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# HOME ON THE Green

P.O. Box 849  
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**A magazine for and about the residents of  
The Ballantrae Golf & Country Club Community.  
A positive community voice to inform and entertain.**

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Publisher	Elaine Saksons
Editor	Anita Draycott
Assistant Editor	Karen Clark
Social Liaison	Kathy Billington
Administrative Support	Ninette Correa
Contributing Writers	Frank Alison Lynne Balfour Johanna Burkhard John Gorman Linda LeGallais Greg McCain Ken Miyauchi Al Moldon Luba Quadrini Pat Reid Jan Richards Maurice Smith Dayna Stoddard Blair Tullis Mairi Vasil Pat Wood
Proofreaders	Mary Hallam, <i>Coordinator</i> Eileen MacIsaac Diane Ross
Contributing Photographers	Robert Pitour, <i>Coordinator</i> Frank Allison Hanna Galyen
Production Coordinator	Terry Coulson 416-606-5876
Advertising Sales	Bruce and MC Porter, <i>Coordinators</i> <a href="mailto:advertising@hotg.ca">advertising@hotg.ca</a> John Pittaway, <i>Administrator</i> Lorne Chapman Rose Chapman Glenn Crosby Bruce Forty Lynn Gale Maggie Pittaway Imants Saksons Linda Tanaka
Distribution	Norm Bresser Al Moldon
Comptroller	Marie Hewitt
Board of Directors	Donna Clark, <i>Chair</i> Anne Brewing Paul Mak Terry Maloney Elaine Saksons Ginny Tullis
Founding Editor	Ruth Flanagan
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**Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in WORD format to [magazine@hotg.ca](mailto:magazine@hotg.ca). Home on the Green reserves the right to accept, edit or reject any submitted article. All such contributors are deemed to have consented to the publication – either in print or online – of any information submitted by them.**



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# MESSAGE FROM THE EDITOR

BY ANITA DRAYCOTT



*Home on the Green* celebrates its 20th anniversary with this issue. Thanks to the hutzpah, hard work and vision of our founding editor, Ruth Flanagan, the magazine has been keeping Ballantrae residents entertained, informed and involved for two decades. (You will find an interview with Ruth that I wrote for the magazine's 15th anniversary on the *HOTG* website, as well as some quotes from members of the original magazine team.)

When we bought our house here in 2012, I felt like I had moved to a resort. There were so many social events, activities and clubs to join and then in 2013, I experienced my first Summer Games. How could a resident not get caught up with the condo competitions, the proud colours we wore, the festivities every evening at the Recreation Centre? All of these happy experiences were chronicled in *HOTG*.

As a professional magazine editor (before I semi-retired to become a freelance travel writer), I was impressed by the quality of our community magazine. So much so, that I volunteered to write some stories. Well, one thing led to another, and I became editor in 2015—thanks to the persuasive

efforts of the publisher in those years, Donna Clark.

I have been fortunate to work with Mary Hallam and her talented proofreading team since the beginning. I also realized early on that I needed an enthusiastic partner to help me organize every issue and determine how we would fill the pages. That lifesaver is Karen Clark, a gem without whom this magazine would be in chaos. Over the years, I also worked with photography coordinators Brian Freedman, Joe Zinner and now, the ever-enthusiastic Robert Pitour. Thanks gentlemen. Without your photos, this magazine wouldn't have the same appeal. Besides, don't we all like to see ourselves and our friends on these pages?

Another major improvement came when Terry Coulson found a new design house and printer for *HOTG*. We evolved from being a black-and-white magazine with a few colour pages on mediocre paper to a glossy publication in full colour. And Unite Creative, our design house, improved our layouts and style immensely.

For this anniversary issue, our editorial team, with the advice of our publisher, Elaine Saksons, travelled down memory lane, digging up photos of our community dating back to 2003 that you will see on our 20th anniversary pages (pages 30 to 33 and 56).

I hope you will also enjoy columns in this issue from previous regular contributors, Pat Wood and John Gorman. So nice to have both of you back on our pages. And to all our regular contributors, thanks for sharing your insights and passions.

I recently chatted with Ruth Flanagan, who has moved out of Ballantrae, but still receives a copy of every issue and gives me valuable feedback. Cheers to you dear Ruth and all of the talented and enthusiastic folks who, over the years, have kept *HOTG* alive and well. Here's to the next 20!



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# A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE

BY MAURICE SMITH



## Ballantrae Park

As you may have seen in the local media, in September 2022, Town Council approved a 10-year Master Plan for Leisure & Community Services. A number of projects in this plan will have a direct effect on our area, including some exciting ones at Ballantrae Park on Aurora Road.

One of the more innovative changes will be the construction of an air dome complex in that park. I wish I could take all the credit for the initial thought of placing a dome there, but that must go to our previous councillor who laid out similar plans many years ago. Since his initial work, some form of his plan has been on the minds of many, including mine, and is now to become a reality. There was an extensive search for an appropriate location for this project and all parties agreed Ballantrae was the ideal spot. This new facility will provide a convenient opportunity for participation through all four seasons. Many believe this has been under-utilized park space.

Yes, the Town is providing the land but the operator is covering the complete cost for construction and operation. There is no capital cost outlay by taxpayers.

Yes, the soccer field is used a few nights a week and the baseball section used even fewer times. At one time the baseball diamond was active when a number of the younger residents of Ballantrae Golf & Country Club played ball over there. We have all aged a little and are now seeking a different type of workout plan. This project allows for the continuation and elevation of indoor sport service levels.

Next year, residents who have journeyed down to Soccer City in Stouffville for their wintertime walking exercise will now have a similar opportunity here in Ballantrae. Also, those golfers wanting to keep their swing in shape over the winter will have a local facility for this practice. But these are only two of the uses to be made of this space as it unlocks potential to offer increased recreational activities to our residents.

There will be many more comments in this column on the project once all public input has been received and final interior layouts are in place. Below are a few initial concepts taken from within the existing Vaughan facility operated by the supplier/partner.



And there are more photos on the *HOTG* website.

Yes, the off-leash dog park in the area is still a part of the complete layout for this park.

## Ballantrae Fire Station

Yes, it is moving. No, it is not moving far. A parcel of land, located on the north side of Aurora Road, just west of Highway 48, has been purchased and will be the new home of a modern fire station.

I was part of the council committee that participated and oversaw this project which included the use of an outside architect and a review of the future needs of our area. Our current Fire Chief, Bill Snowball, said this about the move.

*"Due to the age of the existing facility and the required major upgrades, it was determined that investing in a new fire station would provide a much better value for taxpayers' dollars."* I certainly agree with those comments.

A second and very important part of this development is an agreement reached between the town and York Region. They have committed to adding a bay to house a full-time dedicated ambulance service in the project. The Region had been looking to add this service to the Ballantrae area for some time and are now very anxious to move forward as a partner in the project. They have also committed to picking up approximately 25 per cent of the current capital cost.

With the detailed design and layout still to be worked on, it is expected we will break ground in about a year's time. The town has closed on the land purchase and we are moving forward to what will be a very welcome addition to our community.

## Provincial Government Bill 23

Our Provincial government recently passed legislation known as Bill 23. There will be more written in one of my future columns, but in the meantime I suggest you familiarize yourself with this bill. It could very well affect your future realty tax bills.

You can go to this website for information;

<https://www.amo.on.ca/advocacy/health-human-services/unpacking-bill-23-more-homes-built-faster-act-2022>

Also, the January edition of *On the Road* magazine had a great piece on this matter. You can find that article here; [townofws.ca/otr](http://townofws.ca/otr)



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# The Amazing Animal Brain

BY LINDA LEGALLAIS



Historically, humans have believed that they are the only species capable of complex thought, reasoning and empathy. However, scientists and animal behaviourists are discovering that many of the creatures with whom we share this world are capable of much more than we realized.

Recently, an article in the October 2022 edition of *National Geographic* highlighted many of these discoveries. I would like to share some of the ones that amazed me.

At approximately 18 months of age, humans develop a sense of self. They can recognize themselves in a mirror and differentiate from another person – a major neurological development. Scientists have recently discovered that when Japanese macaques are given the mirror test, they too exhibit self-awareness. You might expect this from a primate, but amazingly this ability has also been demonstrated in other species such as magpies. When researchers paint a mark on a bird which is only visible in the mirror, the bird will try to remove it, thus indicating self awareness.

Researchers at the University of Vienna, while investigating canine emotional ability, taught a dog named Knopfi to lie perfectly still to undergo an MRI so they could monitor his brain activity. When given praise, the reward centres of his brain lit up and videos of his caregivers activated regions of the brain that form attachments. This indicates that dogs may be able to form emotional bonds; not that we didn't already know that!

Thermal imaging reveals that a person experiencing high stress levels will exhibit a cold nose. Chimps, while monitored with the same imaging and shown videos of other chimps fighting, displayed the same cold nose. When seeing a person they knew who appeared to be injured, they had the same reaction – a cold nose, suggesting that chimps feel empathy just as we do.

Psychologist Leanne Proops from the University of Portsmouth conducted an interesting experiment on horses to judge their emotional intelligence. She placed life-size photographs of horses' faces on large wooden boards, two at a time. Some photos displayed relaxed body language while other faces looked alarmed or angry. Then 48 horses were led to the photographs and were allowed to approach the pictures at their own pace. They always avoided the angry horse photos. She then showed the horses life-size photos of both happy and angry people. Later, when the horse was greeted by the actual person, even though the person was now smiling, if their photo had been angry, the horse displayed stress. There is certainly a degree of instinct at play here, but they had to recognize a particular person and remember how he/she looked. This seems to indicate that horses have nuance in how they respond to another horse's or human's emotional state.

Many of us can tell anecdotal stories of a beloved dog whose demeanour changed markedly with the death of their master or a companion animal. We see this in cats as well who refuse to eat or groom themselves after a death. Granted, some animals will display this behaviour under other stressful situations, such as a move, but I don't think we should dismiss the possibility that they are grieving. Scientists are beginning to believe that animals do grieve. Pilot whales and orcas have frequently been observed towing a dead calf with them for days at a time, apparently unable to understand or accept that their calf is dead. Whales live in family groups or pods and these deaths seem to affect the whole group. This is another example of an animal's ability to understand and empathize with another animal's emotions.

On a lighter note, beluga whales have been seen blowing bubbles to create a ring. They then proceed to play with the "toy". Often other whales will join in on the fun of creating the bubble toy and then they play with it together. This creates social bonds, but they also just seem to be having fun.

Researchers are finding that an animal's inner processes are often as complicated as ours. Language is the biggest difference. We can voice our thoughts and feelings while they communicate in an entirely different way. As more research is done, the more I believe we will come to understand that the animal brain is much more evolved and interesting.



Dr. Leanne Proops



Chimp's cold nose



Orca whale



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# 20/20: A Vision Achieved, in Hindsight and Looking Forward

BY KEN MIYAUCHI



Our Ballantrae Golf & Country Club community has blossomed since its first residents moved here in September 2000. Now we are fully occupied with 894 homes in five condominium corporations.

The first issue of *Home on the Green (HOTG)* magazine was published in the spring of 2003 due to the inspiration and dedication of the founding editor, Ruth Flanagan. *HOTG* has grown from its initial 40 pages and 12 volunteers to the current 60 pages and over 50 volunteers. I joined the *HOTG* staff in 2011 to write articles on a variety of topics under my byline, New Tricks from an Old Dog.

This issue marks the 20th anniversary of the first edition. Twenty years of success is certainly a significant achievement, but it is also merely another milestone on the road to many more years of enjoyable reading by all of us. The modern symbol of 20 years of success is platinum which represents an ability to endure and overcome challenges. The *HOTG* magazine has certainly accomplished that.

The Greek philosopher, Pythagoras, taught that numbers had divine meanings beyond counting and calculating. Some biblical scholars believe that God reveals hidden meanings through the numbers written in the Bible. In Hebrew teachings, 20 is a symbol of the spiritual coming of age. It is not the end of growth, but rather a step toward enlightenment.

In numerology, the number 20 is a symbol of progress and new beginnings and is associated with teamwork and service. It is the end of one cycle and the beginning of another.

In developmental psychology, one does not reach adulthood until the age of 20. In a few countries, (New Zealand, Thailand, and Taiwan for example), the legal age of majority is 20.

20 is significant in many other ways:

- Calcium (atomic number 20) is very important to our health.

- Hockey games consist of three 20-minute periods.
- A Rubik's Cube can be solved in 20 moves.
- College basketball games have two 20-minute halves.
- In chess, 20 is the number of legal moves at the beginning of a game.
- A standard dartboard has 20 sectors.
- The Kentucky Derby allows a maximum of 20 horses.
- Why is the game called 20 Questions, not 19 or 21?
- An icosahedron is a shape with 20 sides. Each side is an equilateral triangle.
- The polymer Canadian 20-dollar bill is the only one that does not feature a former Canadian Prime Minister. Instead, it has Queen Elizabeth II on the front, and the National Vimy Memorial on the back.
- 20/20 vision is a sign of perfect eyesight.
- The 20:20 mirror hour is a time to reflect on the past and plan for the future.

As we celebrate *HOTG's* 20th anniversary, which marks a time of change and growth, it is good to look back to 2003 when it all started and forward from 2023.

2003 had many significant events. SARS (Severe Acute Respiratory Syndrome) spread to 32 countries and became a global pandemic. Sound familiar? On the positive side, the Human Genome Project was completed in 2003. Researchers identified 20,000 genes and base pairs that make up the DNA composition of the human body. With this knowledge, doctors have begun to predict and cure diseases. Remember the blackout in August 2003? 50 million people in Ontario and the northeast suffered the worst blackout in North American history for 29 hours.

2023 is the Year of the Rabbit. The rabbit is the symbol of longevity, peace, and prosperity. It represents wood so industries associated with wood, such as publishing, will thrive. Thus, it should be a very good year and beginning for *HOTG's* next 20 years.

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# Practise Forest Bathing for Better Health and Lower Stress

BY LUBA QUADRINI



I'm sure you all remember the terrible wind storm this past spring that took down and destroyed several hundred trees in our community. I was stunned the next day when I drove through our neighbourhood and saw tree after tree toppled over as if they had been part of a giant's game of dominoes. The destruction made me sad and got me thinking about how important trees are to our quality of life. As the summer progressed, I was so pleased to see that our condo boards were able to have many of the trees replanted and the damaged areas repaired.

I have never been fond of working out in a gym, but I do love to be outdoors to walk, hike and work in my garden whenever I get the chance. So today I'd like to introduce you to "Forest Bathing." No it's not something you do in the buff. When I first heard that this practice was associated with profound health benefits, I was sceptical. Sure, taking a walk in the woods could improve sleep, lower blood pressure and more, but I figured it had more to do with the exercise than the trees.

All over the world people are taking up Forest Bathing, a new name for an ancient practice, SHINRIN-YOKU in Japanese: a way of reconnecting with nature, decreasing anxiety and strengthening our immune system. While "forest" is in the name, neither heading out to a heavily wooded area and hiking nor actually bathing is required. This is a very low impact activity in which you can take a slow, mindful walk on a local trail, sit in a park or in any natural setting (such as your own backyard), where you pay close attention to your surroundings using your senses of sight, smell, hearing and touch. This can include noticing the patterns and colour of leaves, movement in the tree canopy or on the surface of water, listening to the sound of wind rustling through the trees, birds singing, or appreciating natural textures by touching a variety of bark, leaves and moss.

Humans evolved among trees and we have always benefited from a reciprocal relationship that enhances our mood and immune system. Researchers have found that spending time in nature for as little as 10 to 20 minutes a day activates brain pathways related to serotonin, which is one of the body's happy hormones. It also lowers the levels of harmful hormones like cortisol, which your body produces when stressed. While walking through wooded areas, we breathe in the exhalation of trees, a rich combination of oxygen, beneficial bacteria, essential oils, negatively charged ions and the aromatherapy of phytoncides, (think woody scents of cedar and pine) while trees absorb our exhaled carbon dioxide, helping to clean the air.

According to information published in the *International Journal of Environmental Research and Public Health* in 2021, levels of cortisol typically decrease in our blood after just 15 minutes of Forest Bathing and help shift our nervous system

from sympathetic (fight or flight mode) to parasympathetic (rest and digest mode). It also turns out that taking a walk among trees has unique biological impacts that are not found when we perform the same exercise indoors. Some of the benefits you may reap from Forest Bathing two to three times per week are: reduced blood pressure, improved cardiovascular and respiratory health, lower stress levels, improved mood and energy as well as better sleep.

I encourage you to give Forest Bathing a try. Take a stroll through a treed area, inhale the natural aromatherapy, watch the dappled sunlight dance on the forest floor and then maybe find a comfortable spot to sit and just enjoy the peace of your surroundings.



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# Doc's Wine Travels

BY GREG MCCAIN



I'm reminded of Jonathan Swift's book *Gulliver's Travels*, the marvellous allegory, as Gulliver travels first to the land of Lilliput where he meets six-inch tall people and then to Bobbingnag where he meets giants. In a similar fashion, I know so much about wine yet I know now how much I still have to learn. My travels have been an integral part of this learning curve.

## FRANCE

My wife and I, with another couple, decided to take a bicycle trip through the picturesque Loire Valley. Jill, my friend's wife, studied nine months of conversational French in preparation. For the cab ride to the hotel, we naturally sat her in the front seat. When the driver spoke to her in French she immediately froze and was lost for words in both French and English. He then switched to English and when she acknowledged how good his English was, his response was, "You speak it well too Madame."

We concluded our trip with a visit to Bordeaux where my father had arranged a visit at Calvet, a négociant wine merchant house he represented in Canada. We met the marketing director – the largest man who got out of the smallest car I have ever seen. I knew I wanted to eat where he ate! We drove to the Epicerie restaurant and on the owner's patio overlooking a pool, we had a great meal followed by the "piece de resistance," dessert consisting of seven sorbets accompanied by matching liquors (for example, pear sorbet and Poire Williams). We were supposed to visit St. Émilien in the afternoon but instead had a nap in the car.

## ITALY

I was asked to lead a group of wine enthusiasts to Italy. We joined Burton Anderson, former editor of the *International Herald Tribune* and famous writer of many books on Italian wine. We visited Montalcino, and in a small local restaurant with Gianfranco Soldera, a top producer of Brunello wine, we had the privilege of tasting his Case Basse. One of the gentlemen in our group was a collector of expensive wines and remarked that this was the best wine he had ever tasted and wanted to know where he could buy more. Soldera, in a very casual way, said that this bottle we tasted might just be the last one available. He gave me a bottle of this wine and I am still waiting for the right moment to open it.

## NEW ZEALAND

Dee and I spent two weeks exploring both islands of New Zealand from top to bottom. Through an agent and the LCBO, we arranged a lunch and tasting at Pegasus Bay in Canterbury. The winery was founded by Dr. Ivan Donaldson, a former professor of neurology in the 1980s. His wife had given him a book called *Wine* which had led him into exploring the subject. We had lunch and I had almost given up hopes of having a tasting when in came this very young lad in cutoff jeans and sneakers. He was the founder's son, Matt Donaldson (head wine maker). We spent several hours

in the cellar, with him climbing up and over barrels to offer us a variety of samples to taste. He asked what we had planned for the evening. We had planned a quiet night playing bridge with friends. He informed me that no one played bridge in New Zealand without his wine and gave me a couple of bottles of his family's reserve Pinot Noir. I don't remember if we actually played bridge or who won, but I do remember that great New Zealand Pinot Noir.

## CALIFORNIA NAPA VALLEY

In 1997, we visited the Napa Valley. On my bucket list was a visit to Opus One winery, a joint venture between Robert Mondavi (California) and the Baron de Rothschild (France). The Baron came up with the idea of having each label designed by a famous artist. Artists such as Dali, Picasso and Miro have been featured on bottles of Mouton Rothschild. In 1978, Montreal artist JeanPaul Riopelle submitted two designs and they could not decide which to use so they split the production and included both paintings. I had purchased a bottle of Rothschild Bros in a small shop in Naples, Florida for \$20 and after tasting it went back and bought the remaining nine bottles. This wine was the first from the joint venture but because it was harvested before the agreement, it could not be called Opus One. I told the people at Opus and they asked if they could buy a bottle from me for their museum collection. I traded one bottle for a case (12 bottles) of Opus. The present market value for one bottle of Opus at the LCBO is \$840.

Remembering wine and travel is like a photograph, a snapshot of the moment. Probably even more important, it is something we can share with friends.



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# Denise Casey, our *Friendly Volunteer*

BY LYNNE BALFOUR



This is a story about a wonderfully reliable helper, a person you can count on to do a good job with enthusiasm – Denise Casey.

Denise moved to Ballantrae Golf and Country Club in 2005, following the death of her husband in 2003. Having grown up as a cottager, she liked the open green spaces around the golf club and decided to live near her brother, the late Charlie Delahey, a keen golfer who already lived here. Denise grew up in mid-Toronto and attended several different schools including Loretta Abbey. After graduation she worked for Foster Advertising Agency for several years. She married Edward Casey, an old family friend. They had five children and now have ten grandchildren.

Having grown up with a family cottage on an island on Lake Joseph, Denise loved the outdoors. She selected her lot near the back gate because it had no house behind it and there were lots of trees. When she moved in, she was not pleased to find an older trailer parked behind her lot in the church driveway. Wondering why a church would use a trailer, she wandered over one day. Once there, Denise met several pleasant, hardworking ladies who ran the Stouffville Food Bank from the basement of the church. She was impressed with their enthusiasm and decided to volunteer to work with them. That began a longterm association with the Food Bank. She has enjoyed meeting the many other women from our area who also volunteer there. Denise became known as a person who could talk to clients in a helpful way and offer a sympathetic ear.

The Food Bank noticed many requests for basic toiletry supplies. Therefore, they now have drives in BGCC at Easter and Thanksgiving where bags containing a toothbrush, toothpaste, shampoo, deodorant and soap are packaged. In addition, our local pharmacy packs bags with all five articles and sells them to the public to support the Food Bank. (The pharmacy sold 140 bags in 10 days during the last Thanksgiving drive.) Denise's garage is the collection area for both the toiletry drive and for pies collected from our community for the Christmas Dinner Wish initiative.

Denise has been a volunteer in the Palliative Care unit at Southlake Hospital for eight years. She works with the families of patients, feeling that is where support is needed. She has taken several relevant courses over the years and is presently completing another one.

Denise was also an early volunteer in a BGCC group that drove residents to local appointments for medical or shopping needs. She answered phone requests and occasionally drove.

Denise emphasizes that everything she does is as part of a group. With her friendly nature, I am sure that all these agencies and volunteers, as well as their clients, benefit from her caring and her talents.



Denise Casey with Toiletry Drive poster



Toiletries from Ballantrae Pharmacy



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# 20 Years of Life Changing Technology

BY AL MOLDON



I was a member of the team that published the first issue of *Home on the Green* in 2003 in my role as the "computer consultant." For our 20th anniversary, it seemed appropriate to review the changes in technology that have affected our lives. Here are some highlights:

## 1. Smartphones

Although mobile phones were around in 2003, it wasn't until 2007 that the first iPhone was available with a touchscreen. Today we take pictures, navigate our way, order food, play games, message friends, listen to music, etc. all on our smartphones. Oh, and you can also use them to call people! The Apple watch was added in 2015 so you could answer your iPhone on your wrist and monitor your fitness.

## 2. iPads

Introduced by Apple in 2010, the iPad is now in its 10th version and most residents (and their grandchildren) have one or more. The large screen and convenient touch keyboard allow users to easily communicate via email, messages and video calls to friends and family. Many games are also available.

## 3. Digital Assistants

We know them as "Alexa" (2014) or "OK Google" (2016) speakers and they assist us in many ways. They can wake us with the latest news and weather, activate lights around the home, operate the garage door, suggest recipes, answer questions on just about any topic, play music, show us who is at our door and perform many other tasks like emailing and turning on the TV.

## 4. HDTV

You were probably watching television in standard definition (SD) when our first *HOTG* magazine was delivered to your post office mailbox (yes, we tried that). Today, your TV picture is of much higher quality and the screen size is significantly larger. TV providers have started offering a few channels in 4K to give us even higher resolution. Netflix began operation in 2010 and today we can also watch Crave, Amazon Prime, YouTube, Britbox and Tubi, just to name a few TV streaming providers.

## 5. Skype

Launched in August 2003, it has transformed the way people communicate across borders. Before Skype, calling friends or family abroad had a significant cost. Today, speaking to people on the other side of the world or even video calling with them is practically free.

## 6. Bluetooth

This technology is named after the Viking king, Harald (nicknamed "Bluetooth"), who united Norway and Denmark in the 10th century. It is a short-range radio signal that permits devices to connect together. Bluetooth is the technology that connects your cell phone to your car entertainment system so you can use your phone hands-free while driving. It is also used in wireless earphones and in Apple AirTags which help you to locate lost luggage.

These are just a few of the many technologies that have developed since *HOTG* first arrived on our doorstep. I hope you have enjoyed our walk down "technology" memory lane.



2003 mobile phone



2022 iPhone 14



Bluetooth symbol



Alexa Echo (4th Gen)



Echo Dot Kids (5th Gen) Smart Speaker with Alexa – Owl



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# Unleash Your Hidden Wolfgang Puck!

BY BLAIR TULLIS

MasterClass



My better half gave me a challenge for my birthday this year. It was to write some songs that we hope are languishing in my hippocampus and to record them at a studio owned by a young record producer we know downtown. Being quite fair about it, she also gave me a year's subscription to the MasterClass website.

What the heck is *MasterClass*, you may ask? It's higher education in a video format using some of the best minds on the planet to tickle your synapses. Essentially, it takes *TED Talks* to the next level. Where *TED Talks* give you a taste of all sorts of interesting subjects, *MasterClass* brings you into the kitchen to learn the recipe.

This website brings masters of various disciplines – instructors like Martin Scorsese, Serena Williams, Gordon Ramsay and many more – to teach you the finer points about what made them successful and the means they use to stay that way. The *MasterClass* website offers you unlimited access to courses in everything from cooking to interior design to winning negotiations. All of this collected knowledge costs you \$20 per month and you can jump in and jump out as you wish, taking as many courses as you wish and in as many disciplines.

For the past number of weeks, John Legend and I have been having a one-on-one on the process of creating a song. He is easy to listen to and very informative. Essentially, it is like having a conversation with a learned friend on how to do something. It has been inspiring and invigorating.

John Legend's course, for example, is 18 lessons that average around 15 minutes each. He talks to aspiring songwriters about everything from chord patterns to finding your voice – speaking about the process as he goes. His method of writing is to come up with a tune hook first, then to do some mumbled sounds to create a bit of timing structure followed by the creation of lyrics.



To illustrate he uses the song *Free*, which won him an Oscar for Best Song. Drawing on his gospel music background, he came up with a couple of lines – *Go down Moses, Way down Moses* – that started the juices flowing. It's fascinating to go through the process of writing from his simple six-word hook to a finished song.

So, I've started a song or two and am trying to polish the lyrics, find a hook for the chorus and find my voice. Once I've used up all the knowledge Legend can impart, I'll be calling on Christina Aguilera for a few sessions on sharpening my vocal skills in performances. It's great fun and provides another creative outlet for this previously retired mind of mine.

No matter your area of interest, there is something for you on *MasterClass*. You can take a 16-part cooking course from Wolfgang Puck. Hilary Rodham Clinton tells you about the Power of Resilience, and she should know about resilience! Or take a writing course from Salman Rushdie. It's like going to a candy store for the mind. It doesn't matter what you want to know, there is probably something to fill your need. Give it a whirl.

# If Walls Could Talk...

MAIRI VASIL



Art is what gives our homes individuality.

An original painting, prints, photographs, souvenirs picked up on travels – whatever, art can give your home personality and if displayed properly, it can be the finishing touch to your decor.

There are several basic principles to displaying pictures. Most importantly, measure 60 inches from the floor to the middle of the painting or grouping (improper height is the most common design error). If designing a grouping, select a starting piece and work outward, aiming to have the centre of the grouping at 60 inches high. Exceptions to the height rule may occur when placing art over a piece of furniture. In this case you could consider leaving a gap of six to ten inches over your sofa or table. This might seem low but you are attempting to keep the art and the furniture as a cohesive grouping and not to have a painting “floating” on the wall. With our higher Ballantrae ceilings you might consider the top of the range with 10 inches of space between furniture and art.

Lucky you if you have a large piece! Statement art has become very *de rigueur* recently and it creates drama with its scale and prominence. You might try incorporating some of the artist’s colours in pillows, flowers or a rug. This helps to give your space a more sophisticated and “pulled together” look. But don’t get carried away! Just a few items are all that is needed to tie your colour scheme together.

Currently we are starting to see a trend towards a gallery display as we turn away from a more minimalistic look. This shift extends to the rest of the home as we start to embrace warmer colours and patterned fabrics. Did you ever imagine that wallpaper and antiques would return? I hear tell that borders are even rearing their heads again!

Groupings can incorporate any art and frame. If frames are of different sizes, try selecting the largest to start. It doesn’t have to be in the middle but it gives you an anchor



General grouping

from which to expand (remember 60 inches from middle to floor). Maintaining the same distance apart from each piece (approximately three to five inches) will make a cohesive collection.



Architectural grouping

In this grouping we took four small architectural prints and accentuated the matting, giving the art much greater presence.



Family grouping

On this wall we have framed a few family photos surrounding the TV. Calling upon the concept of a large piece used as an anchor, the TV is the large piece and we worked out from there. Cohesion in this case is attained with similar mats and frames. To envision your grouping, try arranging your pieces on the floor first, and then take a photo from which to work.

This family grouping is a menagerie of frames and colours. The distance between frames is fairly



constant giving the whole group and not the individual pieces the attention.



*Dinning room with architectural prints*

The cohesive element of this architectural grouping is the subject matter. The pieces work as a team even though they are on different walls and have different frames and individual mattings.



*Staircase with grid pattern*

Don't forget mouldings. Trim or mouldings can accomplish a contemporary or traditional look, enhancing a wall architecturally and always giving an elegant ambience. We selected this grid pattern to accentuate the staircase.



*Art in bathroom*

And now for my favourite space to hang art... the powder room. It is unexpected and its small space allows you to be very avant-garde.

By viewing your art with a new perspective, perhaps some of the pieces you have tucked away in the basement might get to see the light of day once again.

# Mentors and Mantras OR Passion meets Purpose

BY DAYNA STODDART



I am grateful for the mentors who have had an influential impact on the direction of my career path: Dr. Kenneth Cooper, M.D; Maureen Hagan, COO of Canfitpro and VP of Program Innovation and Fitness Development for both Canfitpro and GoodLife Fitness; Dr. Terry Ferebee Eckmann, PhD professor at Minot State University, North Dakota.

Kenneth Cooper is a medical doctor and former Air Force lieutenant colonel from Oklahoma. He is a world-renowned inspiring leader and an influencer. He merged medicine and fitness and has dedicated his life's work to the "Power of Prevention." During his 13 years of service in both the US Army and the Air Force, Dr. Cooper served as Flight Surgeon and as a director of the Aerospace Medical Laboratory. He developed the 12 minute and 1.5 mile fitness tests and the aerobics point system used today by branches of the military, schools and organizations worldwide.

In 1970, Dr. Cooper founded the Cooper Aerobics Center in Dallas to explore the relationship between cardiovascular fitness and health and longevity. He coined the word "aerobics" and submitted the official definition to the Oxford English Dictionary. The popularity of aerobics emerged in the fitness industry in the 1970s and continued to grow over the next 20 to 30 years. Jazzercise and aerobics were popularized by Jane Fonda and the 20 minute workouts on City TV.

Growing up as a gymnast, movement was important to me and it played a necessary role in my wellbeing. After many sprains, strains and injuries, I knew I wanted to help others, which led me down the path to physical therapy.

In 1991, I enrolled in the Human Kinetics Program at the University of Guelph, Ontario. Human gross anatomy, a course rarely offered outside of medical school, was part of our curriculum. This was a pivotal experience for me. Seeing firsthand, disease and disease processes from the inside and how organs and tissues were affected was profound for me. There was no denying the relationship between lifestyle choices and their impact on disease processes and health.

Fast forward two years...I was enrolled in the Physical Therapy Program at the University of Western Ontario in London. As a fitness instructor, I was teaching and influencing others to stay active and to be healthy. As I studied, we referenced multiple articles and research papers by Dr. Kenneth Cooper. I admired his work.

In 1989, Gin Miller and Reebok promoted step aerobics worldwide. It exploded in popularity in the 1990s at gyms and fitness studios. I became an avid instructor and participant

but I also observed many complaints of knee issues from step participants. My final year thesis on "injuries in step aerobics" involved identifying the types, locations and frequency of injuries and determining any factors relating to the cause and prevention of those injuries.

This was the era and onset of research and studies indicating the correlation between health and fitness and an active lifestyle. The number of participants in step aerobics was increasing as it was deemed to be a safe and effective high intensity, low impact workout.

Many aerobics participants had switched to taking only step classes. My regret is that I did not publish my thesis as requested by my professors. The fitness industry was also going through a transformation in the 1990s. There was an increasing demand for quality group fitness instructors, aka "aerobics instructors" at the same time that personal training was emerging.

I was introduced to Maureen Hagan, a physiotherapist and fitness industry leader in London, Ontario. Maureen helped me facilitate the distribution of surveys for my research project at multiple gyms throughout the city. I was so grateful for her guidance and mentorship. She invited me to attend and to participate in the "BodyLife Fitness" conference held in London, Ontario in September 1994.



Maureen Hagan

"BodyLife" was launched and its first event was in the fall of 1993 in London, Ontario. The goal was to develop educated fitness professionals, while raising the standard within the fitness industry to benefit everyone on a national level. In 1995, BodyLife was officially renamed CanFitPro and is Canada's largest fitness education organization. It is also one of the largest in the world along with its Fitness Expo and trade show.

After graduating from UWO with a BSc in Physical Therapy, I relocated to work as a physical therapist in Chicago. I witnessed the vicious cycle that inactivity had on my patients and the impact that unhealthy lifestyle choices made on their recovery, rehab and overall health and well-being.

Exercise and physical activity become more and more important with every passing year. I have used Dr. Cooper's quote for many years as it resonates so strongly with me: "We do not stop exercising because we grow old; we grow old because we stop exercising."

Exercise is Medicine was truly becoming my platform.

Pilates was growing in popularity and many physiotherapists gravitated to this training and certification as this form of exercise had a strong rehabilitative component. I certified as both a mat and a Reformer instructor.

In 2007 I joined the International Council on *Journal of Active Aging*. (ICAA). I attend their conference every year which brings together health and fitness industry leaders.



Terry Eckmann



Terry and Dayna

Here I met Terry Eckmann, PhD. She has been an incredible mentor and friend to me over the past 12 years. Terry is a professor at Minot State University, North Dakota, an ICAA advisory board member, and a motivational speaker who presents internationally on topics related to exercise and the brain, older adult exercise and a variety of topics on health and wellness. She has also written numerous book chapters and articles on these topics.

Terry and I published an article on "The Power of Posture" in the July, 2015 issue of the *Journal on Active Aging*.

With Terry's encouragement, I have now presented twice at ICAA conferences, teaching colleagues "A Body Balance Class demonstrating The Power of Posture" and how to implement these foundations into an effective group exercise program.



I have created and choreographed three signature classes that I teach at the Recreation Centre.

They are all restorative and pilates-based mindful practices that incorporate posture and core work, balance, strengthening, stretching and progressive relaxation.

**Bfit** is a complimentary class offered on Tuesdays at 11:15 a.m. It is a 45 minute introductory gentle movement class of light cardio, strengthening, balance, corework, breathwork, stretching and relaxation. This is also a building block to Ballates and Body Balance classes.

**Ballates** is a paid program offered on Tuesdays at 8 a.m. It is a dynamic and functional fitness class using a variety of stability balls and weights.

**Body Balance** is a paid program offered on Thursdays at 8 a.m. It is a total mind and body experience that strengthens one's core, improves posture, bone density and muscle strength, using stability balls, weights and a foam roller.

Now, almost 30 years later, both my purpose and passion remain:

To promote health and longevity through physical activity and mindful movement.

To encourage, enlighten, inspire and motivate people to increase or start some form of physical activity to make a direct significant impact on their health.

To teach and guide those as they get started and to motivate them to continue on their fitness journey.

This past year at the ICAA conference, I had the privilege to listen to the keynote speech given by Dr. Kenneth Cooper and to personally meet him. Thirty years of inspiration and influencing my career path, what an honour!



Dr. Kenneth Cooper and Dayna

Just as the journey of my career has and will continue to evolve, this quote from Dr. Cooper says it all: "Fitness is a journey, not a destination; you must continue for the rest of your life."





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# Are You Safe at Home?

LYNNE BALFOUR



Recent occurrences within Ballantrae Golf & Country Club have made us aware of the need to prepare for our future. These are reminders to help keep us safe.

1. Do you have someone legally appointed as a substitute decision maker through a power of attorney? Have you discussed with this person your wishes about care if you become medically unable to make your own decisions? The substitute decision maker can only act if you are incapacitated and cannot make your own decisions.
2. Does a neighbour or nearby friend know your garage door code or where you keep your house key hidden outside? Do you realize that if you are ill or injured at home and cannot unlock your door for EMS or police, by law they cannot break in until a relative gives verbal permission? The neighbour with a key is deemed to have that permission. This has been a serious problem for several BGCC residents. In addition, it is important to post your relative's contact name and number on your fridge or other obvious place.



E TAP2 Smart Health watch

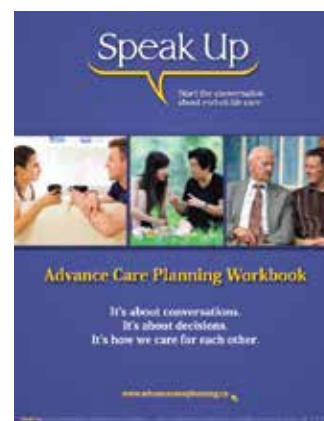
MobileHelp-Solo Smart necklace



3. If you live alone, do you have a safety wrist watch or necklace that will call for help if you fall or are ill at home? The company will try to call you by phone. If you do not answer they will contact a designated person or 911 for help. One such company is Lifeline.



4. If your spouse is forgetting where he or she is and is likely to wander, there are ID bracelets available, some with location detectors. If he or she carries a cell phone that is turned on, the police are able to trace its location.



## Information Sources:

**Alzheimer Society 1(888)414-5550**, weekdays

**[advancecareplanningontario.ca](http://advancecareplanningontario.ca)** has a lot of relevant information

Several resources have pamphlets available in our **BGCC recreation centre library**.



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# Raise a Glass of Canada Dry Ginger Ale: Happy 20th Anniversary *HOTG!*

BY JAN RICHARDS



J.J. Mc Laughlin

John James McLaughlin was born in 1865 near Enniskillen, Ontario and was the oldest of five children. John studied at the Ontario College of Pharmacy in Toronto, and graduated in 1885 earning high honours. While completing his pharmaceutical studies in Brooklyn, New York, John worked at a drug store and was fascinated with the variety of soda drinks that were offered.

In 1890 he returned to Toronto and opened a sparkling water plant, Hygeia Table Waters, where he experimented mixing flavoured fruit syrups with sparkling water to make lemon sour, cream soda, ginger beer, sarsaparilla and cola-flavoured soda pop. Not only did he develop new soda pop flavours, he also marketed a bottle washing machine that automatically scrubbed, sterilized and dried the used soda bottles waiting to be refilled.

By 1895, the factory on Sherbourne Street employed 80 people. Soon after the building opened, a boiler exploded in the basement, collapsing the brick façade onto the street and ruining the production line. The blast was so powerful that windows were broken and furniture tossed from nearby homes. It was reported that a packed streetcar and pedestrians narrowly missed flying bricks – all told, \$10,000 worth of damage!

A large part of McLaughlin's business was building custom soda fountains in cafeterias – the company's ice cream machines and marble soda fountains were installed at the Hudson's Bay Company in Edmonton, the Robert Simpson Company in Toronto and the Orpheum Store in Montreal.

As a successful pharmacist and entrepreneur, John was a man of moderation who wanted to create a non-alcoholic alternative to liquor. He spent over a decade experimenting with ginger ale formulas. Initially a dark and spicy ginger beer, "McLaughlin's Belfast-Style Ginger Ale" was produced and later refined and renamed. John's wife Maude described the new beverage as the "champagne" of ginger ales, giving it a high-class image. In 1904 the *Toronto Star* reported, "This ale has a mild yet piquant flavour, which is most agreeable, and its stimulating effect on the digestive organs makes it a prime favourite." Canada Dry Pale Ginger Ale became an instant success touting benefits for stomach ailments. It was marketed as "dry" as it was far less sweet than other ginger ales.



1916 Toronto Star ad



Canada Dry factory



Canada Dry apparatus

Canada Dry Pale Ginger Ale was exhibited at the Canadian National Exhibition as "a beverage thirsty Canadians have long been waiting for." The trade name was registered in 1907, at which time it was appointed to the Royal Household of the Governor General of Canada and marketed with a crown logo with the map of Canada placed inside the shield (as seen today).

John McLaughlin died suddenly of a heart attack in 1914 at the age of 49. He is buried in St. James' Cemetery in Toronto.

A decade later during Prohibition, the demand for ginger ale rose dramatically. As a drink mixer, it helped mask the taste of bootlegged spirits. By 1930 the demand expanded worldwide and more than 10 million bottles a month were shipped across North America to quench customers' thirst. Canada Dry became so popular that production plants were opened in Edmonton and Winnipeg.

Let's raise a glass of Canada Dry, the "champagne of ginger ales," to the 20th year of *Home on the Green* magazine! Cheers, eh!

# How and What We Eat has Changed Over 20 years

2003  
2006  
2008  
2012  
2017  
2020  
2023

Food trends have changed since our community started! We all have experienced huge changes in how we shop, cook and eat over the past twenty years. We now enjoy exceptional farm-raised seafood, incredibly fast delivery of fresh produce from all over the world and new technologies in packaging to ensure that we get the freshest foods from field to table. As well, with the diversity of cooking styles and flavours from new immigrants to Canada, a revolution has taken place in our food tastes. Here's a sample of recipes that demonstrate some of these new influences that have infiltrated our food culture.

BY JOHANNA BURKHARD



## SHRIMP WITH JAMAICAN SEAFOOD SAUCE

*Remember when Tabasco was the only source of hot sauce available? Not if you were born in a country like Jamaica or hail from the many islands in the Caribbean where the searing heat of hot peppers, like the inferno Scotch Bonnet, has become an essential ingredient in cooking.*

*Richard Touzalin of Condo One grew up with the addictive splurge of hot sauce in cooking. He admits that he can't take credit for this popular shrimp appetizer that he often brings along to tennis socials and get-togethers. His late wife created the spicy sauce. Richard advises to start out with a small amount of Jamaican Scotch Bonnet Hot Pepper sauce. "You just need a splash of it to get that extra special flavour," he noted. Add just enough barbecue sauce to balance the sweetness.*

### MAKES 6 SERVINGS

Makes about 3/4 cup (175 mL) sauce

**1 lb (500 kg)** frozen cooked, deveined shrimp with tails on (size 31 to 40)

### Jamaican Seafood Sauce

**½ cup (125 mL)** ketchup

**1/4 cup (60 mL)** yellow mustard

**1 tsp (5 mL)** each dehydrated granulated onion and dehydrated granulated garlic\* (see Tip)

**½ tsp (2 mL)** Jamaican Scotch Bonnet Hot Pepper sauce, or to taste\*\* (see Tip)

Freshly ground black pepper

**1 to 2 tbsp (15 to 30 mL)** barbecue sauce (any kind), to taste

1. Place shrimp in a colander and rinse under cold water until defrosted, about 5 minutes. Drain well; blot dry with paper towels to absorb excess moisture. Refrigerate until serving time.

2. In a bowl, combine ketchup, mustard, granulated onion and garlic; season with Scotch Bonnet Hot Pepper sauce and black pepper to taste. Add just enough barbecue sauce to balance the flavours. Cover and refrigerate until serving.

3. To serve, arrange shrimp on a platter and set bowl of sauce in the middle for dipping.

\*Tip: Do not use onion or garlic powder or dehydrated minced onion or garlic. Look for the granulated products in Costco or Superstore. They are not available at Bulk Barn.

\*\*Tip: Jamaican Scotch Bonnet Hot Pepper sauce is essential to this recipe and is sold in major supermarkets. Do not substitute with another hot pepper sauce.



## PAD THAI

*Pad Thai is the national dish of Thailand and its addictive appeal has spread beyond that country's borders based on the number of restaurants that now feature variations of it on their menus. Here's how to make it in your home kitchen. Typically, tamarind sauce or paste mixed with water is used instead of the tomato chili sauce and Thai basil would replace the cilantro.*

### MAKES 2 SERVINGS

**4 oz (125 g)** wide rice stick noodles

**3 tbsp (75 mL)** tomato chili sauce or ketchup

**2 tbsp (30 mL)** fish sauce\* (see Tip)

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

**1 tbsp (15 mL)** packed brown sugar

**1 tsp (5 mL)** Sriracha sauce, or more to taste

**2 tbsp (30 mL)** vegetable oil, divided

**4 oz (125 g)** medium raw shrimp, peeled and deveined\*\* (see Tip)

**6 oz (150 g)** boneless skinless chicken breast, cut into thin strips

**2** cloves garlic, minced

**1** egg, lightly beaten



**1-1/2 cups (375 mL)** bean sprouts

**3** green onions, sliced

**1/4 cup (50 mL)** coarsely chopped fresh cilantro

**3 tbsp (45 mL)** coarsely chopped roasted unsalted peanuts

Lime wedges

1. Prepare noodles according to package directions. Rinse under cold water to chill and set aside.
2. In a bowl, combine chili sauce, fish sauce, lime juice, brown sugar and Sriracha sauce.
3. In a large wok or nonstick skillet, heat 1 tbsp (15 mL) oil over medium-high heat. Cook shrimp and chicken, stirring, for 3 minutes or until chicken is cooked through and shrimp are pink. Add to bowl with chili sauce mixture and toss.
4. Add remaining oil to the skillet. Cook garlic, stirring, for 15 seconds or until fragrant. Add egg; cook, stirring constantly, for 30 seconds or until soft-scrambled. Add sprouts and green onions; cook, stirring, for 1 minute.
5. Add noodles and shrimp mixture; cook, stirring, for 2 minutes or until heated through. Transfer to a platter; sprinkle with cilantro and peanuts. Garnish with lime wedges.

*\*Tip: Fish sauce (also called nam pla) is an important flavouring ingredient in this dish. Soy sauce can be substituted.*

*\*\*Tip: Instead of shrimp replace with more chicken breast.*



## QUINOA WITH ORANGE AND ALMONDS

Over the past two decades, a much larger selection of grains has become available in supermarkets. The most amazing of the new grains is quinoa (pronounced keen-wah), an ancient grain from Peru (although technically, it's a seed). One cup of cooked quinoa provides 8 grams of complete protein and 5 grams of fibre. Quinoa has a mild, nutty flavour and is easy to cook. Here it's paired with the mild sweetness of orange and can be served warm or at room temperature. Excellent in salads!

### MAKES 4 SERVINGS

**1 cup (250 mL)** quinoa, rinsed well

**1 tsp (5 mL)** grated orange zest

**1 cup (250 mL)** orange juice

**1 cup (250 mL)** water

**1-1/2 tsp (7 mL)** ground coriander

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

Freshly ground black pepper

**1/4 cup (60 mL)** chopped fresh cilantro, parsley, mint or basil (or a combination of fresh herbs you have on hand)

**1/4 cup (60 mL)** toasted sliced almonds

1. In a medium saucepan, combine quinoa, orange zest and juice, water, coriander, salt and pepper. Bring to a boil. Reduce heat to medium-low, and simmer, covered, for 10 to 15 minutes or until quinoa is tender and liquid is absorbed.
2. Remove from heat; fluff quinoa with a fork. Let stand, uncovered, for 5 minutes. Stir in cilantro and almonds.

*Tip: When you buy quinoa, it has been rinsed and air-dried to remove naturally occurring bitter saponins, a resin-like coating. Still, rinse it again before use to remove any powdery residue that may remain.*

*To toast almonds: Place nuts on a baking sheet in 350°F (180°C) oven for 6 to 8 minutes, stirring occasionally, until lightly toasted.*



## STRAWBERRY - RHUBARB COBBLER

Despite all of the trendy food influences that have emerged over the past 20 years, comfort foods have still retained their popularity. Here is a great example of an old-fashioned summer dessert with local berries and rhubarb in season. Thanks to advances in technology in freezing foods, we now can find bags of IQF (individual quick frozen) fruits in supermarkets so we can enjoy this old-time recipe year-round.

Serve the cobbler warm, topped with good-quality vanilla ice cream.

### MAKES 6 TO 8 SERVINGS

Preheat oven to 400°F (200°C)

**9-inch (2.5 L)** round or square baking dish or casserole

**4 cups (1 L)** chopped fresh or frozen rhubarb\* (see Tip)

**2 cups (500 mL)** sliced fresh or frozen strawberries\* (see Tip)

**3/4 cup (175 mL)** granulated sugar

**2 tbsp (30 mL)** cornstarch

**1 tsp (5 mL)** grated orange or lemon zest

Biscuit Topping

**1 cup (250 mL)** all-purpose flour

**1/4 cup (60 mL)** granulated sugar

**1-1/2 tsp (7 mL)** baking powder

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

**1/4 cup (60 mL)** cold butter, cut into small pieces

**1/2 cup (125 mL)** milk

**1 tsp (5 mL)** vanilla

Additional granulated sugar

1. Place rhubarb and strawberries in baking dish. (Do not defrost fruit, if frozen.) In a small bowl, combine sugar, cornstarch and orange zest; sprinkle over fruit and toss.
2. Bake in preheated oven for 20 to 25 minutes (increase to 30 minutes if using frozen fruit) until hot and bubbles appear around edges.
3. Biscuit Topping: In a bowl, combine flour, sugar, baking powder and salt. Cut in butter using a pastry blender or fork to make coarse crumbs. In a glass measure, combine milk and vanilla; stir into dry ingredients to make a soft sticky dough.
4. Using a large spoon, drop 8 separate spoonfuls of dough onto hot fruit; sprinkle with 2 tsp (10 mL) sugar.

Bake in preheated oven for 25 to 30 minutes or until top is golden and fruit is bubbly.

*\*Tip: For convenience, use a 500 g bag of frozen strawberries and rhubarb mix found in certain supermarkets, such as Metro, instead of the prepared fruit.*

*Variation: Blueberry-Peach Cobbler*  
Use 2 cups (500 mL) fresh or frozen blueberries and 4 cups (1 L) sliced peaches. Reduce sugar to 2/3 cup (150 mL).



# HOTG 20th Anniversary: A Trip Down

## Memory Road



**2003**  
HOTG Cover  
HOTG Launch Party



“

You continue to capture the essence and spirit of the lifestyle we all share in our community. This is very important. My original long-time goals for *Home on the Green* have been exceeded beyond my wildest dreams... and then some. All the people who contribute to the magazine should feel proud of their combined efforts.

– **Ruth Flanagan**, founding editor



**2004** Fashion Show



**2006** Editorial Committee



**2007** Dinner Dance



**2007** Summer Games Trophy Awards





**2008** Street Party



**2009** Ladies' No-Stress Golf



**2009** BGCC Choir

“Thinking back over the 10 years I have been involved with *HOTG*, it is hard to believe there have been so many positive changes as the magazine (and now the website) continue to evolve success! Here's to the future. May it be even brighter.

– **Donna Clark**, chairperson, board of directors



**2010** Condo 3 BBQ



**2011** BGCC Tennis Canada Day



**2011** Summer Games



**2011** Summer Games



**2012** Ladies' BGCC Breast Cancer Charity Golf



**2013** Bollywood Night

**Continued on page 32**





**2014** Summer on the Patio



**2014** Tennis Dance



Volunteering in different capacities on *HOTG* over the last seven years has given me a great deal of satisfaction. I have learned a lot about publishing, worked with very talented people and made new friends. I look forward to our future.

– Elaine Saksons, publisher



**2015** Quilting



**2016** BGCC Charity Drive for Children



**2016** BGCC Computer Club



**2018** Men's Golf Charity





**2019** HOTG Cover-Summer Games Winners



**2019** HOTG Summer Games-Bocce



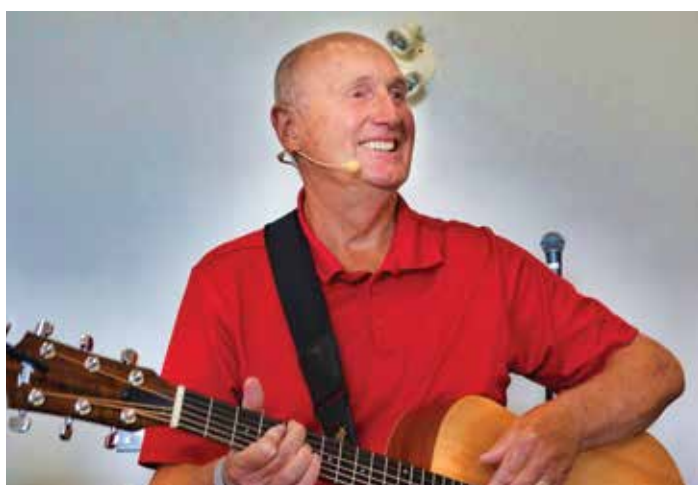
**2020** Johanna Burkhard-Tasty Recipes



**2019** Legendary Trail Santas



**2022** Wayne Burgess-BGCC Activities Organizer



**2022** The Pacemakers' Bob Ross

“

We spent three wonderful years with HOTG as editors, followed by three years as publishers. So exciting to see it still flourishing after 20 years, thanks to the valuable contribution of the many volunteers and contributors.

– Kay and Lloyd Pinnock

# Anniversary Reflections

BY PAT WOOD



As our *Home on the Green* turns twenty, Anita has kindly allowed me to briefly come out of retirement to share some reflections with you.

It was my privilege to write for the "book" for some 15 years, penning some 54 columns and innumerable social summaries. During that time, I watched it develop from a black and white, somewhat slim, neighbourhood newsletter, to the colourful, glossy, professional version of today. Ruth Flannigan's "great idea" continues to bloom.

In the beginning (sounds almost biblical, doesn't it?), we were a new housing concept, all new neighbours with many similar interests and tastes. Both native Torontonians, hubby and I moved "north" from our established friends in search of more convenient housing and inadvertently stumbled into party central –seven cocktail parties that first Christmas! As a member of the Social Committee, I started writing summaries of events for the magazine that turned into columns in 2005.

Over the years, so many residents brought their wide variety of skills and hard work to our magazine project. When the Post Office failed us in delivery, we did it ourselves. When we needed colour and more pages, residents sold more advertising. Residents with financial backgrounds kept the books afloat while printing experts made improvements. Remember, we've never had to pay for the magazine!

Of course, there were some growing pains, minor power struggles and very lively discussions over the "covers", most of which are really beautiful. As a contributor, I am proud to have been involved with such creative and outstanding people. As a community, we should be very proud of this collective, ever evolving effort.

I always enjoyed the after-issue meetings where new ideas and methods were floated and the annual luncheons, where we, once again collectively, gave ourselves a pat on the back for a job well done. I would encourage new neighbours to enjoy the experience of joining the magazine team.

For me personally, the magazine was just plain fun. It was never work. Some of my best ideas came in the middle of the night. I learned to get up and write the article then, before the morning muddled the ideas. The travel columns flowed easily, but my favourites like "Mouse in the House," "Colonoscopy" and "A Visit to the Dentist" (my dentist advertised in the book and actually sent me a nice letter) were just nonsense and a chuckle. Now retired, my mid-night tinkles are followed only by brief periods of insomnia, not inspiration. Oh wait, I am writing this at 3 a.m.

Participating in the magazine was just another lovely thing about living in Ballantrae. Thanks folks!



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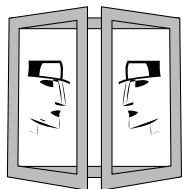
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# A Lifetime of Great Memories

BY JOHN GORMAN



As I recall it, I explained that there was no way that I was going to live in "the back of beyond." I didn't mind going for a drive north of Stouffville to look at an adult golf club community a couple of our friends had recommended, but there was no way I would consider relocating that far away from civilization.

In order to keep Elaine "happy" we had already investigated retirement developments in Markham and even Bobcaygeon. I had gone so far as to have made deposits on properties in both those centres – refundable deposits of course. But I was quite happy in Thornhill, although we were now empty nesters and I had no employment that required my convenient presence.

And of course, all of my friends (both of them) lived in the Thornhill area and I couldn't possibly lose touch with them.

My wife was devious enough to select an absolutely beautiful day for our drive to the far north housing development cleverly marketed as the Ballantrae Golf and Country Club. I had never heard of Ballantrae and had only heard that it was a one stoplight spot possessing virtually no adjacent shopping or dining facilities. As they say, "you had to come out to hunt."

Anyway...you know what happened that day twenty years ago. We went through the sales office, visited the model homes, had a smart lunch on the beautiful patio of the golf course and put a deposit on yet another deal. I should mention that the nice lady in the sales office assured us that the cell tower that overhung the complex would be gone very shortly.

Once committed, there seemed to be no turning back. Elaine was in love with the place and I soon realized that I was destined to spend my declining years in solitude learning how to play golf. Unfortunately, I was never much of a "joiner" and since the children had grown and gone on their way we had lost the need or excuse to mingle with neighbours.

However, I underestimated the unique charms of BGCC. For virtually all of us, it turned out that it was like starting all over again. It was reminiscent of when we were first married, buying our first home, raising our children. Here we were, minus the children, but embarking on a challenging new lifestyle in a new area – waiting for the lawn to be installed and the Recreation Centre to be built and waiting for neighbours to arrive.

It was impossible to ignore the invitations to mingle – complete strangers had patio parties to welcome newcomers like us to the area. Non-golfers were invited to join teams consistent with their ability – or lack of it. Suddenly folks were learning and playing new card games together, joining choirs and book clubs. And of course there was the lure of the improbable Summer Games. Even the grumpiest or shyest couldn't remain isolated.

All of this was publicized by a community magazine. The role of the magazine in shepherding the community into an informed and active family has been somewhat underappreciated. In truth, *Home on the Green* became a much anticipated observer and testimony of our existence and our growing fellowship.

On the surface, this neighbourhood may have been a curiosity for our families, but even our children eventually recognized the unique atmosphere that residency in BGCC provided. For the residents, *HOTG* provided more than simply a record of events and achievements; it reminded us of happy times and the joy of friendship.

Over time, it has become a vital resource for scheduling our surprisingly busy lives. Together with the community website it allows us to maintain a window on all of the many activities and opportunities that exist here in BGCC.

Many of us have been fortunate to be involved with this magazine and its associated enterprises. In truth I have benefited much more from my participation with *HOTG* than I could ever repay. Over time the memories that *HOTG* records will endure to remind me of the friendships I have been privileged to develop.

Those memories will exist for a lifetime.

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# Ballantrae Choir Revival



BY: MARGARET LUNN

After a three-year hiatus, the Ballantrae Choir finally returned and thanks to the support of the Ballantrae community, our two concerts were sold out!

In the spring when the executive decided to take a leap of faith and plan for a return, there were so many unknowns. We had no idea how things would work out. Would anyone even come to our concert? However, once tickets were on sale, we sold out earlier than ever before. Obviously, the Ballantrae community was as anxious for us to return as we were to perform.

New members of our community were keen to participate. On registration evening, 47 singers were

lined up to join. Almost half the choir was made up of new residents. Plus the men's section almost doubled. Under the most able leadership of our director, Lisa Kyriakides, and our rehearsal pianist, Lorraine Farro, our 13 rehearsals were successful. As a result, we had a new, improved sound.

We thank you for supporting the choir because without an audience, there would be no concert. For many, our Christmas concert starts the festive season and hopefully we will be back to do that again next year!







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# 2022 Christmas Dinner and Dance



The spirit and music of the holiday season was once again alive in our Ballantrae community after two long years of silence. The annual Ballantrae Dinner and Dance was back in full swing with 144 residents enjoying the wonderful music of the Pharmons, who kept everyone, including our line dancers, on the dance floor late into the evening.

The event was organized by the Ballantrae Social Committee under the amazing coordination of Jenny Gould, Ron Brewing and Sue Daly.

The room held a magical glow with sparkling centrepieces and holiday decorations set up by our very own Kathy McLeod and her creative volunteers. The guests enjoyed

delicious meals served and provided by O'Malley's Catering staff. The bar was skillfully managed by Doug and Lynne Peter while Ron Brewing ensured that it was well stocked.

Many thanks to all our sponsors including: Ballantrae Pharmacy, Boston Pizza, Kelly and Sons Roofing, JP Accounting and Tax Service, Georgio's Pizza, Coach House Pub, Card's Appliances and Stew Cannon. When you see any of our sponsors, please let them know how much their support is appreciated.

Thank you to all the Social Committee volunteers and our residents for making this event a great success.

## Ladies' Christmas Luncheon

After an absence of three long years, the much-anticipated Christmas luncheon for the ladies of Ballantrae returned on November 22, 2022. No one was disappointed.

Once more, Meadowbrook Golf Course, festively decorated, was the venue of choice with more than 100 ladies in attendance. Chief elves, Sue Daly and Jenny Gould, were assisted by their very efficient helpers behind the scenes. Through the generosity of Ballantrae Pharmacy, everyone received a delicious box of Lindor chocolates. Lucky diners also won numerous door prizes.

The luncheon was a return to normalcy for all of us. Laughter and merriment filled the room as friends and neighbours enjoyed each other's company and got caught up on personal news. It was a lovely beginning to the festive season, thanks to the hard-working members of the Ballantrae Social Committee.





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# The Pacemakers' Christmas Get-together 2022



On the heels of a successful dinner dance held on December 3, we were able to rock the house once again with The Pacemakers' event on December 14.

Every year, the Ballantrae Social Committee schedules The Pacemakers for performances and they have never disappointed us. These performances are posted on the HOTG website and in the lobby of the Recreation Centre. The event coordinators were Evelyn St. Clair and Val Burton, who, with the help of volunteers, ensured the venue, food and beverages were all in place. Great job!

This year attendees were asked to wear their Christmas sweaters. For a ticket price of \$15, people enjoyed pizza and a wonderful array of music selections; many were up dancing the entire time.

The community looks forward to 2023 and more music and fun-filled performances by our very own Pacemakers. The Social Committee looks forward to seeing you there!

(Volunteers help to make each event a success. If you are interested in helping out, you can contact Jenny Gould at [jennyvgould@gmail.com](mailto:jennyvgould@gmail.com))



## The Christmas Dinner Wish

KATHY BILLINGTON

Helping others is something that the residents of Ballantrae do very well. An example of their kindness and generosity was their donation of pies to the Christmas Dinner Wish which were collected by long-time Ballantrae resident and volunteer, Denise Casey.

The Christmas Dinner Wish was instituted to help those in need. Costs are completely funded by residents, local businesses, volunteer donations and annual support from the Stouffville Legacy Fund. The committee consists of six dedicated members and a volunteer team. It has organized the event throughout the pandemic and into this year where it operated out of the Ballantrae Community Centre.

Four hundred meals were delivered on Christmas Day, mainly to residents of Stouffville. O'Malley's Catering generously did the cooking and transported everything to the Ballantrae Community Centre at 9:30 a.m. that morning. Approximately 20 volunteers boxed the orders and delivered them to appreciative recipients.

Denise Casey's part was to collect 50 pies to complete the dinner package and to deliver them to O'Malley's by December 23. Her garage door was left open on December 22 and amazingly 58 pies, stacked high on the tables, appeared. What a beautiful sight! Denise would like to convey a huge thank you to all the residents who personally sent out requests to their pals asking for support of the Christmas Dinner Wish with a donation of a pie.

Thanks to Ballantrae residents, our part of the Christmas Dinner Wish was a wonderful, caring success.





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## BGCC Tennis Club

BY BRIAN MORRIS, President BGCC Tennis Club

We'd love to see YOU on the courts.

Maybe you used to play "back in the day." Did you love it? Were you fairly good at it? Did family and work then kind of get in the way, leaving you with little leisure time and energy?

Maybe you never played but you've been thinking lately that you really should get a little more active. Maybe you go to the gym, or walk, or cycle, but would like some activity that's more social and fun (not that the gym, biking and walking aren't fun).

So, what would it take to get you back to the game you loved years ago or to get you to try tennis for the first time? Seriously, what would it take? The offer of one free clinic? We're going to do that. Coming to one of our social events to meet members of our tennis community? A free trip to Hawaii? If you're even tempted, let us know. We'll make it easy and we'll be gentle.

Maybe lately you've been playing at other courts with friends. Maybe you've let your membership lapse.

### Special membership rates for 2023:

New members: \$40

Returning, non-playing, social members: \$25

Even if you're no longer able to play, come and be with us at our social gatherings. We'd love to see you.

Contact: Marna Moldon  
[marnamoldon@rogers.com](mailto:marnamoldon@rogers.com)



## LifeLong Learning Stouffville - a Six Part Educational Series this Spring!

BY DOUG MCINTYRE

Several years ago, a long time Ballantrae resident, Harry Renaud initiated a very successful "LifeLong Learning" program for seniors wishing to continue their learning and education on new topics. Through the years, up to 150 participants have enjoyed seminars by educated and informed experts from diverse walks of life!

This spring, another session will be presented to the Whitchurch/Stouffville community. Our confirmed guest speaker list ranges from gardening and tree planting advocate, Mark Cullen to lawyer and activist James Lockyer, acting for the wrongfully convicted including David Milgaard.

Also, Carleton professor, Michael Runtz will present his four-season photo tour of Algonquin Park, *Toronto Star* consumer cost-saving advocate, Ellen Roseman will provide insights and our neighbour Edward Nelles will discuss past "characters" who influenced many lives in roles we all should endeavor to follow.

Finally, Dr Izzeldin Abuelaish, now a University of Toronto professor, will discuss the terrible loss of his wife and children in a Middle East terror attack and his philosophy as outlined in his book *I Shall Not Hate: A Gaza Doctor's Story*.

Six sessions will be presented commencing April 17 at 2 p.m., and lasting for about two hours.

More details will be forthcoming, but we invite you to visit the website: [lifelonglearningstouffville.com](http://lifelonglearningstouffville.com).

If you register online, all future notices and how to attend each session will be automatically emailed to you. Keep an eye on the [hotg.ca](http://hotg.ca) events website for specific details.

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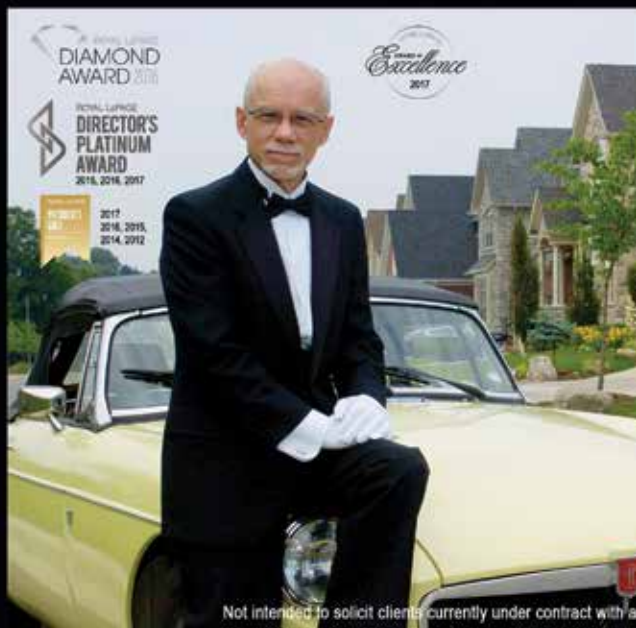
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# Birds of Prey

BY FRANK ALISON

The saying, "You have the eyes of a hawk" is so true. I have found that photographing this magnificent species is both extremely challenging and rewarding.

Raptor is a generic term for all birds of prey. Raptors are carnivorous birds with strong bills, large talons and exceptional sight and flight capabilities. There are more than 500 species worldwide and different types of raptors can be found in every type of habitat.

The word "raptor" derives from the Latin *repere*, meaning to seize or plunder – an apt description of birds that swoop down on their prey. I will identify the seven main families of raptors by common name, along with supporting photos.



## Osprey

Sometimes referred to as the "sea eagle," the sole member of the Pandionidae family catches fish with a spectacular dive from a hover. Its feet have long curved claws and spikes to provide extra grip for slippery fish. It can be fully submerged and rise with fish heavier than itself. It is the only bird of prey in North America that feeds almost exclusively on live fish.



## Secretary Bird

This oddball in looks and actions is not normally associated with raptors. Like the osprey, the secretary bird is the sole member of its family. It is known to be an excellent flyer but spends most of its time as a ground feeder on the grasslands and savannah of Africa searching for small mammals, reptiles, birds and snakes. Its prey is killed by blows from the beak or feet and swallowed whole.



## Turkey Vulture

This most widely distributed vulture in North America is



often seen riding thermals high in the sky searching for carrion. The bird is relatively weak and unable to make kills, but possesses excellent sight and sense of smell.



### **Red-tailed Hawk**

The red-tailed hawk is the most commonly seen hawk in North America. It likes to soar over open fields but prefers to take an elevated perch and wait for prey to appear. Its preferred meal is small mammals such as voles, mice and rats.



### **Bald Eagle**

Endemic to North America, it became the national emblem for the U.S. in 1782. Though built perfectly for the kill, for some reason it prefers to scavenge on carrion, fish, or steal from other birds like the osprey. Its distinctive white head takes four to five years to appear, at the age of maturity. The eagle nest is the largest among raptors and pairs mate for life, returning to the same nest each year.



### **Peregrine Falcon**

The fastest bird on the planet clocked at speeds of over 200 MPH, this species, like all true falcons, has a pointed "tooth" on its upper beak and a "notch" on the lower one. It bites the neck of captured prey. In 1970 the peregrine was on the brink of extinction. Saved only by an intensive captive breeding program and the banning of the insecticide DDT, it is now making a comeback.

**Continued on page 48**



# Birds of *Prey*

BY FRANK ALISON



## Barn Owl

So named for its favourite nesting location with its known availability of prey (mice), the barn owl is primarily nocturnal, but may be seen before sunset feeding its young. It has an extremely keen sense of hearing and night vision, along with silent flight, making it a very successful predator.



## Northern Goshawk

One of the most beautiful raptors and the largest of the accipiters, the powerful and agile goshawk is secretive by nature and not easily observed. It can move with speed in woodlands to take down its prey.

Happy birding.



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## Ballantrae Ladies' Golf League

The ladies play 18 holes on Monday mornings starting at 9 a.m. We are a group of fun-loving ladies of all abilities who like to socialize, get exercise and enjoy the fresh air. If you want to join, please contact Sandy Hinch.

[sandyhinch@hotmail.com](mailto:sandyhinch@hotmail.com)

905-591-3552

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## Women's No-Stress Golf

Hello to golfers and "maybe golfers."  
Are you looking for a fun activity to enjoy with your Ballantrae neighbours this spring?  
Come along to our

### No-Stress Golf Meet and Greet Tuesday, May 9, 10 a.m. Royal Stouffville Golf Club

(seven minutes south of Ballantrae on Hwy 48)

Here you'll meet new and "old" golfers who come out on Tuesday mornings all summer long to play the Executive 9-hole course and sit for a coffee afterward. If you're new to golf or new to Ballantrae we'll take you by the hand and get you started.

We don't keep score, and it's a shotgun start so we all start and finish at the same time. We do a random draw each week for player groupings.

For information and/or a ride to the Meet and Greet:

Jeanne Christie 905-640-0560

Nancy Forty 905-642-8666

## Ballantrae Men's Golf League



The Ballantrae Men's Golf League (BMGL) will kick off its 2023 season with the opening day luncheon on Tuesday, April 25, 2023, at the Recreation Centre at 1:00 p.m.

**The season will run from Tuesday, May 2 to Tuesday, September 26.**

BMGL is open to all residents in our Ballantrae community.

Our motto is: **HAVE FUN, ENJOY THE GAME and MEET YOUR NEIGHBOURS.**

Our membership fees for the season are \$95 or \$130 if you wish to enter our weekly 50/50 draws.

To find out more information about our league, please see the articles posted on the HOTG website under **Activities & Clubs – Golf**.

Or you can contact us at:  
[ballantraemensgolfleague@gmail.com](mailto:ballantraemensgolfleague@gmail.com)

## Pickleball is Alive and Active in Stouffville

We now have eight dedicated pickleball courts in Memorial Park (2 Park Drive) behind the Stouffville Leisure Centre. This is quite an accomplishment for a town the size of Stouffville.

The Stouffville Pickleball Players have drop-in play seven days a week from 10 a.m. to noon from May to the end of September. On Monday evenings there is ladder play from 6 to 9 p.m. and Wednesday evenings there is drop-in play from 6 to 9 pm.

For more information, see the Stouffville Pickleball Players website at: [www.pickleballstouffville.ca](http://www.pickleballstouffville.ca) or contact Dennis Carter at [dwccarter@rogers.com](mailto:dwccarter@rogers.com)

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# Ballantrae Book Club *Roundup*

BY PAT REID

The pandemic affected our book clubs in various ways. Some clubs suspended meetings for a time, others met on Zoom and one determined group even bundled up and met, socially distanced, in a snowy forest. Despite all obstacles, reading carried on.

We haven't published a roundup of book club favourites for the last couple of years so such a list is well overdue. Not surprisingly, there is some overlap in the lists. Three novels appear on three different lists: *Where the Crawdads Sing*, a captivating mix of romance, mystery and murder, is about an isolated North Carolina marsh girl. It was adapted to film in 2022. *Looking for Jane* outlines the fight for women's reproductive rights in Canada from the 1970s to the present and depicts the trauma of unmarried, pregnant young women sent to maternity homes against their will. *The Rose Code* is a novel about the real-life code breakers who worked at Britain's Bletchley Park during World War II.

Canadian authors, identified with an asterisk, are well represented in the lists with nine nominations. One example is Jon Tattrie's *Peace by Chocolate*, an inspirational true story about the experiences of a Syrian refugee family as they adjust to life in Antigonish, Nova Scotia and re-establish their successful chocolate business.

Whatever your reading tastes, there is surely something here for you to enjoy.

## Book Babes of Ballantrae: Margaret Lunn

*The Spoon Stealer*, Lesley Crewe \*  
*Where the Crawdads Sing*, Delia Owens  
*Truth, by Omission*, Daniel Beamish \*  
*Pachinko*, Min Jin Lee  
*Looking for Jane*, Heather Marshall \*

## The Bookies: Denise Casey

*Becoming*, Michelle Obama  
*The Rose Code*, Kate Quinn  
*Where the Crawdads Sing*, Delia Owens  
*Five Little Indians*, Michelle Good \*  
*The Gown*, Jennifer Robson \*  
*The Curious Charms of Arthur Pepper*, Phaedra Patrick

## The Page Turners: Alma Boyd

*August into Winter*, Guy Vanderhaeghe \*  
*Peace by Chocolate*, Jon Tattrie \*  
*When the Stars Go Dark*, Paula McLean  
*The Nature of Fragile Things*, Susan Meissner  
*The Midnight Library*, Matt Haig

## Reader's Companion: Pat Reid

*Looking for Jane*, Heather Marshall \*  
*Where the Crawdads Sing*, Delia Owens  
*The Rose Code*, Kate Quinn  
*Five Little Indians*, Michelle Good \*  
*Educated*, Tara Westover

## Wine, Women & Words: Jane Head/Sharon Pearson

*The Forgotten Daughter*, Joanna Goodman \*  
*The Forgotten Home Child*, Genevieve Graham \*  
*The Rose Code*, Kate Quinn  
*Becoming*, Michelle Obama  
*The Four Winds*, Kristin Hannah

## Words, Wine & Woman: Jan Richards

*The Language of Flowers*, Vanessa Diffenbaugh  
*Looking for Jane*, Heather Marshall \*  
*The Measure*, Nikki Erlick  
*Peace by Chocolate*, Jon Tattrie \*

If you belong to a Ballantrae book club and your group is not represented here, please reach out to me at [preid@creph.ca](mailto:preid@creph.ca) so that I can include your favourites next time.



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Left to right: Jack and Ruth Flanagan, Kathy and Frank Weis



For more memories from the *HOTG* team, past and present, go to <https://www.hotg.ca/wp-content/uploads/2023/03/HOTG-Volunteers-Reminisces.pdf>

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