their supportive care.
- Replace our **MRI** to conduct 8000 scans a year. The existing machine is at the end of its life and often out of service for repair.

Q: Finally, if someone is interested in finding out more, where can they go?

To learn more about Southlake, including volunteer opportunities, please visit www.southlake.ca and to donate, visit www.southlake.ca/foundation

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For the full interview and to read more about other fascinating innovations, go to the magazine section at hotg.ca. Also, be on the lookout for some interesting webinars/seminars that will soon be offered through our Recreation Centre.

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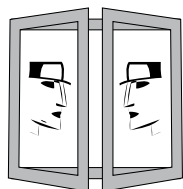
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PROTECT YOURSELF FROM SCAMS AND SPAM

BY JOHN WILSON



The internet and email are really the Wild West now. Anyone can write anything and anyone can modify pictures. You need to be aware of what's out there and you must protect your email. If hackers gain access to your email, they could have an open doorway to any number of other devices and accounts. They can use your email to **reset other account passwords, to gain access to credit information, or to delete accounts, such as social media profiles.**

There are different types of scams. One type, common on social media (Facebook et al) and even on reputable news websites, involves ads. Here's a quote from the American "Morning Brew" website that will likely resonate: "One minute, you're reading a dense political explainer about rumblings in Washington or checking the weather. Before you know it, you've clicked on a headline about pool noodle hacks that will completely change your life."

If you've spent more than 15 minutes online, then this is probably a relatable experience. It's click bait, otherwise known as 'made for advertising' inventory, a term used to describe websites that earn most of their eyeballs through sponsored placements tied to chum box ads. Using content recommendation platforms like Taboola or Outbrain, these publishers place ads on legitimate news sources like USA Today, goading people with patently ridiculous headlines to click through to their sites."

These claims often start with "Always do....", "You'll never believe..." and "How to achieve results using..." Of course the claims are false, but you have clicked and are now generating revenue for the platforms. With tracking software, you start to notice even more of these types of ads showing up when you are online.

And of course there are all the email scams/spam we constantly receive right in our inbox.

What can we do about it?

- Never click/follow a link in an email unless you are very sure of its legitimacy. If it is something from your bank or CRA, you can always phone or go to the

respective website and verify. And don't click on any ads with those ridiculous headlines.

- If you see a shocking picture or video, check it out on a reputable news site. An email from your favourite aunt or uncle isn't a reputable source. Unfortunately, we are in an age where technology allows anything to be changed to look real. A recent Ukrainian war example was a video of a plane being shot down by the Ukrainian Air Force. It was actually a video from a war game called Digital Combat Simulator World. A good site to check if some claim or video/photo is accurate is www.snopes.com
- Finally, please do not forward bulk emails if you can avoid it and especially do not use email lists generated from your membership in a tennis club, golf league, etc., to promote another cause. This creates spam and is contrary to Canadian regulations. By way of background, our Canadian government has stepped in to help with unsolicited communications sent in bulk over the internet. Specifically, there is CASL (Canadian Anti-Spam Legislation) for businesses and PIPEDA (Personal Information Protection and Electronic Documents Act) for private organizations. For more information check out www.Fightspam.gc.ca

The above guidelines are meant to reduce spam and protect your privacy. Condo boards and even the HOTG newsletter must have your permission to send you emails and must give you the option to unsubscribe. On a personal level and consistent with PIPEDA, if you want to promote your favourite charity, for example, you cannot use lists created for other purposes without consent of everyone on the list. This is something that often comes up in BGCC. One option is to use hotg.ca. The website has a section under Resident Resources called "Resident Supported Charities". Just email webmaster@hotg.ca and it will be posted there.

As scams get more clever and ads are better designed to lure you in, please do stay vigilant and do your part to minimize spam.



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Space Technologies: Part Two

CONSIDERING THE PLANET MARS

BY PHILIPPE MARTIN TEILLET

To ancient Sumerians, Mars was the god of war and plague. By 1534 BC, Egyptians were familiar with the retrograde motion of the planet. Chinese astronomers were studying Mars before the 4th century BC. In English, the planet is named after the Roman god of war. Italian Galileo Galilei was the first to examine the planet by telescope in 1610.

The first map of Mars that displayed any terrain features was drawn by Dutch astronomer Christiaan Huygens in the late 17th century. Giovanni Schiaparelli made a new map of Mars based on observations in 1877. He saw many linear features, which he called "canali" – channels. Not long after, American astronomer Percival Lowell famously imagined that the canals could be artificial, built to transport water to make the highly arid land habitable. Although better observations over time never saw the canals as continuous and linear, that unfounded speculation spawned many works of science fiction.

Remarkably, several writers hypothesized contact with Mars in the late 17th century. Dozens of novels about Mars appeared in the late 19th and



NASA's Hubble Space Telescope.
Close-up of the red planet, Mars.



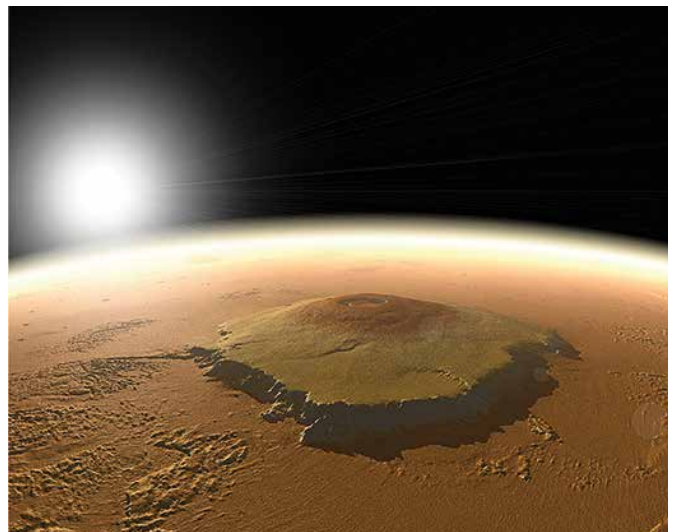
Christiaan Huygens

early 20th centuries. One of the first novels I ever read (a 35-cent paperback) was *The Sands of Mars* by Arthur C. Clarke, his first science fiction novel published before humans had even achieved space flight.

Mars is the fourth planet of our Solar System, 228 million km from the Sun on average. It has half the diameter, 10 times less mass, and gravity about a third compared to Earth. A day is 24 hours 37 minutes long and a year is 687 Earth days. The average surface temperature is -60 degrees C. Mars has two small moons, Phobos and Deimos.

The largest features on Mars are Olympus Mons, a huge volcanic mountain, 3.5 million cubic km of rock (four times the volume of the Alps) and Valles Marineris, a set of linked canyons more than 1,600 km long and 5 km deep. The planet has two permanent polar ice caps, consisting primarily of water ice covered by thin layers of frozen carbon

Continued on page 40



Olympus Mons (Image credit: NASAMOLA Science Team O. de Goursac, Adrian Lark)

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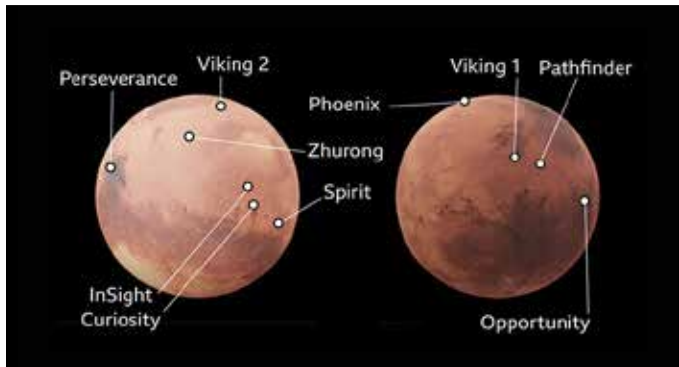


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Space Technologies: Part Two

CONSIDERING THE PLANET MARS

CONTINUED...



Successful landing (Source: NASA-BBC)



Mars landscape

dioxide. In 2018, Italian scientists discovered a subglacial lake on Mars, about 20 km across and 1.5 km below the south pole, the first known stable body of water on the planet.

Since the early 1960s, there have been 50 spacecraft missions (including unsuccessful ones) to study the planet's surface, climate and geology, including flybys, orbiters, landers and rovers. As of 2022, Mars is host to twelve functioning spacecraft: eight in orbit and four on the surface. The coming decade will see 14 more missions to Mars, by seven countries or space agencies.

NASA considers Mars to be the next tangible frontier for human exploration and that it is an achievable goal.

The scientific reasons for going to Mars can be summarized as the search for life, understanding the surface and the planet's evolution, and preparing for future human exploration.

Missions to Mars should also jump start significant developments in many areas, including recycling, solar energy, food production and the advancement of medical technology, thus improving the quality of life on Earth.

The foremost champion of going to Mars is Robert Zubrin, whose book *The Case for Mars: The Plan*

to Settle the Red Planet and Why We Must, first published in 1996 and revised and updated in 2011, presents his "Mars Direct" plan to make the first human landing on Mars. The plan focuses on keeping costs down by making use of automated systems and available materials on Mars to manufacture the return journey's fuel. In 1998, Zubrin and others established "The Mars Society," a space-advocacy organization dedicated to promoting human exploration and settlement of the planet Mars, a dangerous and very expensive enterprise. Elon Musk (of PayPal, Tesla and SpaceX fame) has been in the news with plans to go to and eventually colonize Mars. Given how well his company SpaceX has done, it's conceivable that he will succeed, but not before the 2030s, according to experts.

There's just something about the planet Mars that, wisely or not, humans want to pursue. Planetary astronomer Carl Sagan (1934-1996) noted in his 1980 book *Cosmos* (which also became a TV series): "Mars has become a kind of mythic arena onto which we have projected our Earthly hopes and fears." As fascinated as he was by the prospect of exploring Mars, he believed that if there is even microbial life on Mars, "we should do nothing with Mars." The tension between those who want to colonize and terraform Mars and those who hold that humans do not have the right to change entire planets at their will is captured in the excellent novel *Red Mars* by Kim Stanley Robinson (1992). To the extent that these two philosophies are at war, it's obvious which side will win.



Perseverance Rover (Image credit: NASA/JPL-Caltech)

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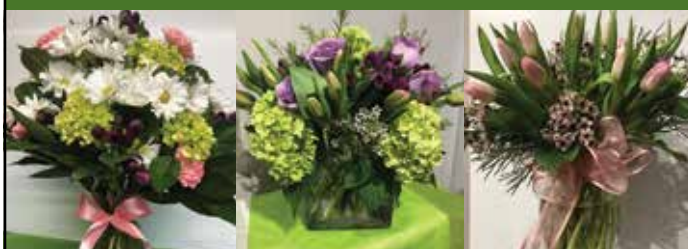


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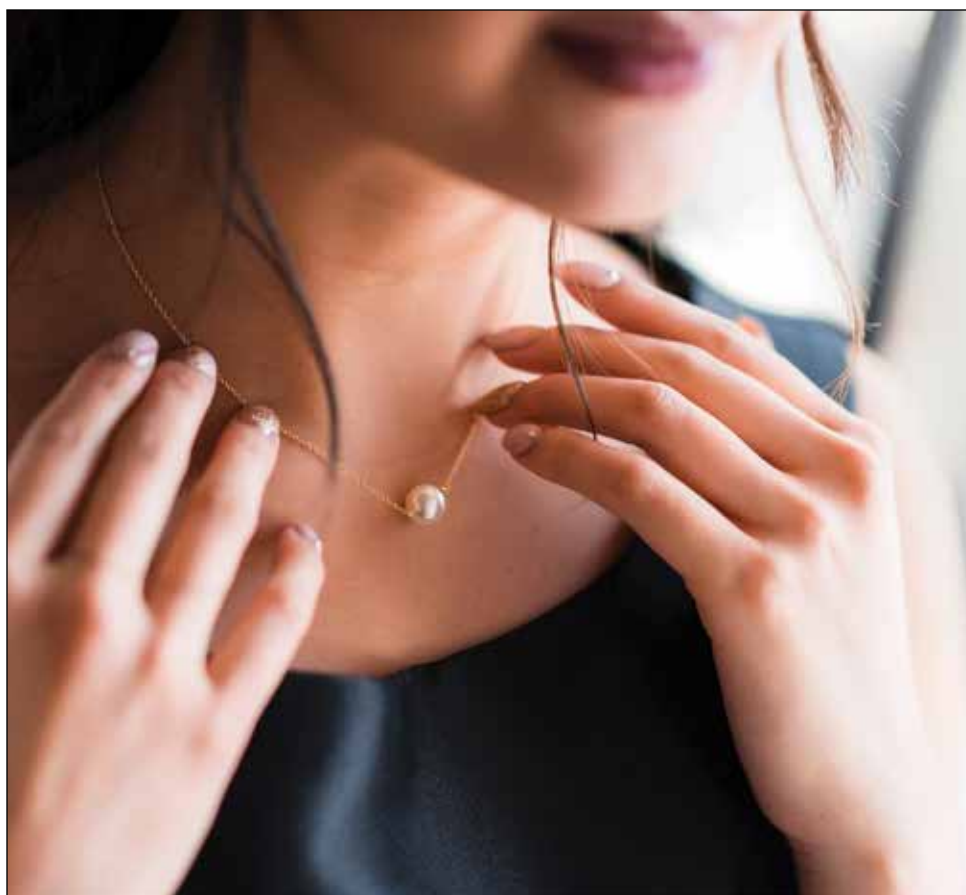
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More Good Reasons to Visit www.hotg.ca

BY DONNA CLARK

Our website, hotg.ca, is a great resource for many services within our BGCC community.

On the main menu, click on BGCC RESOURCES and the associated drop-down menu.

Here you will find sections devoted to our Library, Medical Equipment for Loan, Trade Referrals...just to name a few areas of interest. There is also a section for key Contacts including phone and emails for the Recreation Centre, Ballantrae Golf Club, Melfer, etc. Of note, the *HOTG* section includes information on the website, past newsletters (including how to sign up) and current and past issues of our quarterly magazine.

If you are new to the community, be sure to check out "naming our streets" for the interesting history behind our condo street names. Specifically, the developer chose your street name from prominent players in each of the following categories:

CONDO 1 – 968: Names honouring prominent Masters Tournament winners.

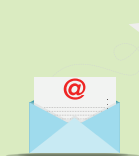
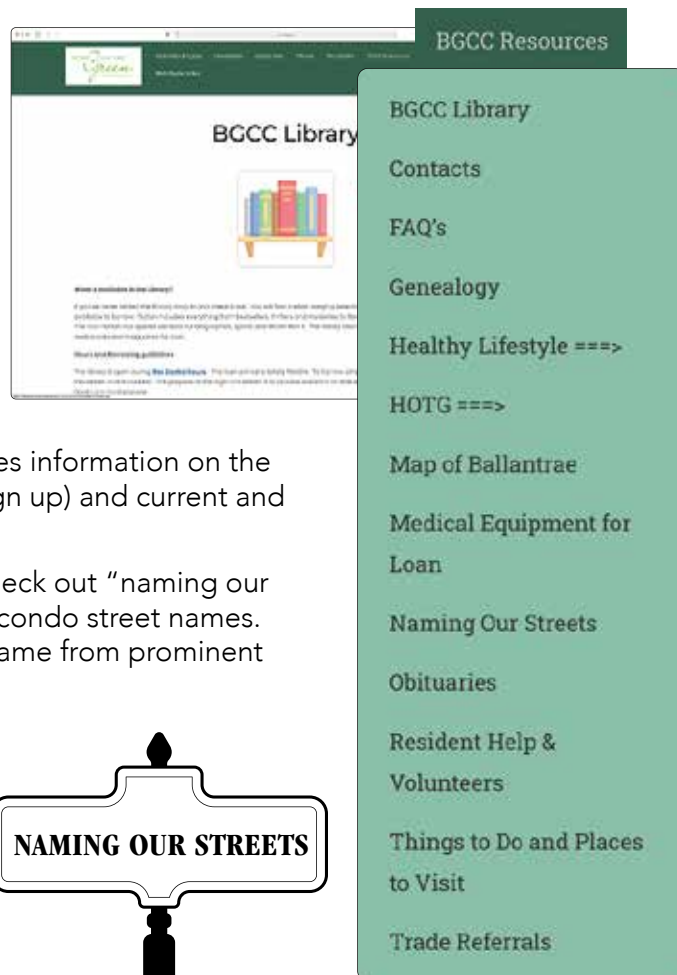
CONDO 2 – 1002: Names honouring prominent U. S. Open winners.

CONDO 3 – 1066: Names honouring and recognizing prominent CPGA Champions.

CONDO 4 – 1079: Winners of the British "The Open" Championship.

CONDO 5 – 1193: Names recognizing "Lady" legends and honourable mentions.

To find out more interesting facts about the golfer your specific street was named after, you will have to go to the website!



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Join the Choir!



The Ballantrae Choir is going to start again in September..... as long as COVID rules permit.

Sing every Tuesday evening with your neighbours from September through December in a fun and relaxed atmosphere as we prepare for the annual Ballantrae Christmas Concert.

Are you new to Ballantrae? This is a great way to meet your neighbours.

Join us on Tuesday, September 6, 2022 at the Recreation Centre for registration at 6:45 p.m. with the first rehearsal to follow.

Mark your calendar for the Christmas Concert scheduled for Tuesday, December 6. More details will appear in the September issue of Home on the Green.

DEC

6

No experience is required. There is no audition and reading music is not mandatory! All you need is a willingness to learn and a joy of singing.

For more information, please contact Margaret Lunn, 416-574-5218; Alma Boyd, 905-642-4482; or Mary Bresser, 416-779-9542.

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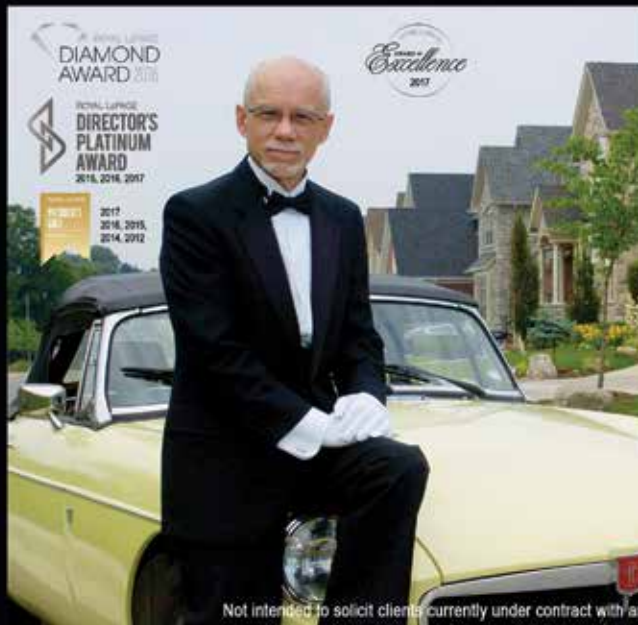
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PROFILE: Getting Under the Covers

To develop a true passion at such a young age and have it become your life's work is a genuine gift. I had the delightful opportunity to connect with our new Ballantrae librarian, Pat Reid and hear her story...

I knew by the age of five that I wanted to be a librarian. Each of my dolls had a library card and all of my picture books had pockets glued inside the front covers. I never wavered from my original plan and when I graduated from the University of Toronto with a Master of Library Science degree, I started my career in Mississauga as an audio-visual librarian; ran the bookmobile (thank goodness I didn't have to drive it!) and managed a storefront branch. In Calgary, I oversaw the library at Access Network (Alberta's educational television station) and then managed a group of 12 branches for the Calgary Public Library. When I returned to Ontario, I became a children's librarian at the Unionville Library (conducting story times, class visits and a summer reading club) and then the Collection Development Coordinator for Markham



BY PAT REID

FORWARD
BY KAREN CLARK



Public Libraries where I oversaw the selection and purchase of all the materials that went on the shelves of their five branches. Perhaps my most satisfying project was building the opening day collections for Markham's new branches, Angus Glen and Cornell.

My profession provided me with 35 years of variety, challenge and the satisfaction of matching the right books to the right people. I was there when libraries migrated from books to e-books, from long-playing records to CDs to e-audio, from 16 mm films to DVDs and now ... many library books, audio books and movies are stored in the cloud.

I belong to two book clubs, one of which is the Reader's Companion group here in Ballantrae (aka book club 1). When I'm not reading, you might find me gardening, playing bridge or bocce, tracing my family tree or looking for a new wine to enjoy.

I was delighted to be asked to oversee our Ballantrae Golf and Country Club library when Sheilagh McDonald decided it was time to leave Ballantrae. I quickly discovered that the library is one of the busiest places in the Recreation Centre. Between July and December of last year, 315 people visited the library and borrowed over 600 books!

The library has a great collection, including some of the newest, most popular titles – all donated by our wonderful residents. We accept anything published after 2014. So, once you've finished reading those books you got for Christmas, pass them on to us. We are desperate for some current popular magazines as well. If you have any *People*,



LEFT to RIGHT: Marsha Cox, Val Burton, Jan Richards, Judy Baldwin, Pat Reid, Alma Boyd

Maclean's or any home décor, fashion or cooking magazines FROM THE PAST YEAR please think of us when you are decluttering.

The library offers jigsaw puzzles for borrowing. This collection, curated by Judy Baldwin, also welcomes donations.

The puzzles were lifesavers for residents who were cooped up during COVID with nothing to do.

On the topic of COVID, a big vote of thanks goes to Laura Sheppard at the Recreation Centre front desk for doing her best to help get books and puzzles from the library for residents during the lockdown. That truly was going above and beyond the call of duty.

The library is fortunate to have a very knowledgeable group of volunteers (Judy Baldwin, Alma Boyd, Val Burton, Marsha Cox, Beth Meade and Jan Richards) who keep the library looking shipshape. If you are looking for a good book to read, I'm sure any of them would be able to give you some excellent recommendations.

Here are a few of my favourites from the past year:



Quintland Sisters, by Shelley Wood, is a fictional account of the first five years in the lives of the Dionne quintuplets told through the eyes of a nurse who helped care for them. It was meticulously researched and depicts how the conflicts between their parents, the medical



professionals and government officials impacted the quint's early years.



In *Operation Angus*, the hilarious sequel to *Best Laid Plans* and *The High Road* by Terry Fallis, reluctant MP Angus McIntock and his trusty chief of staff, Daniel Addison, are at it again. This time they help MI6 thwart a Chechen plot to assassinate the Russian president during his state visit to Ottawa – with the help of two madcap octogenarian friends from the local nursing home!



In *The Midnight Library* by Matt Haig, a young woman's suicide attempt has her hovering between life and death in a magical library where each book she opens shows her a "what if" moment from her life.



Kristin Hannah's *The Four Winds*, sheds light on the Dust Bowl era of the Great Depression. Abandoned mother Elsa leaves her parched, failing Texas farm in search of a better life in California where she and her children face even more challenges.



Cloud Cuckoo Land by Anthony Doerr is a challenging but beautifully rendered novel by the Pulitzer Prize winning author of *All the Light You Cannot See*. It interweaves the stories of five characters: two young children in 15th century Constantinople, two in present day Idaho and one on a futuristic spaceship – all connected by an ancient Greek book. Doerr's novel ponders the key to happiness and the future of Earth, and resonates with hope and resilience.

RUMBLING ALONG WITH WILF BRADBURY



BY KAREN CLARK



Wilf Bradbury and his 1929 Ford Model A



You have probably seen a 1929 Model A Ford driving through Ballantrae and wondered ... who is that fellow in the jaunty cap, sitting tall in a blue coupe with spit shine chrome, sunflower yellow wheels and a loud "ah-oo-gah" horn that he loves to honk as he drives by with a wave. Meet Wilf Bradbury.

Q: Introduce us to your antique Ford. What model and year is it and how did you acquire it?

A: It is a 1929 Ford Model A, two-door coupe with rumble seat that I bought in Arizona about seven years ago. My wife Doreen and I had a winter home there for many years and when we sold it, I had the car shipped to Ballantrae.

Q: How did you become interested in antique cars and is this the first one you have owned?

A: When I was 14, a neighbour bought a rusty old 1915 Model T and I helped to rebuild it. This sparked my interest, but I didn't own my first antique car until we bought our first 1915 Model T in 1968 while we were living in Summerside, PEI. We sold it when we were transferred to Halifax. We also owned a 1913 and a 1914 Model T that we bought about 12 years ago. We sold the 1913 before we moved to Ballantrae.

You may have seen me in the 1914 roadster up until 2 years ago. We let it go when we brought the 1929 Model A up from Arizona.

Q: Why the switch to the Model A?

A: The Model T is an open-air vehicle and the 20-horsepower engine has a maximum speed of 35 mph. The Model A Coupe is covered and, with a 40-horsepower motor, it can cruise up to 50 mph. There are no weather worries and I can keep up my speed in local traffic. Also, the Model T was a crank start that was very temperamental; the Model A is a much easier electric start. It meets all road safety regulations.

Q: Have you done any restoration work on the car?

A: The previous owner had it for 30 years and other than an engine rebuild that a friend and I completed at his shop in Kleinberg, it is all original. We did replace the generator with an alternator but the six-volt batteries are hard to find. You can only get them from a farm supply store. Authentic parts for a Model A are readily available. Most suppliers are in the USA but there is one in the Niagara region.

Continued on page 50



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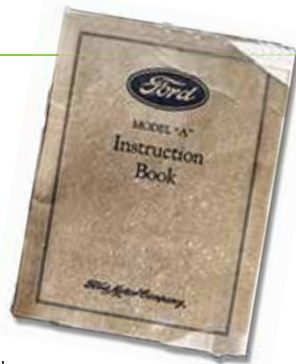
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RUMBLING ALONG WITH WILF BRADBURY

CONTINUED...

Q: How amazing that you still have the original owner's manual! Give us some of the specs for this Model A.

A: It is a basic Model A Coupe that is really an advanced version of the Model T. The body has a wooden frame with a canvas top. It has a flathead four-cylinder engine. The three speeds are non-synchronized so the driver must double clutch with every gear change. The only three gauges are the speedometer, the ammeter and the gas gauge. It runs on regular gas, the tank holds ten gallons and it gets approximately 18 miles to the gallon. The gas tank is directly in front of the dashboard so you can see the gas sloshing around through the clear gauge! You can also check the gas level with the little wooden measuring stick provided. It takes 10W30 oil, but there is no filter, so it has to be changed regularly. There is a saying: "If it doesn't leak oil, there isn't any in it!" It has four-wheel mechanical brakes which are difficult to adjust. It seats two, but if you are willing to climb into the rumble seat, which got its name from the jarring you got while riding in it over a live axle, there is room for two more. It's a challenge to operate. The original purchase price would have been approximately \$675.00. Today it would fetch about \$19,000.00.



Fuel tank dip stick

Q: It is a pretty blue colour. I had heard that Henry Ford said, "It is available in any colour as long as it is black."

A: That was only true of the Model T after the year 1914. The first Model T came off the moving assembly line in 1908 and was such a success that by 1914 it was only made in black to keep up with production demand. The 1929 Model A was available in blue, red, green, grey and black.



"Ah-oo-gah" horn; Radiator cap with temperature gauge

Q: Ballantrae garages are pretty small. Where do you store your beauty?

A: The Model A resides on one side of the garage. It gets tucked away for the winter. I have an electric hydraulic lift on the other side to accommodate my car and Doreen's car. Can you guess who gets priority for the lower level? I can use the lift to service the Model A as it can go part way up and I can still stand underneath to work on it.

Q: Do you belong to a car club?

A: I used to belong to the Horseless Carriage Club, but for now, Doreen, Skye (our dog) and I just enjoy touring the local countryside together.



Doreen, Wilf and Skye

Watch for more on Wilf Bradbury in an upcoming HOTG issue as we explore his 25 years as an RCAF pilot and his subsequent years with Transport Canada.



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Bridge in Ballantrae

BY BERNARD DOWNES

Card games are said to have originated in China around 1000 A.D. The origin of bridge can be traced back to an Italian book published in 1526. Originally known as whist, the game gradually developed rules and scoring, particularly after 1925 in the United States. Today there are over 30 million players in North America and players around the globe belong to the World Bridge Federation.

One of the attractions of bridge is that nobody will ever play the same hand twice given that there are 635,013,559,600 possible combinations of cards. One of those combinations is famous. It was "rigged" by the Duke of Cumberland to win a wager against King George 3rd around 1800. It was then introduced to a wider audience when Sean Connery, as James Bond, used it to defeat the villain Drax in the film *Moonraker*.

In Ballantrae we have four different bridge groups. Up-to-date information on these groups is posted on the community web site, hotg.ca, but in brief, the groups are as follows:

A small group meets on Wednesday mornings in the fall and winter months to help beginners develop their skills. If someone wants to learn bridge from scratch they should contact the Aurora Bridge Club at bridgewebs.com/aurora. The Aurora Club arranges



online courses consisting of ten lessons lasting 90 minutes. It costs \$50. Courses in July and September may already be booked, but there will be others.

The largest group of players, about 40, is organized by Margaret Rochon at margrochon@sympatico.ca. This group plays on Monday afternoons from 1:00 p.m. to about 3:30 p.m. Players have a wide range of ability.

A smaller group of about 25 play duplicate bridge. They also play on Monday afternoons from 1:00 p.m. to 4:00 p.m. This group is slightly more advanced but as with all the groups, the emphasis is on having fun and being social. To play in this group please contact Mary Elizabeth Lane at maryelizlane@rogers.com

Finally there is a smaller group who meet on Thursday evenings at 7:00 p.m. This is a drop-in group so no need to book to play. It is run by Peter Sims at long.sims@outlook.com.

All games are played at the Ballantrae Recreation Centre. Following the long hiatus caused by COVID, the number of players has fallen, so all groups will be very happy to welcome newcomers.





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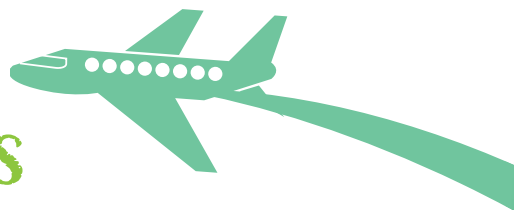


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TO MEXICO'S

COPPER
CANYON

BY ANITA DRAYCOTT

"Copper Canyon is what the Grand Canyon wants to be when it grows up," opined our enthusiastic guide. Indeed, this little known wonder – a network of deep gorges, five river systems, six immense intertwined canyons and 200 smaller ones – is cumulatively four times larger and often deeper than Arizona's famous Grand Canyon. This remote region in the State of Chihuahua is best enjoyed from the window of the El Chepe train that runs about 400 miles from Chihuahua to Los Mochis.

Last March, my husband William and I visited Copper Canyon, along with four other couples.

When we weren't riding the train, we stayed in colonial posadas, took hikes, enjoyed encounters with the Tarahumara Indians and had breathtaking bird's-eye views of this "Wild West" from zip lines and cable cars.



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