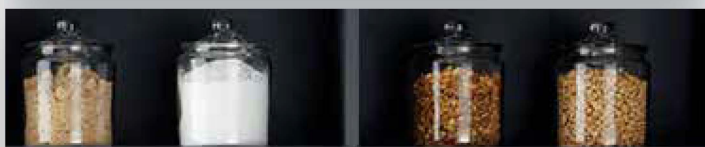


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Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in WORD format to magazine@hotg.ca. Home on the Green reserves the right to accept, edit or reject any submitted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



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MESSAGE FROM THE PUBLISHER

BY ELAINE SAKSONS



Welcome to the summer issue. I trust we are experiencing our second summer this year ... that one week in April was amazing and a deserving reward for those who did not get away to warmer climes.

We would like to ask for your assistance during magazine delivery. We heard from some residents that their magazine did not survive the harsh winter weather. Our distribution team does an exceptional job getting the current issue to your door in a timely manner. However, they are unable to track who is home and who is away. You can help us out by being a good neighbour. When you receive your delivery, please collect the current issue for your neighbours. House sitters' schedules do not always coincide with the delivery of *HOTG*. If you are away during delivery, please make someone aware and request that they collect your issue for you.

Summer this year also means the BALLANTRAE SUMMER GAMES are back. We are putting people in place to take photos of the various events. The *HOTG* website now includes a heading BSG for the Ballantrae Summer Games and contains a lot of valuable information. Games rules are being posted as they come in. My first Games was 2013 (we had moved in April 2012). It was an excellent opportunity to meet many people from my Condo for the first time. It's a good idea to wear your name tag as we have lots of newbies to our community and our Games. Need to order a name tag? See page 52 in this issue!

We will have coverage in the fall issue. So in August, participate, have fun and look for pictures of yourselves!

Elaine Saksons





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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE

BY MAURICE SMITH



Town water meter matters

The Town of Stouffville has partnered with Vertex One to provide an online customer water use portal which will help you monitor your home water consumption. It could help you avoid paying for costly leaks.

This portal was launched in May in conjunction with the town's Water Meter Replacement Program. Over 98% of the homes in Ballantrae Golf & Country Club have had their water meter changed. If you have not as yet, I can facilitate the process for you. Once the meter is changed and your account is registered, you will be able to access the WaterWatch portal.

WaterWatch is a web-based platform that allows you to monitor your daily water usage, manage leak alerts and compare your usage against your account's historical data. It also allows the town's computer to communicate directly with you to advise of changes in your water usage that perhaps you have overlooked. It can detect (and warn you) of leaks based on data from daily readings. WaterWatch will also provide you with links to text, videos and instructions on how to locate a leak.

If you have had your meter replaced in the last two years and have an email address on file with the town, you will have been invited to register at the WaterWatch portal. The invite includes a link that will direct you to the registration page. All you need to access this process is your water account number, your postal code and your created password.

Mayor's Newsletter

The general theme for my articles in this magazine is to keep residents informed about matters pertaining to our immediate area. Recently Mayor Lovatt launched a monthly newsletter that covers important issues and happenings in all areas of Whitchurch-Stouffville. If you would like to receive the Mayor's Community Newsletter, please visit www.Lovatt.ca/newsletter. These newsletters are very informative.



The LENDERY – a Library of Things

I am excited to announce that Stouffville Public Library recently introduced a new project called the LENDERY. Customers with a library card can now place holds and borrow items from the Lendery.

A Lendery is a collection of items you can borrow for your home, projects and adventures. A Lendery, also known as a "library of things," provides free access to equipment, technologies, and experiences that foster learning within our community. Although it is a small collection right now, for the launch they do have badminton sets, pickleball racquets, a power washer, a bread maker, robotics, a large coffee urn for your parties and so much more! All existing puzzles, games, Chromebooks, book club kits and the snowshoe collection have been relocated into the Lendery. New exciting additions will be coming over the next months.

Its new webpage is also live at wsplibrary.ca. I invite you to take a moment to explore this site for answers to any questions on borrowing from the Lendery. Additionally, there is a section where you can "Suggest a Purchase" so that items you believe may be complementary could be added to the Lendery.



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The Unsinkable Sam

BY LINDA LEGALLAIS



Can you think of one creature on earth that has flown into space, been mummified with ancient Egyptian Pharaohs, survived countless shipwrecks, been considered a god by some and a devil by others, and is one of the most popular pets throughout history? Why it's the cat of course: that amazing, somewhat domesticated, cousin of the lion and tiger.

Cats usually fall into the "love 'em or hate 'em" category. Those who love them do not need to be convinced of what marvellous creatures they are. Each one of us "cat fanciers" can tell you of a wonderful cat or two we have known. I've certainly had some fantastic feline friends – from Smokey, my childhood cat, to the gorgeous Balinese cats I preferred as an adult, to my much loved grand-kitties. Literature has given us some great fictional felines, from the Cheshire Cat, to Macavity, to the irresistible Cat in the Hat. But sometimes reality is even more amazing than fiction and there are some pretty amazing felines that can be found in the annals of history.

Today I will tell the tale of one such cat, respectfully referred to as Unsinkable Sam. Now I have to be up front with you. There are those who will say that this is merely a sea tale that has been greatly embellished. I prefer to believe it is completely accurate. Besides, when did facts get in the way of a good tale?

It is said that cats have nine lives. Well, Sam sure took advantage of them all! Our hero started his career on the ill-fated German battleship, *Bismarck*. Historians will confirm that the *Bismarck* was sunk in her first battle, Operation Rheinbung on May 26, 1941. Only 115 of 2,100 crewmen survived. One of those survivors was a black and white cat, rescued from the water by the crew of the British ship HMS *Cossack*. He was adopted by the crew and named Oskar; the spelling reflected that he was after all, German. They also chose that name because the International Code of Signals designates "O" as Man Overboard. A touch of irony?

Oskar served the next four months on the *Cossack* as the always important "ship's cat" until a second fateful day.



HMS Cossack crew with Oskar

While escorting a convoy from Gibraltar to Britain on October 24, 1941, the ship was torpedoed by a German submarine. That day 159 crewmen perished, but Oskar was not among them. He was rescued again and taken to shore in Gibraltar. His next assignment found him transferred to the British aircraft carrier, HMS *Ark Royal*. As well as a new ship he received his new name, Unsinkable Sam.

Can you guess what happened next? On November 13, 1941, the *Ark Royal* was also hit by a German torpedo, this one from U-18, one of the German Navy's infamous U-boats. Fortunately the ship sank very slowly so all but one crewman survived. Of course that included Sam. He was found clinging to debris by the crew of the HMS *Legion*. As one sailor described him, he was "angry but quite unharmed!"

The consensus was that Sam had done his part and he was retired from life at sea. Perhaps it was felt that his luck didn't seem to be helping any of his shipmates? He was adopted by a seaman's family in Sailortown, Belfast, Northern Ireland, a working-class dockland community that survived until the mid-1960s. Sam lived out the rest of his life as a well-loved pet until he passed away peacefully in 1955, with six of his nine lives still intact. His portrait *Oscar, the Bismarck's Cat* (note the spelling. I guess he had become British?) hangs today in the National Maritime Museum in Greenwich, England. Sam/Oskar/Oscar may very well be the only "sailor" to have served in both the German Kriegsmarine and Britain's Royal Navy. That's a tale of survival! Now that that you've heard Sam's amazing tale, I hope those of you who aren't fond of cats may at least be able to admire one.

Side note; some of you may recall an article I wrote several issues ago concerning the rescue of giraffes in Kenya's Rift Valley. If you liked that article, you may enjoy the *National Geographic* special that was made about that very rescue and featured the lovely Asiwa. It's called *Saving Giraffes, The Long Journey Home*, and is available on Disney+.



Oscar, the Bismarck's Cat by Georgina Shaw-Baker – National Marine Museum in Greenwich, UK



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ADVICE FOR AVOIDING AIRPORT ANXIETY

BY KEN MIYAUCHI



As COVID-19 has eased, our travel bug has been reenergized. However, the chaos at airports around the world, especially at Pearson, suggests that all is not yet back to normal. Let's examine some tips and tricks from multiple sources, including my own experience, to make flying more enjoyable.

Planning & Preparation

- According to CheapAir, the best days to buy airline tickets are Tuesday and Wednesday.
- Tools such as Expedia, Travelocity, Kayak, CheapAir, FlightHub, Skyscanner, etc. are useful for finding cheap flights. Try Google ITA Matrix, a little-known tool that is also very useful and more flexible. The only disadvantage is that you cannot book flights on this platform. Sometimes, the airline website may have a deal and be your best option.
- If you prefer to avoid all of the research, use a travel agent to do the work. Complex itineraries involving multiple cities/countries are best left to the experts.
- If you are bothered by air turbulence, book a flight in the early morning as most turbulence tends to occur in the afternoon.
- If you hate crowded airports, book a redeye flight that leaves late at night and arrives early the next morning.
- First Class or Business Class may be worthwhile on very long flights but if you are unwilling to pay the high cost, consider upgrading to Premium Economy. It will provide a little more seat recline and legroom, a free checked bag, better food, and sometimes even a separate cabin. The best feature, in my opinion, is priority boarding.
- Buying one-way tickets using the same or multiple carriers may be cheaper than round-trip flights.
- Use Seatguru.com to see the plane's layout. Front row, exit row, and bulkhead row seats have greater legroom, but no under seat storage. For best seating, book in advance at a nominal fee.
- Download your airline's app for valuable information on schedules, delays, in-flight amenities and important announcements.

- Download the FLIO app to find airport information such as arrival and departure times, gate locations, food options, the best shops, transportation and terminal maps at more than 3000 airports. This is especially useful at layover stops.
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- Download the AirHelp app to get compensated for flight delays or cancelled flights. AirHelp is free and automatically tracks flights for delays, cancellations and any other unforeseen circumstances that could mean compensation for passengers.
- Call your bank to let them know you're travelling to prevent them from locking your card because of suspected fraud.
- Check in 24 hours before your flight and download or print your boarding pass.
- Check your flight's status before heading to the airport.
- Leave lots of time to get to the airport. It is better to be hours early than minutes late.
- Consider arriving the day before at your first stop. The cost of a night's hotel is cheaper than a missed tour or cruise

Packing

- Consider signing up for Nexus to expedite security/customs clearance.
- Scan your passport, etc. and email a copy to your phone or print all documents.
- Bring a portable charger and universal adapter and charge everything beforehand.
- Bring disinfectant wipes, hand sanitizer and N-95 masks.
- Frozen liquids are permissible or bring an empty bottle to refill after passing through security.
- Bring a sewing kit, spare Ziploc bags, elastics, zip ties and tape for unforeseen problems.
- Collect hotel toiletries for use at airports and on planes or buy at your destination to save space and to avoid spills.
- Bring a portable scale to avoid unwanted luggage charges.
- Pack your most important items in your carry-on: medications, phone chargers, important documents, change of clothes, toiletries, empty water bottle, scale and any valuables.
- Roll clothes and use packing cubes to maximize suitcase space.
- Wrap breakable items with clothes.
- Keep jewelry untangled in your luggage by threading

Continued on page 11

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ADVICE FOR AVOIDING AIRPORT ANXIETY CONTINUED

necklaces through a straw, and placing them in Ziplock bags to prevent loss.

- Put a binder clip over the head of your razor to prevent injuries.
- Put checked liquids in multiple plastic bags in case of leaks.
- Use a hidden money belt for passports, money and credit cards. Carry two wallets: one for your day's cash and one credit card, the other a decoy/dummy wallet with minimal cash and fake cards.
- Pack light and do laundry on your trip. Bring powdered laundry soap, a stain stick, and a portable clothes line.
- Toss a dryer sheet in your suitcase to keep clothes smelling fresh.
- Remember the 311 Rule: 3 oz (100 ml) liquids in a single quart-sized Ziplock bag are allowed, one per person.

At The Airport

- To avoid overweight baggage charges, wear your bulkiest clothing items; you can always take them off once you are past security. Layered clothing will also be more comfortable on the plane.
- Consider paying for a VIP lounge pass instead of eating a meal at an airport restaurant. The lounge has free food, free drinks, better WiFi, televisions and comfortable seating. As an example, Plaza Premium Lounge at Pearson Airport charges \$66.68 (tax included) for a 2-hour stay which will suffice in most instances.
- If you don't wish to pay for a VIP lounge, always check for free WiFi. To get extra time on free airport WiFi, roll back the time on your device. Airport restaurants often require a password. Yelp, TripAdvisor, and the Four Square app can often provide them. To avoid security risks, use a VPN (Virtual Private Network) when you connect to the internet and make sure your anti-virus protection is up to date. Also, use a fake id (I use Chuck Wagon as my persona) to avoid identification.
- Never exchange currency at the airport. Do it at a bank before or after the flight.
- Take a photo of your parking space to assist your memory.
- Ask for and attach a "FRAGILE" sticker to your luggage. While a little devious, it gets your bags loaded last and unloaded first.
- Carry a power bar with USB outlets to charge multiple devices from one electrical outlet.
- Use TSA approved locks on suitcases. Security can open your luggage without damaging the lock or the suitcase.
- A GPS tracker inside your luggage will aid in locating it if it is lost or stolen. Most GPS trackers have a limited range,

usually within the airport. The Apple AirTag has a much greater range at a reasonable price.

- Head to the left and furthest security line for faster service.
- To avoid delays and lost items, place your pocket contents (i.e. loose change, watch, jewelry, wallet, phone, etc.) and belt into your carry-on bag prior to security check-in.
- At the departure lounge check-in, let it be known if you are celebrating a special occasion. It may result in special treatment such as a free upgrade or other perks.
- Stand near the business class check-in line. When the economy passengers are called, you'll be in an optimal position to be first in line.
- If your flight is cancelled, use your phone to get your flight re-booked. This is usually much faster than waiting in line.
- Pre-book your ride or catch a cab home from departures not arrivals.
- Shred plane tickets and boarding passes after flights and after receiving frequent flyer points. The barcodes contain personal information.

On The Plane

- Sanitize your seat, headrest, armrests and tray table.
- Keep the air on to blow germs away.
- Bring an empty pillow case. Stuffed with a bulky coat or scarf, it makes a nice pillow.
- Wear glasses as contacts dry out and irritate your eyes.
- Wear socks to minimize odours. Compression socks help circulation. Teabags inside your shoes will nullify the odours. On the plane you can wear the disposable slippers from your last hotel visit.
- Bring your own instant coffee packages (hotels provide them) and teabags if drinks are not free; hot water is usually free.
- Drink lots of water or electrolyte drinks to stay hydrated.
- Avoid carbonated drinks (bloating) and ice cubes (health hazard).
- Bring your own noise-cancelling Bluetooth headphones and ear plugs.
- Be considerate of the person sitting behind you before reclining your seat.
- As a backup, download entertainment to your laptop and books to your e-reader. You can also bring a paper book and a small flashlight.

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WEST SIDE STORY - THE MUSICAL THAT ALMOST WASN'T

BY GREG MCCAIN



In 1949, director Jerome Robbins, who was at that time choreographer of the New York City Ballet, proposed that Leonard Bernstein write a musical based directly on Shakespeare's *Romeo and Juliet*. Far less well known is that Shakespeare based his play (in 1594) on a narrative poem by Arthur Brooke (in 1562). Arthur Laurents, who had never written a musical, was brought in to write the libretto.

Jerome Robbins first envisioned Juliet as a Jewish girl and Romeo as an Italian Catholic. The action, taking place during Easter/Passover season, was set in New York City's Lower East Side and the original title was to be *East Side Story*.

The original producer pulled out of the project because she thought the story was too dark and depressing and that it would flop. The project did flounder until 1955 when teenage gang violence in Los Angeles made the news. Bernstein was in L.A. at the time, conducting at the Hollywood Bowl. Laurents presented the idea of changing the conflict to involve Puerto Rican versus white gangs on the then grungy Upper West Side of Manhattan.

They approached a young lyricist, Stephen Sondheim, then only 25 years old. Stephen was mentored by the great Oscar Hammerstein II. Stephen asked Oscar if he should accept the offer to write only the lyrics and Oscar told him that he should never give up an opportunity to work with Leonard Bernstein and that he would benefit from the experience. Sondheim went on to be one of the most famous composers and lyricists in modern musical theatre history.

West Side Story opened on Broadway in 1957, receiving a Tony nomination for best musical (won by *The Music Man*). The film version won 10 Academy awards including an Oscar for best picture in 1961. The 2021 remake of the film was directed by Stephen Spielberg with a new screenplay by Tony Kushner. This is definitely evidence that hard work and persistence pay off.

Jerome Robbins was such a perfectionist that for the film version the producers had to fire him and bring in Peter Gennaro just to get the film completed on time.

The original role of Maria was offered to Audrey Hepburn who turned it down for medical reasons (she had recently had a miscarriage) and the part in the film was played by Natalie Wood. Natalie's singing voice was dubbed over by

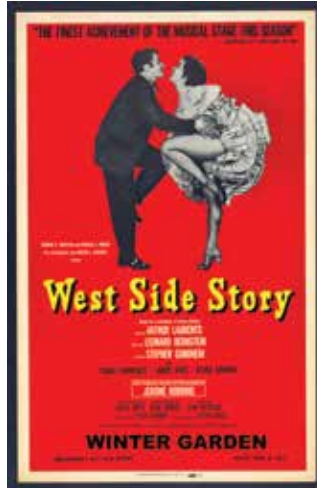
ghostsinger Marni Nixon. Audrey Hepburn later went on to play Eliza Doolittle in the film version of *My Fair Lady*. Marni Nixon also dubbed her singing voice. If you watch these movies they are excellent examples of Hollywood dubbing.

What is it that all the collaborators on *West Side Story* have in common? They were all Jewish and all gay men.

I find it fascinating that these men wrote a blockbuster musical based on themes of immigrants, prejudice, race and discrimination in the 1950s, ideas ever so present today. Perhaps their dream that, "somewhere there's a place for us" is the utopian hope for the future in 2023.

Looking at the struggle these men had producing a major musical classic reminds me that we should never give up hope if at first we don't succeed. As Yogi Berra once said, "When you come to a fork in the road, take it."

NEVER GIVE UP HOPE



West Side Story 1957 poster



Leonard Bernstein back stage



Left to right, Stephen Sondheim & Leonard Bernstein

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Scanning Around For An *Easier Way!*

BY BRIAN FREEDMAN



Back in March, Al Moldon and I had the pleasure of re-starting the Smart Technology Club (formerly called the Computer Club) after a roughly three-year hiatus. I have been encouraged to use my article this time around to share what I presented during that session for the benefit of all. So here it goes.

From time to time we are all faced with a need to scan a physical item such as a paper receipt, a form, an agreement and so forth, in order to create an electronic version that can be saved to a computer. Typically we do this because we need to send it off to someone electronically, which usually means sending it as an attachment to an email. Signing and returning a form or application to an accountant, lawyer, banker or vacation property owner are common examples. Thankfully, these situations arise far less frequently today due to an increasingly common use of digital signatures. However, it is because we do this so infrequently that we forget how to do it just at the moment of need. Or it simply doesn't work when we need it to!

Let's face it, the process of scanning a document can be a rather complex ordeal involving a printer coupled with software that can look rather intimidating. And, once scanned, the more advanced computer skills needed to locate and attach the file to an outgoing email might add to that complexity (and frustration). Sound familiar?

Well, now you can forget that complicated process involving your printer and computer thanks to a free app I found that handles this process with ease and with great results using any mobile device: iPhone, iPad, Android phone or tablet. The first step is to download/install the Adobe Scan app available from the App Store (iPhone/iPad) or Google Play Store (Android phone or tablet).

Once installed it will ask you to create a free Adobe account the first time you use it. Then you are ready to go. Place the document you want to scan on a nice flat surface where, ideally, there is plenty of light (although the app does do a great job of adjusting for low light conditions). Then hold your mobile device directly over the document and the app will do the rest. It will find the edges of the document and automatically take a photo. It will also give you the opportunity to adjust the edges after the photo is taken just in case it is a little off.

If the document is more than one page in length, no problem, as the app will give you the opportunity to repeat the process in order to create a page two and so forth. There are all kinds of tools to adjust the image, such as the brightness for example. You can even draw on the image should you wish to highlight or circle something. Once completed, tap on "Save PDF". Presto, you have created a professional looking PDF file ready for sharing!

Next you will be presented with some options. At this point, Adobe is pleased to offer some advanced options in return for a subscription fee which is not required. So avoid those features and tap on "Share." Then tap on "Share a copy." Do not use either "Share link" or "Email" as both of those options will require your recipient to create an Adobe account in order to view your file. Once you tap on "Share a copy" you will be presented with the typical options of how you wish to share (email, text, etc). If you select "Mail" for example, your email app will open and the PDF image you created will be automatically attached, ready for you to address and send.



Janette Simmons from *Legendary Trail* demonstrates with her Android phone

The Adobe Scan app includes a number of helpful features such as recognizing text in a business card or scanning pages from a book. It is all quite intuitive, so spend some time exploring what the app can do for free. Options might appear slightly different depending on the type or age of your mobile device, but you'll find your way around easily. You can certainly do no harm by trying!

If you would like to learn more about apps like this as well as the vast array of smart devices you might benefit from today or in the future just let me know and I will include you in the email distribution list to receive notices of upcoming sessions and topics we are covering at each Smart Technology Club session. Our group is free of course for all BGCC residents and friends to attend and no membership is required. Sessions take place once per month with lots of advanced notice. And we just LOVE lots of questions so be sure to bring yours!

Continued on page 17



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Scanning Around For An *Easier Way!* CONTINUED



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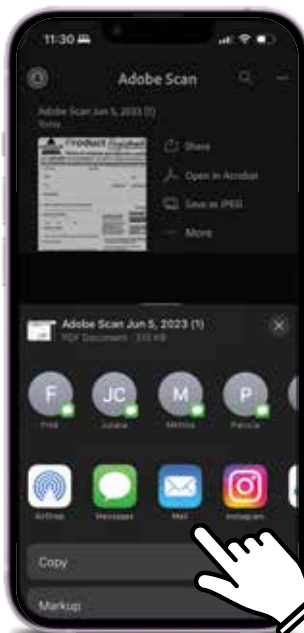
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Tap to save your image as a PDF file.



STEP 4

Tap on *Share* and then tap on *Share a copy* from the menu which will appear at the bottom.



STEP 5

Tap on the app you want to share it with. In this example we will use *Mail*.



STEP 6

Email app will open with image already included. Just complete the rest of your email and send it off!

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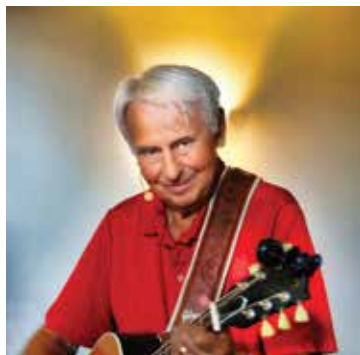
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The Teacher's Teacher

BY LYNNE BALFOUR



Ray Stadnick is a founding and participating member of Ballantrae Golf & Country Club's own musical entertainment, The Pacemakers. Ray plays rhythm guitar, harmonica and occasionally the five-string banjo which he obviously enjoys. He has always had an interest in music, and as an educator, he felt it was important to

integrate music, art, drama and dance with physical education in the elementary school curriculum.

As a teenager, Ray moved to Tweed, Ontario, a small town halfway between Toronto and Ottawa. He attended teacher's college in Peterborough. After starting to teach at age 18, he met Patricia Parker through a mutual friend and married her in 1965. Ray studied at night and in summers while teaching primary school to earn his B.A., B.Ed. and Phys. Ed. specialist qualifications. He worked as a Phys. Ed. teacher and consultant for 10 years before becoming a public school principal in North York.

In 1984 Ray took a sabbatical year to study in London, England, at the University of London. The British had already done a lot of work in movement education and creative dance. Ray wanted to see how this could benefit Ontario schools. His goal was to continue to develop physical education in conjunction with the arts, particularly music. Much to his surprise, during his sabbatical his personal tutor was an opera singer!

Having been inspired by his sabbatical studies, he collaborated with the University of Toronto, Faculty of Education, to develop and offer similar summer courses for Ontario teachers. Ray organized the first course with his tutor which was offered the following summer in London, England. They stayed in a student residence, observed classrooms in England (ongoing in July), and attended workshops and lectures given by the University of London. This additional qualification course was held for 55 Ontario teachers every July for nine summers. Ray became the official coordinating overseas course principal for the University of Toronto. Subsequent similar courses were held in Denmark, Spain, Italy, New Zealand, Japan and China. Each country's course was a little different, influenced by their culture and social attitudes. These courses involved approximately 800 Ontario teachers.

During the school year, Ray continued as principal of several schools in North York, as well as principal of the Lab school and teacher training at the Institute of Child Study, University of Toronto. After retiring from the public school system, he became headmaster of Scarborough Christian High School.

In 2001, he went to Ukraine to recruit students for that school. Two outstanding students who impressed him would not have been able financially to take advantage of this opportunity, so Ray and Pat offered to take them into their own home until they completed high school. On graduation they were awarded full scholarships at Redeemer University College in Ancaster. They completed four-year courses in business. Between working part time and the scholarships, they had no student debt. One of them is now CFO of a major Burlington company and the other is teaching part-time at Redeemer College.

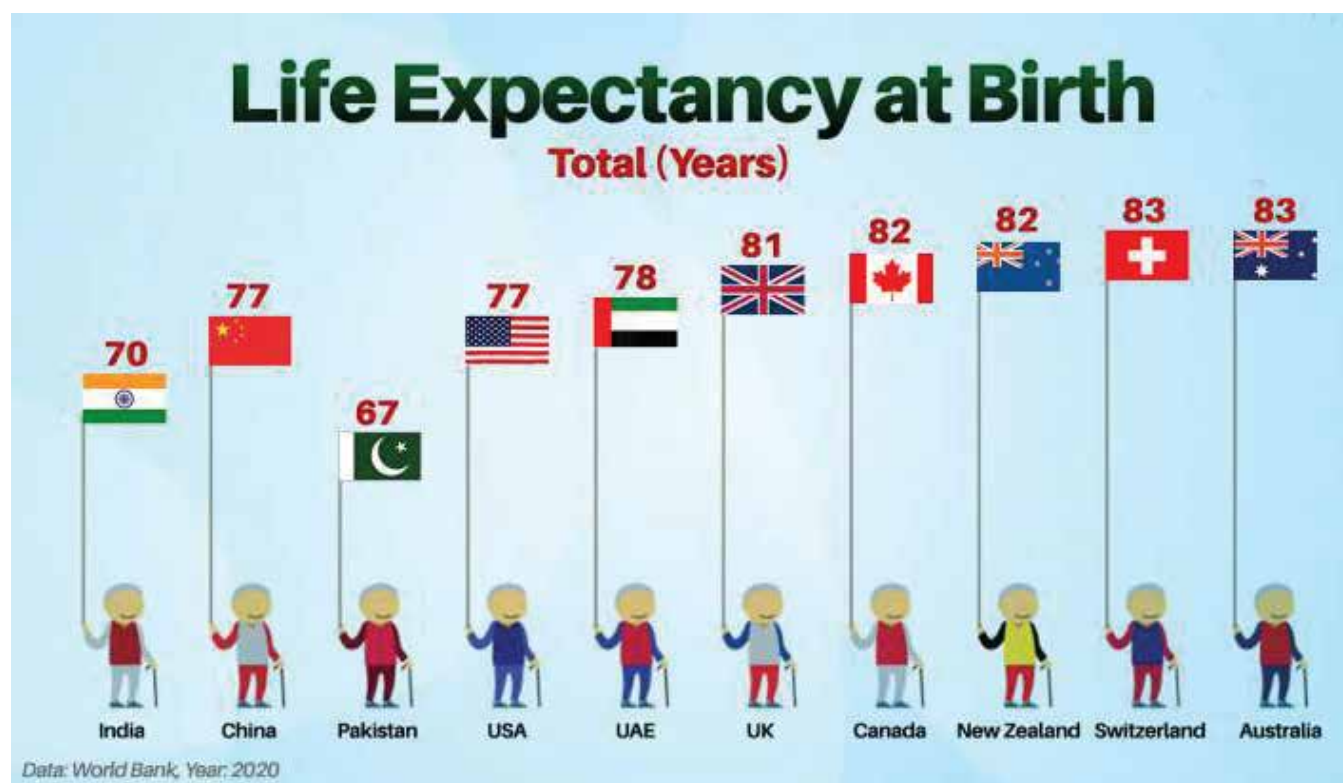
About eight years ago, Ray was asked by a Christian organization called Heart of Africa, located in Swaziland, to lead an international committee to develop plans for a school for orphaned children. This organization takes in abandoned babies, takes care of their needs and treats them as a large family. As the children grow up, they attend that school until they graduate from grade 12. Presently the school has over 300 children. They will be brought up by the caring individuals in Heart of Africa until they are 18 and graduate with the skills necessary to become future leaders in their society.

Ray is proud of his contributions to education and he is still a busy man. He enjoys his family, including two daughters and four grandchildren, his music, BGCC and of course... a round of golf, when he can fit it in.



Improving our Health Span and Longevity

BY DAYNA STODDART



I am fascinated by how science and research related to health and fitness continues to evolve.

Lifespan versus health span, longevity, centenarian and epigenetics are words that catch my attention. My focus has always been on health promotion and disease prevention.

Lifespan is the length of time a person lives or functions. Health span is the part of a person's life during which they are generally in good health. Longevity is the duration of individual life or long existence. A centenarian is a person who is 100 or more years old. Epigenetics is the study of how your behaviours and environment can cause changes that affect the way your genes work.

I have been listening to podcasts by Dr. Mark Hyman, M.D., senior advisor for the Cleveland Clinic's Centre for Functional Medicine. I love his statement that we are now understanding how to "hack our biology to upgrade our biological software."

We refer to chronological age as determined by our birthday. Biological age can accelerate or reverse at any point in time based on inputs to our biology. Recent advances in science now allow us to measure our biological age.



Dr. Mark Hyman, M.D.

Here are four ways to improve your longevity.

The key is lifestyle choices. You can go beyond your life expectancy and maximize your longevity by following these approaches with the goal of enhancing and extending your health span.

**1. Regular Exercise**

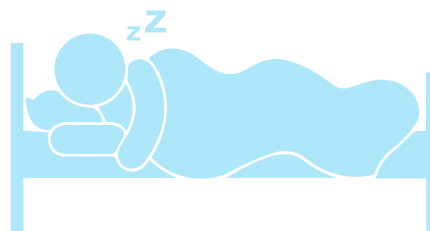
Exercise is one of the most critical factors for health and longevity, regardless of age. The benefit of exercise is exponential. It involves almost every aspect of the body and the brain by decreasing risk and treating and preventing diseases. It may take as little as 15 minutes of exercise each day to gain many benefits, such as an additional three years of life. My platform has been “exercise is medicine” for many years.

**2. Eat healthy plant foods.**

Many studies link eating plants to lowering your risk of diseases such as metabolic syndrome, cancer and heart disease, etc. This protective role of plants can be attributed to beneficial medicinal molecules called phytochemicals. They have the potential to prevent and reverse disease and extend life.

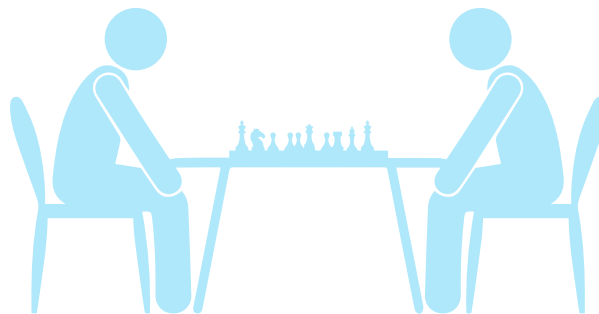
“Food is medicine” is moving to the forefront of research and functional medicine.

The *Feel Better/Deliciously Ella* app is a great resource for plant based food recipes.

**3. Good sleep patterns**

Sleep is needed to regulate cell function and to heal your body. Having a regular and consistent sleeping pattern is crucial; you should try to have a specific time to sleep and wake up every day. Sleep duration is also important. Sleeping too little or too much may decrease your longevity.

Mindful practices can help you move into a state of relaxation and prepare you for a good night's sleep. I recommend trying out the free app, *Insight Timer*.

**4. Nurture social life**

You can live up to 50 per cent longer with a healthy social network. It is not the numbers but the quality of those connections that count! It has been determined that just three social ties can decrease your premature death risk by more than 200 per cent. Having a strong and healthy social circle is linked to less stress. Loneliness is a growing epidemic. It is more than a bad feeling. It is as dangerous to your health as smoking 15 cigarettes a day and it is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety and premature death.

It is never too late to start implementing new habits to promote health!

“Your body is your vehicle ...it's the only place you have to live in.”

You are always in Your Prime when you are Thriving!

HOME
ON THE
GREEN

GOES GLOBAL

Our Cruise of a *Lifetime!*

BY MARY AND NORM BRESSER



In January this year, we took a 30-day cruise aboard the *Sapphire Princess* around the tip of South America and down to Antarctica.

The trip was everything we expected and more!

The Antarctic was teeming with wildlife such as whales, penguins and albatross. As the naturalist on board said, "This is like Alaska on steroids." There were so many glaciers and icebergs that we lost count!

We had fairly calm seas and the summer temperature was around +10c and windy in Antarctica, and +30c and humid in Argentina and Chile.

The captain reminded us frequently that it was more of an adventure than a cruise and that the itinerary could change quickly based on the weather. Luckily, a very skilled crew ensured that we were able to avoid any major storms.

The highlight of the trip was our visit to the Falkland Islands. We went offroad for a few hours to "Volunteer Point" where we saw Magellanic,

Gentoo and King Penguins nesting there for the summer. They were quite unconcerned by our presence and even though we had to stay about five metres away from them, the photo opportunities were endless!

The picture of Mary was on the ship with Elephant Island in the background at the entrance to the Antarctic Peninsula.

The photo of Norm was taken at the most southerly golf course in the world, in Ushuaia, Argentina, in the Beagle Strait at the bottom of South America. The course is closed on Mondays so he wasn't able to play but the manager let him into the pro shop to purchase some balls and a ball marker.

Travel tip for anyone considering this trip – pack for all kinds of weather!





Mary Bresser



Norm Bresser



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The Magic's In The Music

BY BLAIR TULLIS



If one's body is a temple, mine was beginning to resemble a Mayan ruin. The foundation was still there, but I was a couple of blocks short of a pyramid.

Age does take its toll, of course, but three major foot surgeries and the resulting loss of the ability to get around a tennis court and to walk a golf course was starting to cramp my style, not to mention my leg muscles. Last fall, the realization hit that something actually had to be done to stem the ravages of time and to get back to some measure of physical competence.

The regimen, since last October, has been to go for a thrice-weekly bike ride around our wonderful community, followed up by a bit of a sweat in the gym. Like New Year's resolutions, however, the challenge is to stick to it and not to get bored enough to quit. Unlike playing tennis or pickleball for two hours with pals, exercising alone for the same period is a bit like watching paint dry, except you get tired doing it.

Enter my old pal, music. As The Lovin' Spoonful said in *Do You Believe in Magic*, it's in the music. The real magic is to put a soundtrack behind the exercise, where the joy of listening to music – and that means any old music that moves you – gives you a booster shot of happiness. Researchers have long been touting the therapeutic benefits of music to help heal the sick, give rest to the sleepless and take forgetful minds back

down memory lane to recapture the joy of life. Listening to, or playing music increases blood flow to the parts of the brain that control emotions and releases dopamine that brings a feeling of pleasure and well-being. Seems it also helps easily distracted exercisers to keep their noses to the proverbial grindstone.

The Spotify app and wireless earbuds have become cherished companions, setting the tone for the ride through the "hood" and fuelling my enthusiasm for pull downs and leg extensions at the gym. Of course, any music app, like Apple or Prime, will do the trick. For those who walk for conditioning, music can enhance your walking speed and rhythm, while keeping you energized to continue. It also helps you maintain your balance and lengthen your stride. If you get into it, you might even put in a few dance steps while doing the Masters loop.

In short, music has the power to make the mundane seem not so tedious. It distracts our minds from repetitive tasks, giving us a sense of pleasure at hearing something familiar. Whether it's a musical background playing behind your dinner preparations, your morning walk or getting you through a chemotherapy session, music seems to lighten the load. Stress dissipates when Josh Groban chimes in and energy levels rise with a dose of Bob Seger's *Old Time Rock and Roll*. It brings a smile to your face.



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A Taste of Toronto: Enjoy a smorgasbord of dishes in the world's most multi-cultural metropolis

BY ANITA DRAYCOTT

As a travel journalist, I have been writing about stellar “foodie” destinations for many years, yet, for no explicable reason, I have never written about my hometown. I was born, bred and educated in Toronto and I am justifiably proud of what is arguably the most vibrant multi-cultural metropolis in the world. Resulting from this merry melting pot of folks from all over the planet, Toronto offers up a smorgasbord of delights in its diversified ethnic neighbourhoods. You could start your day with a cappuccino in Little Italy, head to one of Toronto's six Chinatowns for dim sum and enjoy an authentic Indian vindaloo for dinner. There's also a posh cosmopolitan side to Canada's largest city where luxurious hotels and Michelin-starred restaurants will dazzle even the most demanding of patrons.



Fairmont Royal York Library Bar

Cocktails at Toronto's Grand Dame

When the Fairmont Royal York (100 Front St. W.) opened its doors in 1929, it was the finest hotel in the British Empire. Today, it's not the city's most trendy hotel but it's certainly the Grand Dame. Enjoy lavish cocktails at the snug Art Deco-inspired Library Bar, renowned for its Birdbath Martini made with QUILL vodka or gin specially crafted for the bar, Cocchi extra dry vermouth, house orange bitters and *fleur de sel*. Classic appetizer pairings include oysters Rockefeller, crab dip and truffled mushroom toast. For heartier fare, try the Bay Street Prime Rib sandwich.

www.fairmont.com/royal-york-toronto

A Taste of Paris

Toronto doesn't really have a French neighbourhood but Le Sélect Bistro (432 Wellington St. W) has been an institution



Le Sélect Bistro (Meghan Huryn photograph)



Le Sélect Bistro – Coquilles St.Jacques

since 1977 when it opened in its original location on Queen St. W. With its zinc bar, Art Deco fixtures and vintage posters, you might think you've been transported from downtown Toronto to Paris' Left Bank. Chef Ted Corrado's authentic Parisian bistro fare, such as French onion soup, *coquilles St. Jacques*, *sole meuniere* and more classics will not disappoint even the most ardent Francophile.

www.leselectbistro.com

Italian Inspiration Meets Canadian Ingredients

Michelin-starred Don Alfonso 1890 was named the second-best Italian restaurant in the world – outside of Italy, of course, according to the 50 Top Italy list for 2023. Having had the pleasure of dining at the original family-run Da Alfonso 1890 on the Amalfi Coast, I wasn't surprised. It was there that I had the best meal of my life! Don Alfonso's new Toronto location, atop the Westin Harbour Castle Hotel, has terrific views of



Hazelnut parfait



Don Alfonso 1890

Lake Ontario and the downtown skyline, but the spectacular cuisine is why there is a waiting list. From the a la carte menu, starters include Ontario Wagyu beef tenderloin, eel gelato with sturgeon caviar and Quebec Muscovy duck breast. Moving onto the main course, you might be tempted by Nova Scotia lobster with wild Ontario mushrooms and trout roe, wild turbot from British Columbia or a vegetarian mélange of crispy onion, zucchini, asparagus and cauliflower with a beet/garlic mayonnaise. Save room for the hazelnut parfait.

For an unforgettable splurge, go for the multi-course tasting menu with wine pairings.

www.donalfonsotoronto.com

Slice & Dice at Eataly



Eataly pizza

Try your hand at making Neapolitan-style pizza in a wood-fired oven or rolling ravioli at La Scuola di Eataly (55 Bloor St. W.) There are activities to suit all ages and tastes. The Kids' Pizza Class invites an adult and child (age 4 to 13) to a hands-on session of rolling dough and topping individual "pies." Want to learn the secret of making pillowy light gnocchi dumplings? Sign up for a class. Eataly stands for "eating Italian" which encompasses the history and the food culture of Italy. The first Eataly opened in Torino in 2007. Since then, Eataly has expanded, with more than 35 locations throughout Italy and the world. It is a veritable emporium of Italian products, restaurants and culinary experiences.

www.eataly.ca

Market Days



Carousel Bakery



Portuguese egg custard tarts

Toronto boasts two fantastic markets: Kensington and St. Lawrence. Kensington, bordering on downtown Chinatown, is crammed with treasures. The Global Cheese store sells *fromages* from all over the world and is very generous with tasting samples; Jimmy's Coffee serves up perfect javas; Dipped makes gourmet donuts with love and a lot of butter. From Chinese dim sum to Vietnamese pho to Mexican tacos to Jamaican patties – you can graze globally.

St. Lawrence Market, near Union Station, also offers a great variety of fish, meat, produce, cheese and baked goods. Foodies, such as the late Anthony Bourdain, raved about the peameal bacon sandwiches at Carousel Bakery. The line-ups at Buster's Sea Cove are worth the wait.

The Market Gallery on the second floor displays changing exhibitions that reveal the cultural, physical and social development of Toronto.

Little India



Little India



Little India

Little India began in the early 1970s. Realizing that South Asian immigrants to Toronto missed their Bollywood films and music, an enterprising Gian Naaz opened The Naaz Theatre. It's closed now but Little India, hailed as the largest South Asian marketplace in North America, is thriving. From Coxwell Avenue west for six blocks, both sides of Gerrard Street are choc-a-bloc with curry restaurants, sari, spice and tea shops, Bollywood music and an authentic Indian vibe. One of these days I'll get to India, but in the meantime, when I need more curry leaves or a Bollywood fix, Little India is just a streetcar ride away.

Indigenous Cuisine

If you've never bitten into a bison burger on a bannock bun or a cinnamon-dusted fried bear paw, head to Tea-N-Bannock (1294 Gerrard St. E.) near Little India. Started in 2002, this unpretentious restaurant serves indigenous cuisine with some modern twists. Bannock, the traditional bread of the First Nations of North America, comes baked or fried. Wild rice accompanies many dishes, including wild Arctic char. Labrador tea, picked near the boreal forests and swamps of Northern Ontario, has a refreshing taste and is known for its medicinal properties that can aid respiratory problems, colds and coughs. In fact, moose and deer nibble on the plant to sustain themselves over harsh winters. Grilled smoked salmon comes with salad and a sweetgrass vinaigrette. Desserts don't disappoint – especially the wild blueberry crumble. The Tea-N-Bannock team is led by chef Thomas Norton of the

Saugeen Nation and owner Enos Miller. Many items (teas, bannock, wild rice popcorn, maple syrup, blueberry jam) are on sale so you can enjoy indigenous cuisine at home.

www.teanbannock.ca

Vegetarian with a Mexican Twist



Rosalinda restaurant



Mexican Veggie

I am not a vegetarian but I do love the plant-based dishes at Rosalinda (133 Richmond St. W.) Their "chorizo" tamale is made with quinoa and tempeh. The "chicharron" substitutes pork crackling with roasted taro flour, roasted flax seeds, wheat and garlic salt. Wash down your tacos and fritters with a flight of three different mezcals.

www.rosalindarestaurant.com

Star-spangled Sushi

If dishing out \$680 per person for fish and rice sounds preposterous, dinner at Sushi Masaki Saito may not be your cup of sake. However, jet-setting chef Saito is the only person in the world to have earned two Michelin stars in both Toronto and New York. What makes it so special? Everything: the fish, the rice, the vinegar and the wasabi.

Many of us lesser informed Japanese food aficionados think the freshest fish makes the best sushi. Not so for chef Saito who ages it for as long as a week to deepen the flavour and transform the texture. Although it is common in Japan, aged Edomae sushi, as it's called, is almost unheard of in North America. The menu is based on the chef's daily inspirations. Sushi Masaki Saito (88 Avenue Rd.) is located in Toronto's posh Yorkville area.

Come Out To Play

BY PHIL BANNON

MONDAY, JUNE 5
Deadline for registration

SUNDAY, AUGUST 6
Playdowns commence

FRIDAY, AUGUST 18
Playdowns end

SATURDAY, AUGUST 19
Games commence
Opening ceremonies
Family Day

SUNDAY, AUGUST 27
Closing ceremonies
Awards presentation & photos
Cost \$40.00 per person



SCHEDULE

The Ballantrae Golf & Country Club is the most sought after market in southern Ontario for those seeking to live in an Active Adult Lifestyle community.

Over the years the competition in the retirement residence community has grown exponentially. If you are interested in drawing the attention of residents from any Adult Lifestyle Community, you must find a formula that keeps you in the lead in this marketplace. The Summer Games is the most integral part of that formula.

It has been four years since our last Games. It is time to put our community back on the map. Since 2007 our Summer Games have been one of the largest community events in York Region, recognized by local businesses and every level of government.

We are rebuilding the games from the ground up with new ideas, new activities and lots of new participants.

Come out, meet your neighbours and make new friends. Enjoy our social activities and competitive events, daily live entertainment, dancing, refreshments and good food. Find out what a real community is all about.

We expect to see many new faces and volunteers. It is volunteers who make the Games the success that they are.

The planning process is well underway. Registration Day was a huge success drawing over 600 residents who are looking forward to fun, activity and social events for two solid weeks.





Opening Day, Saturday, August 19, is a very special day for our community as we will feature our Family Day events and the Official Ceremonies with the political elite of York Region.

You are encouraged to invite your children and grandchildren to share in the celebration. There will be live entertainment, a jumping castle, tennis games, BMX rides, pool activities, an antique classic car show, York Regional Police, Stouffville Fire & Emergency Services and EMS. And we wouldn't dare have a Family Day event without Jimmy's Ice Cream truck!

PARTICIPATION is always the theme of our Games as points are awarded to the condo with the most registrations.

We will be featuring 47 different events this year. Some of the homemade wooden medal (thanks to our own Stew Cannon) winners from 2007 will be actively participating (taking part in?) in the Games this year! They will be celebrating their participation in 8 Summer Games over a total of 16 years.

While giving credit to our original 2007 Summer Games organizers, we reflect back on the spirit and enthusiasm of our residents decked out in their Summer Games attire parading around the community for all to watch and enjoy. Yes, we actually had a parade!

Sunday, August 27, is dedicated to awards presentations and celebrating your place in history as the 2023 Summer Games champions.

Our spirits are high, our tanks are full and our engines are revving.

hotg.ca will be the base of our operational information centre.

Lists of Condo Captains, Sport Captains, events, rules, schedule, updates and general information are available on the *HOTG* website. If you require further information, contact your individual Condo Captains or Sport Captains.

The Games enhance and enforce the overall positive attitude of our Active Adult Lifestyle community featuring health, wellness and congeniality.

Come out and enjoy the Games.

Phil Bannon

Chair 2023

Ballantrae Summer Games



Continued on page 32





More Good Reasons to Visit www.hotg.ca

BY PAUL MAK, WEBMASTER



Ballantrae Summer Games (BSG) 2023 Information Setup

This year's BSG information will be exclusively on the website, www.hotg.ca. There will not be any emails nor will there be a spreadsheet mounted on the wall in the Recreation Centre.

1. An icon, BSG 2023, has been added to the green menu bar at the top of our home page, between Activities & Clubs and Calendar. Click or tap on it. If you are using a smart phone, tap on the stack of three short lines at top right (nicknamed Hamburger) and you will see a drop down list of choices; tap BSG 2023.
2. This will bring you to the BSG 2023 home page which has the following sections:
 - a) BSG 2023 Chair remarks - introduction from the chair
 - b) Alerts – notification of any last-minute schedule changes
 - c) Registration Form
 - d) BSG Condo Captains with their contact information

e) Events – a list of all events, each of which is a link to its respective page. If there are multiple variations for an activity, as with Cycling and Run/Walk for example, each variation will be listed on that page. Event pages will have:

- Sport Captain remarks
- Condo Sports Captains with contact information
- Rules
- Location details
- Schedule
- Results


f) Schedule – in calendar format. Each calendar entry lists the time and location details for the event, along with a link to the respective event page which shows all details for the event.

- Note that this calendar shows ONLY BSG events. If you want to browse fitness classes or seminars, visit the calendar on the hotg.ca home page

g) Links to Event Pictures grouped into 12 categories

h) Our Sponsors

Paul Mak
BSG Communications



CONTACT US AT

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

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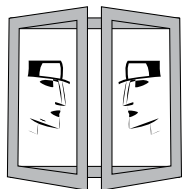
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BY JAN RICHARDS

R. Samuel McLaughlin, the youngest child of Robert and Mary McLaughlin, was born in 1871 in the hamlet of Enniskillen, Ontario. R. Samuel was founder of the McLaughlin Motor Car Company, one of the first major automobile manufacturers in Canada that eventually evolved into General Motors (GM) of Canada. Samuel's older brother, John, invented Canada Dry Ginger Ale (*HOTG Spring 2023*); Samuel certainly came from a family of entrepreneurs!

After finishing high school, Samuel worked at the local hardware store and when he was 16 he became an apprentice at his father's upholstery shop at McLaughlin Carriage Works. The carriage company opened in 1869 and became the largest manufacturer of horsedrawn buggies and sleighs in the British Empire. By 1892, Sam had become a junior partner in the company and several years later, he married Adelaide Mowbray. Sam and Adelaide had five daughters.

In 1899, a fire destroyed the carriage works company. The McLaughlin family rebuilt their business in Gananoque, but in 1900 the city of Oshawa offered the family a substantial loan enticing them to relocate to Oshawa. By November 1907, the McLaughlin Motor Car Company was incorporated and in the first year of operation, manufactured 154 cars. The first motorcar produced in Oshawa was the McLaughlin Buick Model F and as they say, the rest is history. Everything changed with the advent of the motorcar!

With increasing sales, the McLaughlin family developed and patented the "fifth wheel," a revolutionary turning mechanism which allowed the front wheels of a motorcar to turn independently from the chassis. By 1908, the McLaughlin Motor Car Company began producing car bodies for William Durant, the owner of the Buick Motor Company in Flint, Michigan. Durant provided the car engines to McLaughlin but unfortunately financial problems forced Durant to lose control of the company and Sam McLaughlin became president of General Motors of Canada. The company continued to sell cars under the McLaughlinBuick brand until 1942 when the production of automobiles was suspended. The Government of Canada had requested GM to produce vast quantities of armaments, vehicles and aircraft for the WWII war effort. Postwar, GM began to produce highperformance engines – Chevrolet Impala, Buick Regal, Pontiac Firebird and Chevrolet Camaro (GM's countermeasure to the Ford Mustang).

Sam McLaughlin retired as president of GM in 1945 and became chairman of the board, serving until his death in 1972. He established and supported education, health care and many arts and cultural charities – including the McLaughlin Planetarium in Toronto and the Boy Scout movement. Camp Samac now sits on a 150 acre parcel of land he donated.

"He was probably considered Canada's greatest philanthropist, contributing \$400 to \$700 million to various charities," according to Parkwood Curator, Samantha George. Both his automobile legacy and his philanthropic donations earned Sam many honorary degrees including his appointment to the Ontario Regiment as Honorary Colonel from 1921 to 1967 where he was affectionately known as "Colonel Sam".

The McLaughlin family mansion, Parkwood Estates, in Oshawa, was designated as a National Historic Site in 1989. You might want to schedule a tour of Colonel Sam's mansion and formal landscaped gardens, and enjoy the architectural grandeur – both inside and outside.



McLaughlin family mansion ...to the garden.



McLaughlin family mansion – Parkwood Estate National Historic Site of Canada, 2007



McLaughlin Buick – 1908 Model F



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HOTG Goes Local to View Tundra Swans

BY: MARGARET LUNN



Recently, residents of Ballantrae and their friends boarded a bus to Aylmer Wildlife Management Area to view the migration of tundra swans back to Yukon, Northwest Territories and Nunavut.

This location is a favourite staging area for migrating tundra swans as they make their 6,000 kilometre journey from Virginia and Maryland to the far north. These beautiful swans can be viewed annually from late February through March. Considered as perhaps one of the best places in North America to view the swans up close, this globally important bird area is situated on 112 acres of crown land. Visitors are offered several opportunities for wildlife viewing (particularly waterfowl and shore birds) from four observation decks, one of which is wheelchair accessible. The site has picnic tables, trails for hiking and portable washrooms.

Some interesting tundra swan facts:

- The swans live approximately 20 years and weigh approximately 20 pounds.
- Swans are approximately 53 inches long and have a wing span of about 60 inches.
- They pair for life.
- They have been reported flying as high as 15,000 feet. Humans require oxygen above 12,000 feet!
- Travel time going north is approximately 85 days at approximately 70 kilometres per hour.
- Travel time going south is approximately 101 days at approximately 50 kilometres per hour.
- (They travel slower going south because they have their young with them.)
- They will lay three to four eggs on average. Their nest, made from reeds, moss and feathers, is three feet high by three feet across.



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The Well Dressed Window

BY MAIRI VASIL

Don't we all envy contemporary homes with their large floor to ceiling windows bringing the outside in and allowing the view to become part of the decor! But these stylish windows can present their own challenges.



A spectacular view enhanced by full linen drapes with custom rod at ceiling height.

Windows frame our view, let in light and fresh air, and likely form the most significant architectural element of your home. How to approach the functionality and enhance the beauty of those windows can be very intimidating. Let's see if we can clarify some of those dilemmas.

First, Function!

Do you need to open the window or door? Is there a privacy or light issue? Do you have a view you want to show off, or a "brick wall" you might want to camouflage? How is the treatment going to appear and blend with the other windows from the outside? All these are considerations before you get to the fun part of selecting style and decor.



This room needed access to the door and total darkening.

Versatility!

Shutters allow total privacy while controlling the light with a lot of versatility. Because they have a profound design presence, they can easily be used by themselves.



The shutters control privacy and light. The drapery treatment enhances the scope of the window.

Blinds can accomplish the same thing but can be rolled out of sight and truly allow your unimpeded view to shine. The market has exploded with new blind styles and decor options. They can open bottom up or top down depending on the desired view. Once you have decided how, or if you need to control the light, privacy and function, we get to the "gilding the lily" part.



Custom roman blinds give us crisp clean design lines while offering versatility for controlling light.

Fabric

Draperies add an elegance and softness to your space. They also can be the finishing touch and set the mood in the room. Think of Versailles with sumptuous velvets and silks, or log cabin with plaids and linens. The choice can be overwhelming. This is where it can get tricky!

Don't skimp on the fabric (my husband is always gobsmacked at how a "few strips of fabric on either side of a window"

Continued on page 42

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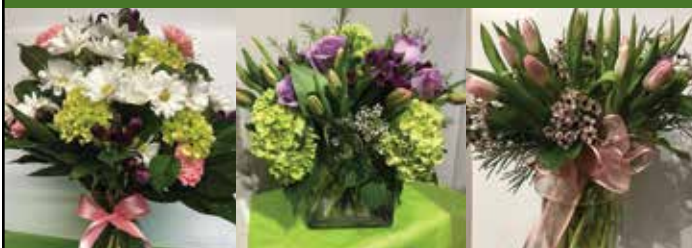
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The Well Dressed Window CONTINUED

can be so expensive). Drapery fabrics can vary greatly in cost and once you have included the lining and labour, you are looking at a significant decor expense. Selecting the fabric can be the fun part where your creativity and individuality come into play. Fabrics can come in almost any colour, design and price range. Now we have to select the heading of your drapes. From pinch pleated to grommets, the style of the header has to work with the fabric construction and indicates the formality of the treatment. Valances, jabots and swags all contribute to your style!



Loosely pleated sheers add softness to an otherwise hard surface space. They also filter light and provide privacy.



Sumptuous silk draperies with slight puddle add to a look of decadence.

Length

If you have high ceilings, I personally like to draw attention to that height and bring the panel almost to the ceiling or crown moulding. The current trend in length is grazing the floor but recent magazines are showing "puddling" again. It goes to prove "what goes around....." As a matter of fact, we are seeing much more luxurious window treatments again with valances, balloon shades and lots of trim.



Unlined linen fabric allows for privacy when required. Neutral fabric selection allows for the bed to be centre stage.

Now we have to talk about width.

If you have a lot of wall space on either side of the window, install your panels off the glass to visually widen your window. Drawing these drapes will need even more fabric and therefore more wall space to stack the drapery. The rule of thumb - one width of fabric, 54" wide, pleats to approximately 18". As a rule, long narrow windows usually look better with blinds or roman shades.

Whatever window coverings you select, keeping these suggestions in mind should assist your decisions. All in all, your windows, perhaps more than any other aspect of your home, are a place to allow your taste and personality to shine!



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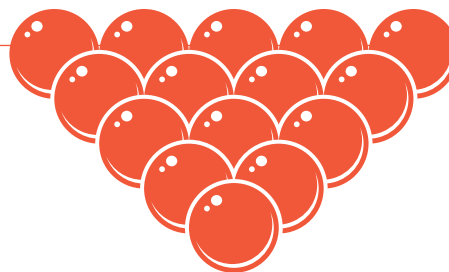
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CLUBS

BGCC Snooker Club is Victorious!

The BGCC snooker team was successful in winning back the challenge trophy from the Swan Lake team, by a margin of 9 frames to 3 in the semi-annual competition held here at our Recreation Centre on May 15. The return match will be held in the fall at Swan Lake. Team members, who were chosen based on their performance in league play over the previous six months are (clockwise from top left); Ken Lun, Sky Flotron, Dave Sproston, Terry Coulson, Tony O'Donnell, Peter Keast, Earl Cleary and Dave Oliver (absent from picture).



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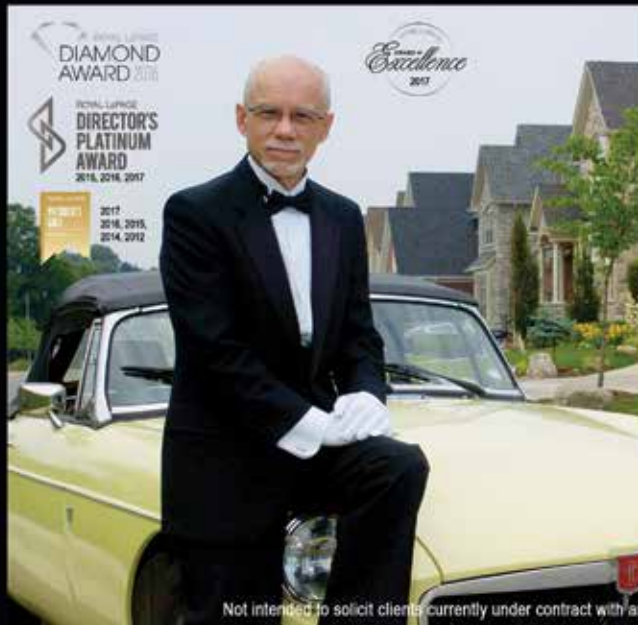
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Fireworks Feast on PEI: Enjoy chef Michael Smith's incomparable edible extravaganza from farm to fire to fork.

BY ANITA DRAYCOTT



When it comes to fabulous food and unique experiences, Canada's tiniest province is, (pardon the pun), no small potato.

For the most part, the PEI landscape defines the word bucolic: contented cows graze in rolling emerald pastures, fishing boats bob in rustic harbours, iconic lighthouses dot the coastline and the red mineral-rich earth imparts flavour to everything that grows here, including the famous spuds. Whether you've got a craving for some freshly harvested

Malpeque oysters, succulent lobster, prime beef, artisanal cheeses or locally made moonshine – you will never be far from a culinary treat on this 224 kilometre long slice of bliss, dubbed Canada's Food Island.

The hottest meal ticket on PEI is The Fireworks Feast at The Inn at Bay Fortune. Here, chef Michael Smith and his "fire brigade" create an unforgettable edible education and gastronomic adventure using ingredients from their organic farm as well as from a roster of PEI farmers, fisher folk, foragers and culinary artisans.

The "larger than life" chef Smith, who stands six feet/seven inches tall, has hosted *The Inn Chef*, *Chef at Home* and has judged on *Chopped Canada* on the Canadian Food Network. Smith is also Prince Edward Island's Food Ambassador, a nutritional activist and an advocate for sustainable home cooking and farm-to-table cuisine.



In 2015 he and his wife Chastity purchased The Inn at Bay Fortune where he had manned the stoves back in the 1990s. Chef Smith and his team of chefs and farmers have elevated the farm-to-fork concept.

Guests attending the Feast arrive at 4 p.m. and sip innovative cocktails infused with fresh herbs and fruit before starting a farm tour led by Smith himself or one of his farmers. The farm stroll acts as a segue that allows us to appreciate the upcoming Feast. As Smith says, "We are first and foremost farmers and we invite you to an edible discovery."

As she points out the herb, flower and vegetable gardens, Steph, our farm guide, informs us that lovage flowers can be used to make liquors and their stalks add flavour to Bloody Caesars. Sweet cilantro flowers make a delicious dessert garnish, while their roots can be roasted for stocks and curries. Who knew? Beyond the Inn's buzzwords, "farm, flavour, feast", Steph says, "We also get excited about the 'F' word – forage." Indeed, you might find some weeds, such as wood sorrel in your salad, or sea asparagus, foraged from the beach, in your chowder. New this year is a mushroom patch. The farm also raises chickens for eggs and Berkshire pigs that Steph proclaims are the happiest and best-fed pigs on PEI... until one bad day.

As we conclude our farm tour around 5 p.m., the pony-tailed, bearded Smith greets us and leads us to the Fire Garden for oyster hour and more appetizers that can be washed down with Old World Normandy-style cider, cocktails, wine or the Feast's version of the Bloody Caesar.



"PEI has 60 kinds of oysters," says Smith as he invites us to a "tour d'oyster." We start with Savage Blondes that Smith and his competent shuckers open at lightning speed. Next come Pickle Points, Daisy Bays and Sand Dunes. Smith encourages us to try them all; there is no limit.

"Last night we shucked 690 oysters, a new record," he boasts, adding that the key is to keep the bivalves cold and that's why they are topped with house-made frozen Bloody Mary ice. It's a combo made in heaven. Also on the happy hour menu the night I visit are roasted oysters, bluefin tuna skewers with a mustard/maple glaze, smoked salmon, and tacos with an array of hot sauces made from the farm's many varieties of chili peppers. At the Fire Garden, the food is cooked with wood, fire and smoke in ways the fire marshal would not allow indoors. I am a self-confessed oyster aficionado and it was tempting to over-indulge, but the main event was yet to come.



Before heading to the dining room Smith leads us back to the main lawn where we gather around the flagpole and admire the views of Bay Fortune. Smith sabers a bottle of the bubbles from Benjamin Bridge winery in Nova Scotia and then teaches one of the guests the art of sabrage. This theatrical technique for opening a champagne bottle with a saber (a large kitchen knife will suffice), is used for ceremonial occasions and was popular in France with Napoleon's army. The wielder slides the saber along the body seam of the bottle to the lip to break the top of the neck away, leaving the neck of the bottle open and ready to pour. Flutes are distributed and Smith toasts this special evening and the bounty of the land and sea.

The multi-course Feast begins at 6 p.m. in the dining room where we sit at communal wooden tables in front of the Inn's 25-foot hearth. Smith and his fire brigade use every form of live-fire cooking known to man, including a smokehouse, open hearth, grill, rotisserie, plancha and oven. No dials, no switches – just old-school cooking.

Continued on page 48

Fireworks Feast on PEI:

CONTINUED



First comes the warm sourdough bread, made with heritage grains grown on PEI, served with maple brown butter, smokehouse cheese, pork pâté (remember those happy pigs?) and herbed house-made cheese.

Next, we are served chowder brimming with the island's bar clams, lobster, mussels, scallops and chunks of halibut, foraged seaweeds, house-made bacon and thickened with the starch of simmered potatoes. This chowder wins awards.

We marvel as chef Smith assembles a massive salad in an equally massive bowl. The picks of the day might include shoots, stems, flowers, leaves, herbs and fruits, all from the farm. The unique presentation plate has root purées and seeds on the bottom with fresh salad on the top to represent nature's bounty both above and below the soil.

For the main course, diners are given a choice from land or sea. The night we visit some of us have the bluefin tuna in a tomato/marigold/jalapeno broth topped with wild watercress and leek oil. The land option is smoked beef brisket and wood-grilled flat iron steak. Accompanying seasonal veggies and potatoes are roasted to concentrate their intense flavours. Every forkful is a palette pleaser and each plate is presented as a work of art. But the vibe is fun and relaxed. Guests are encouraged to mingle and take photos between courses. This is most definitely not a stuffy affair.





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Fireworks Feast on PEI:

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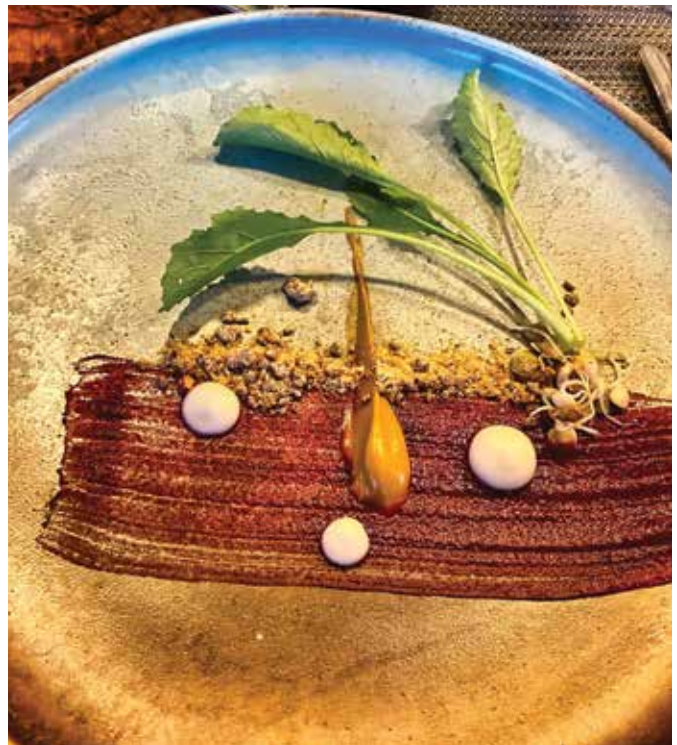
Chef Smith certainly doesn't rest on his laurels. At the Feast he is omnipresent – greeting guests, shucking oysters, toasting the evening, preparing the salad and garnishing the plates. His passion is infectious.

Just when I think I might not be able to eat another thing, the seductive dessert weakens my resolve. How can I resist the poached butterscotch pear tart with miso caramel and anise hyssop buttermilk ice cream?

But there's more. We are invited outside to roast some homemade marshmallows around the fire pit. We happily retire to our room at the Inn and I dream about Savage Blondes.

The Fireworks Feast is a world-class culinary experience. It is open 144 nights a year and welcomes about 64 guests per evening. Bookings can be made online or by telephoning 1-888-687-3745. The cost is \$195 per person plus tax and includes tip. Beverages are extra. Make a reservation as far in advance as you can as it sells out quickly.

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Recreation Centre News For Your Outdoor Pleasure

BY ANDREA KENNEDY AND SUSAN LAROSA

The Recreation Centre board of directors is ecstatic that the long-anticipated back area renovation project made significant progress in the fall of 2022 due to mild and favourable weather. This has put us ahead of schedule and the project has been expanded to include the replacement of the remaining deteriorating interlock patio and foot path areas.

The south patio is in the final stages of construction. We are eagerly awaiting the arrival of the bocce court surface for installation. This multipurpose area features two first class bocce courts, new landscaping, four benches and a modern bistro style seating area with a beautiful view of the golf course.

The north patio has been reshaped to create a more open and usable leisure space. The new stonework will flow down the walkway leading to the parking lot and tennis court patio; then wrap around the tennis court leading to the back court entrance.

Combining these projects has resulted in an upscale new look that connects the style of the front entrance stone with the entire back area. The accumulated operating surplus and the allocated amount in reserve funds are covering the costs to rejuvenate the back area. Whether playing tennis or bocce, visiting with neighbours or organizing an outdoor event, everyone will be able to enjoy this welcoming area for years to come.

The board of directors and the staff of the Recreation Centre are very pleased that the completion of these projects will align with the long-awaited return of the Summer Games.



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BGCC Tennis Club News

Garry Stoddart Memorial Award

This award is dedicated in the memory of Garry Stoddart, who generously gave of his time and talents to the BGCC Tennis Club and its members.

In that spirit, it was unanimously decided that Slavko Radek would be the first recipient of this award. For the past 20 plus years his smiling face has graced our Ballantrae courts. Organizing the first BGCC tennis club, his involvement has continued on and off the courts; on the executive, as interclub coach and as club pro. Not to be stopped, he continues his love of teaching as assistant pro at the club.

His gentle but focused approach follows this mantra: *Keep it simple. Keep the ball in play. Be patient. Have fun. And most important, treat others the way you'd like to be treated.*

May we all follow his example.

Congratulations, Slavko!

For the complete interview with Slavko Radek, click on this link and open to page 20.

www.hotg.ca/wp-content/uploads/2019/12/HOTG-September-2015.pdf

The Tennis Season Begins!

Although the spring weather was cool and wet, the BGCC Tennis Club started the season with sunny smiles during registration.

Are you new to the community and curious about joining the tennis club? Did you play years ago and want to get back into the "swing" of things? Contact Marna Moldon (marnamoldon@rogers.com) who will answer all your questions about joining this fun, social group. The Monday, Wednesday and Saturday round robin drop-ins, 10 a.m. to noon, may be the place to start. Come and check us out!



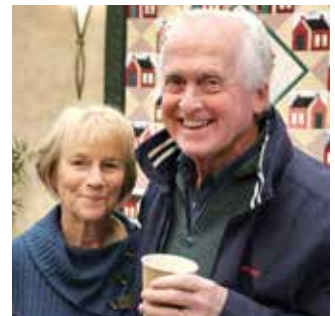
Garry Stoddart



Sue LaRosa, VP Tennis Club presenting the award to Slavko Radek



From left to right Dayna Stoddart, Slavko Radek and Garry's wife Irene Stoddart



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