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The Joy of Walking
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The History of
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Printing	Tower Litho Company Ltd.

Home on the Green is a community-oriented magazine, published four times per year (March, June, September and December), for the enjoyment of the residents of the Ballantrae Golf and Country Club Community. It is produced by our residents who volunteer their talents, efforts and time. The magazine is owned by Home on the Green Community Magazine, a not-for-profit organization, duly incorporated under the laws of the Province of Ontario.

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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



Summer Games are a distant memory, fall was celebrated with Canadian Thanksgiving and winter is here! We have just the thing for you to enjoy as Mother Nature drives us indoors. This issue is chock full of people, places, history and information to spark those brain synapses. Read the Club columns and check out Resident Run Activities on hotg.ca to find something new to fill those winter days.

The sales team, headed by MC and Bruce Porter, has once again succeeded in retaining the majority of our advertisers and has added some new ones. Please take a moment as you read through the magazine to appreciate those that make it possible to provide you with this excellent publication free of charge! Congratulations to the team! We list their names every issue on the Masthead.

I'm delighted to introduce "The Book Page" to you. This new column, written by Vicki Gladwish, is intended to heighten our awareness of Canadian non-fiction. Vicki's objective is to spark a conversation around credible fact-based truths. She believes that nonfiction is the last line of defence against misinformation.

Vicki graduated from Toronto Metropolitan University's Publishing Program and has several short stories published in literary journals. She is a member of several writing groups and is working on her first novel. Welcome Vicki and thank you for *HOTG*'s newest column.

Our photography coordinator, Robert Pitour, provided *HOTG* pictures for a commemorative book that was presented to the Pacemakers in celebration and appreciation for the entertainment they have provided over the years. A copy has been made available to the library if you wish to have a look.

As 2023 rolls to a close, we at *Home on the Green* wish you a happy and healthy holiday season. For those going south, be safe; for those staying in Ballantrae, be warm and we will see you all when the season changes again.

Elaine Saksons

Take care,
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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



Home Fire Safety

Whitchurch-Stouffville is blessed with a terrific team of professional fire fighters at both the Ballantrae and the Stouffville stations. An interesting feature about this service is that they are not only there when an emergency happens, but both stations are attended 24/7 to provide assistance and fire safety guidance. Simple mantra: Please call us with questions; don't just call when there is an emergency. They can prevent many emergencies. Residents calling their non-emergency line with questions is never a bother.

To this end, I interviewed both Chief Bill Snowball and Deputy Chief Jeff Bignall for advice and a few household safety tips.

Kitchen areas

- 1) Do not use the stove if you are very tired or have consumed alcohol.
- 2) Stay in the kitchen when you are frying, grilling, boiling or broiling food. Cooking remains the leading cause of home fires.
- 3) If you have a grease fire, never use water.

Yearend reminders

One third of all fire fatalities occur November through January. Why?

- 1) Improper furnace maintenance.
- 2) Improper use of extension cords for Christmas lighting.
- 3) Large gatherings, careless smoking, stove fires.

Smoke alarms

- 1) It is the law that you have working smoke alarms on every level of your home and most importantly outside all sleeping areas.
- 2) For best protection make sure smoke alarms are interconnected so if one sounds, they all sound.
- 3) If you are warned by the activation of a fire alarm always call 911 and remember, you only have 60 seconds to vacate the premises. Smoke kills, not burns.
- 4) During recent inspections fire service personnel found many non-compliant alarms mainly due to outdated, expired equipment.

Fire extinguishers

- 1) Generally, use by a homeowner should only be in the case of a very minor, controlled fire; for example, in a waste basket.

- 2) Extinguishers should be stored only in an area with a clear pathway to an exit.

Carbon Monoxide (CO) alarms

- 1) CO poisoning can result from cars left running in garages, malfunctioning or improperly installed clothes dryers and water heaters or other heating appliances.
- 2) CO alarms can be plug-in or combined with smoke alarms.

Fire blankets

Recently there have been promotions for the sale of "fire blankets." Be careful and diligent about what you are purchasing.

- 1) Presently there are no fire ratings for these products.
- 2) Standards used for the material are not regulated under the Ontario Fire Code.

Home Safety Lock Box

I have promoted these on many occasions and they are still available.

Forest area

We have been alarmed by the number of significant forest fires raging through parts of Canada this past year. This raised a concern for many residents who use the regional walking trails.

- 1) All trail users have a role to play in fire prevention as approximately 50% of all wildfires are caused by humans.
- 2) Lighting fires or smoking of any kind in a regional forest is not permitted.
- 3) Forest fires are assessed as part of the region's annual Hazardous Information Risk Assessments for probability and consequence. If a fire were to occur, the local fire departments would be the first responders.

If you have any fire related questions you can always call the non-emergency phone line **905-640-9595**. Remember, your calls and questions are never a bother for the staff.

Season's Greetings

2023 has been another interesting year for those of us serving on Town Council. Be assured we will, as a town, continue to grow and expand during 2024. This is positive in many ways but also challenging in others. However, the year cannot close without Jane and I wishing you and yours all the very best of health and happiness during 2024.



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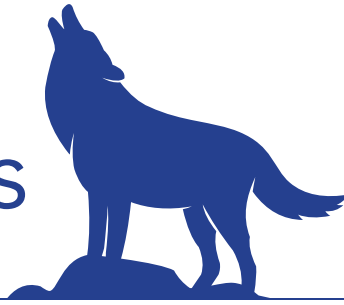
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Your Dogs' **WILD** Cousins

BY LINDA LEGALLAIS



It's hard to believe that your pup who wrestles with a stuffed toy is a cousin to much wilder canines. We are all familiar with wolves, foxes and coyotes but the world of Canidae or canines contains a rich variety of these animals including jackals and wild dogs. They are found in every ecosystem on earth with the exception of Antarctica. In this article I would like to introduce you to a few of the more exotic ones.



African wild dog

One of the most beautiful of these canines is the African wild dog or painted dog, found throughout sub-Saharan Africa. They are distinguished by their unusual markings of irregular patches in white, black and tan and their large round ears which aid them in hearing and also act as cooling devices in the hot African heat. They are one of the largest canines on the continent weighing 40 to 79 pounds with a height of 24 to 30 inches at the shoulder (approximately the size of a slim Labrador). They are pack animals with very strong social bonds. The packs contain 2 to 30 members and are extremely effective hunters. Their main prey is a variety of antelopes but they have been known to hunt the formidable buffalo. The pack utilizes stamina and cooperation to exhaust its prey. Like all too many species these beautiful creatures are being threatened, primarily by human encroachment. Organizations like the

African Wild Dog Conservancy are working hard to preserve them, particularly in Kenya.



Maned wolf

In South America we find a number of species of wild canines. One of the most intriguing is the maned wolf, found mostly in Brazil, Bolivia and Peru. He has a head and colouring that resembles a fox, a body similar to a wolf, weighs 44 to 66 pounds and reaches heights of 43 inches at the shoulder due to his long thin legs. But he is neither fox nor wolf and in fact is so unique he has a genus all his own – *Chrysocyon* or "golden dog". Those long legs help him navigate the tall grasslands of his native habitat. He gets his name from the distinctive black mane he sports which is erectile and used to enlarge his appearance when threatened. A solitary animal, he prefers to hunt his prey of small mammals during twilight hours. Another of his curious traits is that he is omnivorous with more than 50 per cent of his diet made up of vegetable matter, including fruits and roots. He too is being threatened by loss of habitat.

Continued on page 9



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Black-backed jackal

Jackals are another sub-species of canines. They can be found in Africa, Europe and Asia. Jackals are considered to be opportunistic predators of small to medium animals and are also proficient scavengers. They live in monogamous pairs and are one of the oldest recorded canines. Genetic studies indicate that the ancestors of the golden jackal appeared in India 20,000 years ago. A jackal fossil was found near Beirut, Lebanon, that was 7,600 years old. Jackals have quite a history in legend and literature. They are mentioned in the *Bible* at least 14 times as a symbol of abandonment, loneliness and desolation. I'm sure the jackals themselves would take offence to that! Legends tend to paint them as "tricksters" due to their ability to adapt to changing situations. They are also known for their stealth and cunning. This clever guy inspired Frederick Forsyth to name his character, the notorious spy and assassin, "the Jackal" in his popular novel *The Day of the Jackal*. Some may see these as faults but maybe that's why this intelligent animal has survived for so long!

Did you know that there are at least 23 living species of foxes throughout the world? These fellows are tricky to classify because unlike wolves they fall into six different genera. The largest genus is *Vulpes* and contains a frequent visitor to Ballantrae, the red fox. Perhaps the cutest fox is the fennec fox, found throughout northern Africa primarily in the Sahara area. They weigh



Red fox

a maximum of three pounds and much of that weight comes from its enormous ears which serve to dissipate heat in this hostile environment and allow it to hear its prey – small rodents and insects underneath the desert sand. Most of what is known about their social interaction has come from observing them in captivity. These little animals are hard to observe in the wild due to their harsh living conditions and the fact that their dens often consist of a labyrinth of tunnels with several entrances. Their sandy-coloured coats also serve as camouflage.



Fennec fox

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Technology and Brain Health

BY JAN RICHARDS



And yes, you do know...that over the past three decades, our daily lives have changed dramatically as various digital technologies have emerged and become widely available. People of all ages are using computers, tablets and smartphones to access vast amounts of information and entertainment.



Although these technologies can provide benefits to our health and well-being, the impact is not always positive. Excessive use of screened devices has been linked to myriad negative outcomes – physical, social, emotional and cognitive. A paper published in 2020 in the *Dialogues in Clinical Neuroscience*, noted that “increased screen time has been associated with the decreased integrity of white-matter pathways in the brain that are essential for reading and language.”

We should all consider the following issues.

Reduced Attention:

There is a significant link between excessive screen time and attention deficit problems. Executive functioning becomes impaired when we do not allow our brains to rest.

Impaired Emotional and Social Intelligence:

Time spent interacting with our devices is not time spent communicating face-to-face with our friends and family and enjoying personal connections.

Internet Addiction:

Internet addiction is a serious problem that

shares many features of other addictions – mood changes, interference with activities of daily living, withdrawal and inability to focus on specific tasks. When we are constantly plugged into our screens we over stimulate our brains resulting in higher anxiety.

Social Isolation:

Social isolation has been correlated to poor health outcomes and increased mortality. Heavy internet users often feel that they are alone.

Impaired Cognitive and Brain Development:

Various studies have found increased screen time specifically recognizes decreased connectivity between regions of the brain important for cognitive function.



Disrupted Sleep:

Poor sleep patterns are often a result of cerebral over-stimulation which aggravates the neuro pathways posing a greater risk for cognitive impairment and Alzheimer's disease. Sleep is one of the six pillars of good brain health – the other pillars are exercise, social activity, stress management, mental stimulation and nutrition.

The digital revolution has made our lives easier and more enjoyable. The key factor in using this technology should always be a sensible online presence balanced with a vibrant offline life.

You might consider limiting your screen time and joining one of the many activities that the Ballantrae Recreation Centre has to offer. Try it, you may like it!

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Left ~~Right~~ On

BY KEN MIYAUCHI



This article may only appeal to 10% of readers – the 10% who are left-handed. We left-handed persons have been maligned throughout history and remain subjected to a right-handed world.

As a child growing up, I was naturally left-handed, but teachers continually tried to change me to become right-handed. As a result, I do some things right-handed but others left-handed. Occasionally, I forget which hand or foot to use. There are many of my generation who are also ambidextrous. Today, however, left-handers are left in peace. My daughter was born left-handed and remains totally left-handed.

History has not always been kind to left-handers. In ancient times, Egyptians and Mesopotamians believed that a god used his right hand for healing and his left for casting curses. The Greek philosophers, Aristotle, Plato and Socrates, associated the right hand with integrity and honesty but the left indicated criminal and evil behaviour.

The Romans invented many of today's customs such as showing friendship by shaking hands with the right hand and wearing wedding rings on the left hand to ward off the evil connected to the left hand. The medieval Catholic Church believed that lefties were evil and accused them of devil worship and sorcery. Many were executed simply because they were left-handed. During the 19th century, physician and scientist Cesare Lombroso declared that left-handers were pathological criminals. As a result, forcing left-handed children to use their right hands began. Even as late as the 1970s in the U.S., punishing or shaming left-handed children into using their right hands still persisted. In Spain, use of the right hand in schools was mandatory. In Albania, it was illegal and left-handers could be charged with a crime.

Cultural references persist even today. There is nothing good implied by the word "sinister," however, it comes from the

Latin word which simply means "left." The German word for left, "linkisch," means awkward and Mandarin Chinese synonyms for left mean wrong and incorrect. In Hindu, Islamic and some African cultures, the left hand is considered unclean as it is used for personal hygiene. Therefore, one should only eat, shake hands or point with the right hand. In Japan, lefties are thought to have more difficulty finding a spouse and left-handedness has even been used as a reason for divorce. In our culture, saluting and solemn oaths always use the right hand. When dancing, have you ever been accused of having two left feet?

It has been and still is a right-handed world. During the Industrial Revolution, complex machinery was designed for right-handed persons and as a result, lefties appeared clumsy and awkward. The keyboard and mouse I am using to write this article were designed for righties. The list goes on: scissors, can openers, automobiles, coffee cups, rifles and scopes, some tools and cameras, to name a few, are all designed for right-handers. Many items have since been adapted for lefties.

Right-handers utilize the left side of the brain to control the right eye, hand and foot. They are logical, analytical and orderly thinkers. Lefties use the brain's right hemisphere to work the left side and are more creative and innovative. Some utilize both sides of their brains; however, these persons usually started out left-handed and were changed to the right side. Therefore, it seems to me that we left-handers are in our right minds.

As left-handers we are in the minority however we stand out from the crowd and have many reasons to feel special, not just different. We even have our own day, Left-hander's Day, on August 13. Many of history's greatest people were and are left-handed:

Albert Einstein, Leonardo da Vinci, Isaac Newton, Marie Curie, Beethoven, Michelangelo, Mother Teresa and Bill Gates are but a few. To be fair, there are also some villains like Jack the Ripper and the Boston Strangler.

So, to all the lefties, we are special and this is no left-handed compliment. We may be left-handed, but we are always right.

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Dr. Bob was born in Stouffville, went to school at Summitview Public School, attended S.D.S.S and married his high school sweetheart Julie.

Dr. Bob is the father to five married daughters and has 14 grandchildren. He lives on a farm just outside of his hometown, works in his hometown and plays in his hometown.

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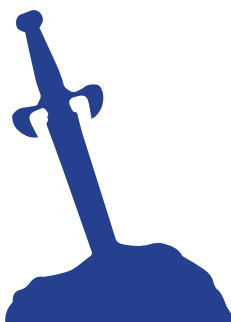
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Camelot A Modern Ideal

BY GREG MCCAIN



1949-Corner of Front and Yonge St., the future home of the O'Keefe

In 1954, philanthropist, horse breeder and developer E. P. Taylor, the head of O'Keefe brewing company and Argus corporation, offered to build a much needed performing arts centre for the city of Toronto.

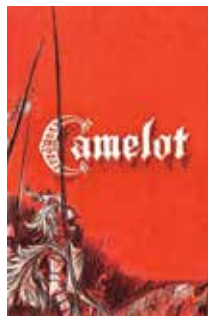
On October 1, 1960, the Peter Dickinson-designed building which became known as the O'Keefe Centre, opened to great fanfare with the pre-Broadway premiere of Lerner and Lowe's musical *Camelot* starring Richard Burton, Julie Andrews, and an unknown Canadian, Robert Goulet.

The idea of mixing beer and culture left tee-totalling Torontonians frothing at the mouth while counsellors debated whether to accept Taylor's gift.

On opening night the show ran for over four hours and the curtain came down after 1:00 a.m. In his memoirs, Lerner wrote, "Only *Tristan and Isolde* equaled it as a bladder endurance test."



Julie Andrews in 1960
Camelot pre-Broadway
production



Canadian program of
the play



Julie Andrews
autograph

I was at opening night and afterwards waited in the rain at the stage door as the performers came out. Julie Andrews was gracious enough to sign my program and speak with me.

The musical went on to play 873 performances on Broadway and both Richard Burton and Julie Andrews won Tony awards for their performances.

The O'Keefe has changed its name a number of times. In 1996 it became the Hummingbird Centre and from 2007 to 2019, it was called the Sony Centre. In 2019, it was re-branded as Meridian Hall. On June 29, 1974, the famous Russian ballet star, Mikhail Baryshnikov, defected on the stage of the O'Keefe, requesting political asylum in Canada. He then joined the National Ballet of Canada.

The legend of King Arthur, Queen Guinevere and the Knights of the Round Table is steeped in history. In 1485 Sir Thomas Malory, an English writer, completed *Le Morte d'Arthur* and the symbolism of Camelot so impressed Alfred, Lord Tennyson that he wrote up a prose sketch on the castle as one of the lush attempts to treat the legend. The legend tells of the rise and fall of a once glorious kingdom and the hopes of its ruler. Camelot was a utopia.

In American contexts, "Camelot" refers to the presidency of John F. Kennedy and is closely associated with his administration. Nowadays, his brief presidency is remembered as a period of national prosperity and has been highly mythologized with some people pointing to it as a shining example of what the U.S. government should be.

There are two historical events in my lifetime that I remember where I was at the time they occurred. One was November 22, 1963, the day that Kennedy was shot in Dallas.



The Kennedy family

Jackie Kennedy, in an interview with *Life* magazine after his death, said that John enjoyed the music of *Camelot*, often listening to it. She quoted, "Don't let it be forgot, that once there was a spot, for one brief shining moment that was known as *Camelot*." Idealism went a long way to make him one of the most popular presidents in American History.

We who live in Ballantrae are lucky because each and every one of us have been fortunate to find our own Camelot right here. Enjoy!



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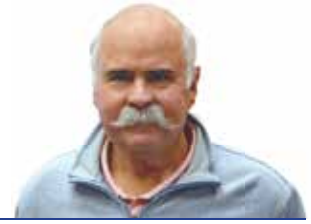
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From Minnie Pearl to Taylor Swift

The Evolution of Country Music BY BLAIR TULLIS



Country Music Evolution-
from Minnie Pearl 1969 to Taylor Swift 2023

Have you noticed how the line dancers jump up when *Boot Scootin' Boogie* starts playing and keep dancing as long as they hear a country beat? Country music is popular these days, but it's not the country of our youth.

When we were kids, country music was Don Messer's Jubilee or the Grand Ole Opry. Country stars were Charlie Pride and Tammy Wynette. Now, it's rockers like Chris Stapleton and Taylor Swift who are the vanguard of new country. What happened?

We went from acoustic guitars, banjos and fiddles playing tunes about riding the range or counting flowers on the wall to electric guitars and drums backing a country star singing about losing her scarf. Did you ever find it, Taylor? Even Dolly Parton has come out with a rock album... perish the thought.

The evolution of country music, like the evolution of blues, started out with the settling of America's south and west by immigrants and slaves who brought with them their musical

traditions and whatever instruments they could carry or make. Their stories developed a distinct musical voice that was unique to the new land and very rural-centric. Eastern cities still had the European musical traditions that only larger, wealthier centres could support.

Music began to take a more formal shape in the late 1800s when the popularity of revival meetings brought the publication of songbooks to play for the faithful. Now, everyone could sing along to *What a Friend We Have in Jesus* or *Amazing Grace*.

The 20th century opened a plethora of new ways to spread the sounds – phonographs, radio and television made country music accessible far and wide. Jimmie Rodgers and the Carter Family were some of the first artists to popularize country music in North America.

The debut of a Chicago-based program, *National Barn Dance*, in 1924 set the stage, quite literally, for the Grand Ole Opry's network debut in 1939. Country music was rolling, establishing Nashville as its centre.

Western Swing came next with a fusion of country, jazz and swing. They used drums, steel guitars and horns to embellish the sound. This was the first suggestion of the country rock to come.

What happened in the mid-50s changed things in country forever. Elvis Presley, Carl Perkins, Johnny Cash and Jerry Lee Lewis brought a new genre to meld with



The Grand Ole Opry at 50-Nashville poster



June 1955 – Grand Ole Opry With Little Jimmy Dickens, "Chester" Atkins, (photo Les Leverett collection)



WLS National Barn Dance poster

Continued on page 19

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From **Minnie Pearl** to **Taylor Swift**

The Evolution of Country Music CONTINUED...



Chris Stapleton

traditional country. Rockabilly music was upbeat, harmony-rich and danceable. Groups like Buddy Holly and the Crickets and the Everly Brothers started to move country in a new direction.

Country's spread brought a new, smoother and more melodic brand of music called the "New Nashville Sound." It was tightly produced, often using session musicians, and was controlled by the record companies. People like Eddie Arnold, George Jones and Jim Reeves were at the head of that charge. Female stars also emerged – Patsy Cline, Loretta Lynn and the delightful Dolly Parton among them.

It was inevitable, as the technology changed, that there would be changes to the way music was presented. Nashville was no longer the only place to go to make music. West coast country, labelled the Bakersfield Sound, developed its own style around performers like Ferlin Husky and Roy Clarke.

Another group, tired of the formulaic tunes coming out of Music City, moved to Austin, Texas and established Outlaw Country, personified by Waylon Jennings, Johnny Cash and Willie Nelson. Gone was the old idea of the white hat cowboy strumming and singing atop his palomino. Now, we

had the *Folsom Prison Blues*.

Crossover superstars emerged in the late '80s including Country Music Hall of Fame candidates Garth Brooks, Clint Black, Alan Jackson, Travis Tritt and Dwight Yoakum. They drastically altered the direction of country music by bringing their youthful vitality and a rock-and-roll mentality into the mix.

The '90s saw artists from the country genre moving freely over to the pop-rock style while keeping the country feel. They were still losing their dogs and pick-up trucks, but to a better beat and more complex chording. Vince Gill, LeAnn Rimes and Shania Twain all gained international recognition as country crossover stars, backed by what looked and sounded a lot like rock bands.

Since then, the rock and country genres have moved closer to one another, using not only rock but symphonic instruments to enrich the sound.

The highest paid, biggest star in the musical world right now is Taylor Swift, whose first success was as a 16-year old country singer. She may have traded her Stetson hat for a sequined body suit, but she's still looking for her scarf!

Susan LaRosa: Always on the Go

BY LYNNE BALFOUR



"I just like to be busy."

So says our neighbour, Susan LaRosa, of her life on at least eight boards of directors and her role in the tennis club of Ballantrae Golf & Country Club.

She and her husband of 52 years, Sam, have lived in BGCC since 2014. Previously they resided in the Emerald Hills golf community.

Susan grew up in Cornwall where her French-Canadian father owned two IGA stores. She and her two brothers and two sisters learned a great deal about customer service while working in the stores. Susan and her sisters attended a bilingual all-girls school, followed by teachers' college. Her first teaching job was at a new junior high school teaching home economics (as it was called then). Teaching 300 students per year helped develop her memory for names and faces. She went on to become principal of an immersion school in rural Ontario. Following the principalship, she was elected to the position of provincial first vice-president of the Ontario Teachers' Federation. After a two-year leave to take that position, Susan eventually became assistant supervisor of human resources at York Catholic District School Board, hiring 750 teachers in two years in a time of teacher shortage and growth in York Region.

During those busy years, Susan took extension courses to earn her BA at Ottawa University and her Master of Education and executive MBA at Queens. In 1991 she became superintendent of schools in the Belleville/Smiths Falls area and in 1997 Director of Education at York Catholic District School Board, a position she held until retirement in 2012.

Upon retirement, Susan was committed to giving back to the community. She joined the Rose of Sharon board, a service for young mothers in York Region. The residents of BGCC have been generously supporting the Rose over the years. She is presently board chairman and has been for the last eight years. Susan also organizes the program and script for an annual police appreciation event for York region. She co-ordinated this year's Police Chief for the Day, open to all grade five students in the region. She was very impressed with this year's winner, a ten-year-

old, who delivered his speech at the dinner of 1000 attendees and moved through the crowd of strangers talking to everyone! A future politician?

Last year, Susan was appointed to the Hill House Hospice Recreation Centre board as they entered an expansion program – a new challenge for her in end-of-life care.

Since retirement, she has become a senior strategist for a national forum for business and top educators from across Canada to discuss services and products to enhance education. This has enabled her to visit many cities for their biannual conferences. She was recently in Banff. She finds it inspiring to stay connected to education and be aware of new products and services in the market.

Susan has also co-authored a book, *An Invitation to Become a Whole District Learning Environment*. The book is chock full of lessons learned throughout her career.



In BGCC, Susan has been president of condo 5 for many years and president of both the 1202 and 967 condo boards; the Recreation Centre and the ring road respectively. Her experience with 103 school communities has taught her not to be overwhelmed by problems, to value the experience and talents of BGCC residents and to talk through any concerns. Her favourite saying is, "Happy are the flexible for they won't be bent out of shape!" For a change of pace, she enjoys being on the executive of the tennis club and in particular assisting with the drop-in tennis three



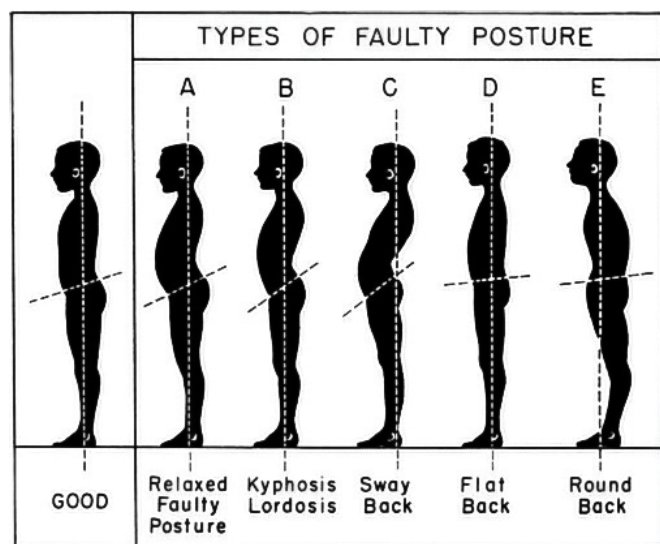
10-year old Tyler Yanofsky & Susan LaRosa

times a week. Susan is an avid sports fan who will talk Blue Jays and Raptors with anyone.

It motivates Susan to have a challenge and to figure out new things. She is a friendly, approachable, energetic person. We are fortunate to enjoy her friendship and experience.

Age Well with Active Aging

BY DAYNA STODDART



What your posture says about YOU

As an active member of the International Council on Active Aging (ICAA) since 2007, I have seen this organization expand. I have had the privilege to sit on the visionary board and participate in the creation of the "white paper" for the ICAA Career Path for Wellness Professionals that was published in April 2014. I have had amazing opportunities of presenting twice at the annual ICAA conference on "A Body Balance Class Demonstrating the Power of Posture" and publishing an article in *The Journal on Active Aging*, called "The Power of Posture." The International Council on Active Aging organization continues to expand into multiple countries as our worldwide population of older adults increases. Canada, United States, New Zealand, Finland, Northern Ireland, Australia, Hong Kong, Latvia, India, Nigeria, Philippines, Romania, South Africa and United Kingdom all participated in this year's annual Active Aging Week – a predetermined week set by the ICAA. Our community had the opportunity to participate in seminars and exercise experiences from Monday Oct. 2 to Friday Oct. 6, 2023. Aging Well was the theme and the message at the forefront of this educational, insightful and empowering week.

The World Health Organization defines active aging as "the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age." Local professionals who are passionate about healthy aging provided 13 seminars to our community. The week started with a presentation from the staff of Asteri Foot Clinic in Ballantrae. Their enthusiastic and knowledgeable team walked us through "Taking Steps and Nailing Foot Health," "The Importance of Strengthening for Golf," "Aging and Osteoarthritis," "Healthy Bones and Aging" and "Spine and Posture" were seminars presented by the experts at pt'movement in Ballantrae. Dr. Miller included the recipe book, *Foods for Bone Health*. "Discover the Power of Gut Health," and "Inflammatory Foods" were the top two trending topics this year. Touching on the mental/intellectual dimension of wellness we had presentations that offered thought provoking strategies and concepts: "Cultivating Vitality and Resilience: A breathwork and mindset seminar," "The Benefits of Art Therapy for Aging Adults" and "Alzheimer's Disease and Brain Health." Stay tuned for future workshops on breathwork and mindset as well as art therapy lessons. Hearing and its impact on brain health and quality of life were top of the list during the "Top Five Reasons for a Hearing Check" seminar. Information from the presentation on Alzheimer's and brain health is also available on the website. October was Breast Cancer Awareness month. "Your Breast Friends for Health" seminar focused on a homeopathic perspective on breast health and hormones. "The Importance of Staying Active" and an outline of safe and effective exercise plans were addressed in Friday's seminar from Southlake Hospital.

My passion, purpose and platform is "Exercise is Medicine." Physical activity and exercise play a vital role in how we age. Physical activity is a marker for health and longevity. Through my



Breast-cancer month

virtual and in-person group exercise classes, my goal is to improve the health and mobility of older adults with a focus on disease prevention. Exercise can prevent and reverse all chronic conditions. Empowering you to thrive is my goal! Thrive in Your Prime is my brand. Two exercise classes were highlighted for Active Aging Week: BFit and Pilates Combo. BFit is a 45-minute complimentary drop-in class offered weekly to all residents on Tuesdays from 11:15 a.m. to noon at the Recreation Centre. My goal is to provide a safe, educational class that addresses all components of



fitness. Creating a solid foundation to move is key. This is geared to those who are new to exercise or have not exercised for some time. I also offered a new demo class, Pilates Combo. As a physical therapist, Pilates instructor, fitness instructor and post-rehab breast cancer exercise specialist, my passion is to guide you through a mindful movement practice and create a solid foundation to move with purpose. The class is restorative and rehab-based, appropriate

for those who are working through injuries or post-surgery. The class runs Wednesdays from 6 p.m. to 7 p.m. at the Recreation Centre. Improve your core strength, posture, balance, strength, and vitality!

Thank you to our experts for their wealth of knowledge and for sharing their presentations: Nicole Joseph, Vanessa Skendos and Alex Krutov of Asteri Foot Clinic; Dr. Alexandra Rawson, Dr. Vanessa MacPhail, Dr. Elizabeth Miller, Tristan Goulah, Valerie Rolf von den Baumen, (owner) of pt'movement; Chelsea Powell, "The Deliberate One;" Shawn Nisbet, master nordic pole walking instructor and registered holistic nutritionist; Meral Altinbilek, resident and artist; Erin Crawford, registered homeopath; Akram Aliak, audiologist at Hear Canada; Dave Kiernan, RKin, cardiac rehab Southlake Hospital; Rita Mustafa, holistic nutritionist, Oasis Health & Wellness; Jaime Cruz, public education coordinator, Alzheimer Society of York Region.

Check out www.hotg.ca under the Recreation Centre page to access the presentations from this year's Active Aging Week. You can follow me at:



www.daynastoddart.ca



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When Low Tech is High Impact

BY BRIAN FREEDMAN



Despite my typical preoccupation with all things smart, there are nevertheless two universal principles that often need to reign supreme when recommending device solutions for clients; namely: (1) *familiarity* and (2) *simplicity*. This is especially so for those amongst us – whether friends or family members – who might be experiencing some degree of cognitive decline as they age, including those facing aspects of dementia or even Alzheimer's. Indeed, according to the Canadian Institute for Health Information, the prevalence of dementia more than doubles every five years for Canadians age 65 and older, from less than 1 per cent for those age 65 to 69 to about 25 per cent for those 85 and older.

After completing a computer related fix or two for our neighbours, Ray and Mary Huckell on Legendary Trail, I was asked if I had some additional time to do "one more thing." Well, out of a box came this rather familiar looking device together with a fist full of nicely cut out little head shot photos—or *selfies* as we might refer to them today. The device I learned is called a *photo phone* and the head shots of course were all of close family members. What a great and simple idea! Once programmed, the user can simply dial a person's phone number by pressing on his or her picture. This takes the concept of "speed dial" to another, simpler dimension! There is even a large emergency button which can be programmed directly to call 911.

Sure, there are now all kinds of *smart* and voice activated devices available to make our lives easier, even safer, but under moments of extreme stress, such as an emergency, we all have a tendency – if not a need – to gravitate towards things that are familiar to us. And nothing is more familiar to our generation than a traditional-looking land line phone together with photos of close family members.

Ray didn't hesitate to explain that, "My wife Mary has had some difficulty at times handling outgoing phone calls. The photo phone

addresses this problem in the event that either of us were to face a medical emergency and she needed to contact one of our daughters." And as circumstance would have it, just a week or so after the phone was installed Mary had a late night adverse reaction to some medication and asked Ray to call for help. According to Ray, the bright red button made the immediate connection to 911 and the ambulance service. Ray went on to say that, "Had this happened in reverse there wouldn't have been guarantees that Mary, under stress, would have even remembered the emergency number." Immediately following this incident, Ray had to call three of his children to update them, so he just started hitting the appropriate pictures on the phone. Nothing could have been easier!



Large buttons programmed with family member phone numbers.

The Huckells became aware of the photo phone as well as other helpful insights from Jane Preston, a registered nurse with the Southeast Geriatric Out-reach Team. That team specializes in

Continued on page 27



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When Low Tech is High Impact

CONTINUED...



Mary Huckell tries out new VTech Photo Phone.

conducting in-home comprehensive assessments and making recommendations to help those with physical and/or cognitive decline to continue living independently in their homes, with the right resources in place. According to Jane, "The scope of our recommendations can be quite broad. We look at each individual's daily functions and the support systems they require to remain independent, healthy and safe. This often includes referrals to other community partners, such as those required for foot care, home safety, mobility, anxiety and even those who can help deal with the impacts of social isolation. Members of the Southeast Geriatric Outreach Team are typically engaged by referral from a family doctor, hospital, community care coordinator, individual, or family member."

A quick search on Amazon revealed a number of photo phone styles available under several

different brand names. They ranged in price from \$50 to \$100. Installation and programming should be a snap but you know help is always available in our community if needed. For the majority of us who now enjoy the Rogers Ignite TV bundle, including the land line phone service, there could be some restriction on where the photo phone is located, because it is a traditional phone that needs to be physically plugged into the phone line and there could be some dependency on where the Rogers modem has been placed in the home. It might be best to have someone who is familiar, perhaps Al Moldon, the PC Doctor, or myself check things out ahead of time just to be sure.

Finally, for those who no longer subscribe to a land line phone service in the home I did take note of some cellular phone equivalents such as the RAZ Memory Cell Phone which features only one simple primary screen that accommodates up to six contacts with pictures and names. I do not have any personal experience with these but some of the features I read about do sound useful. For example, if predatory robocalls are a concern, you can block incoming calls from anyone other than contacts. Nevertheless, you might find the cellular option scoring considerably less on the "familiarity" scale. And that is why I say that depending on the circumstance sometimes low tech can indeed have the highest impact.



RAZ Memory Cell Phone

Updating Your Classic Holiday Turkey

BY JOHANNA BURKHARD



When it comes to roasting a turkey for the holidays, many of us rely on the same method we've used for years.

However, fresh young turkeys available today cook much faster. Without adjusting our roasting methods, we can end up with dry, over-cooked birds.

I've come across this amazing method that involves dry brining a fresh turkey using kosher salt. It results in the moistest and most delicious turkey I've ever cooked.

Kosher salt is a coarser-grained, additive-free salt that is flaky with grains shaped almost like diamonds. It does not contain iodine (sodium iodide) or anti-caking agents like smaller-grained table salt. Kosher salt coats more evenly than table salt, making it more effective when using

salt to draw out moisture, such as when brining a turkey. My preferred kosher salt is Diamond Crystal; also the choice of professional chefs. It is half as salty as table salt. I can better control the amount of salt I'm adding to food, so I use it in cooking and baking. It's available in a large three-pound (1.36 kg) red box and sold in fine food shops and on Amazon. There are other kosher salts available in supermarkets such as Windsor and Morton brands.

Dry brining seasons and tenderizes a turkey resulting in crisp golden skin and tender moist meat. It's best to allow two days for the bird to be rubbed with kosher salt and refrigerated before roasting. However, I brined a Thanksgiving turkey last year for just 24 hours using the following method and it was still very moist and flavourful.

1. You must use kosher salt.
2. A fresh turkey is best – whether organic, locally raised or hormone free, or just an ordinary turkey. If using a frozen bird, defrost it thoroughly for several days in the fridge so it's defrosted to the bone. Never use a Butterball turkey as it is already injected with a chemical brining solution.
3. Get rid of the notion that a turkey takes all afternoon to roast. Most brined turkeys weighing about 7 kg (about 14 to 16 lbs) roast in about 3 to 3 1/2 hours because of the brining technique and the higher roasting temperatures. Use a digital thermometer to verify the temperature for accuracy. Due to the brining, even if you overcook the turkey, it will still be moist and easy to slice!



DRY-BRINED ROAST TURKEY

MAKES 12 TO 14 SERVINGS

1 fresh turkey (7kg/14-16 lbs) (not a Butterball)

Kosher salt

2 small lemons

1 tbsp (15 mL) freshly ground black pepper

10 sprigs fresh thyme

1/2 bunch flat-leaf parsley

2 small onions, halved.

2 small apples, cored and halved

1/2 cup (125 mL) butter, softened

2 cups (500 mL) dry white wine or turkey or chicken stock

Gravy:

6 tbsp (175 mL) all-purpose flour

4 cups (1 L) turkey or chicken stock (approx.)

Salt and freshly ground pepper to taste

1. Two days before roasting, pat turkey dry (including cavity) with paper towels. Use 1 tbsp (15 mL) kosher salt for each 4 pounds of bird (about 45 to 60 mL/ 3 to 4 tbsp). Rub salt all over outside of turkey, slipping salt under skin of breasts, legs and thighs where possible, and into cavities.

2. Wrap bird in a large plastic bag, place on a tray and refrigerate. On second night, turn turkey over.

3. One hour before roasting, remove turkey from bag and pat dry. (Do not rinse.)

Place turkey in roasting pan. Sprinkle half of the black pepper into main cavity of turkey and stuff with thyme, parsley, half the onions and half the apples. Truss legs with kitchen twine. Put remaining apples and onions in neck opening and tuck

neck skin under bird using a skewer. Rub butter under breast skin and thighs as well as the outside of the breast and legs. Sprinkle bird with remaining pepper.

4. Meanwhile preheat oven to 450°F (225°C). Roast turkey uncovered in hot oven for 30 minutes. Remove turkey from oven, reduce oven temperature to 350°F (180°C). Tent breast of bird and cover wing tips with heavy-duty foil. Add 1 1/2 cups (375 mL) white wine to bottom of roasting pan and return bird to oven.

5. When turkey has roasted for 2 hours, begin to test for doneness by inserting a digital meat thermometer into thigh, making sure not to touch bone. Remove foil in last half-hour of roasting so breast browns. Continue roasting until thermometer registers 160°F (70°C) in thigh meat. **Estimate total roasting time about 26 minutes per kg (12 min per lb) for an unstuffed bird.**

6. When roasting is done, tip turkey so interior juices run back into pan. Remove turkey to a separate baking sheet or serving platter, cover with foil and then a damp kitchen towel; allow to rest for at least 30 minutes.

Gravy: Drain pan juices into a gravy separator or a measuring cup and reserve.

Place roasting pan over medium heat. Add remaining ½ cup (125 mL) wine; cook, stirring, to loosen the brown bits on bottom of pan. Add 6 tbsp (90 mL) reserved fat plus pan juices. Blend in flour and cook, stirring, until lightly coloured. Stir in stock; bring to boil, stirring, until gravy thickens. Strain gravy through a fine sieve into a large saucepan. Season with salt, if needed, and pepper. To adjust the consistency, add more stock for a thinner gravy or simmer over medium heat for a few minutes for a thicker one. Keep warm over low heat, stirring occasionally, until ready to serve.



SPICY HONEY SHRIMP

Here's a fantastic way to serve shrimp and be sure to make extra when serving a crowd as they disappear in a flash! Delicious as an appetizer or as a main course to serve two with rice and a salad.

Recipe can be doubled but cook in two batches, so not to crowd the shrimp (ideally use 2 skillets). I prefer to use wild-caught Argentina shrimp for this recipe.

SERVES 2 AS A MAIN COURSE OR 4 AS AN APPETIZER

1 pkg (375 g / 12 oz) frozen large raw shrimp, deveined (20 to 30 shrimp per pkg)

1 tbsp (15 mL) liquid honey

Generous pinch (1/8 tsp / 0.5 mL) ground cayenne*(see Tip)

¼ tsp (1 mL) finely grated lime zest

¼ tsp (1 mL) freshly grated ginger

1 garlic clove, finely grated or minced

Salt and freshly ground black pepper

1tbsp (15 mL) butter

2 lime wedges

1. Run frozen shrimp under cold water until almost defrosted. Let stand 15 minutes or until thoroughly defrosted. Remove tails if left on. Pat shrimp dry with paper towels.
2. In a medium bowl, combine honey, cayenne, lime zest, ginger and garlic. Add shrimp; season with salt and lots of black pepper. Toss well to coat shrimp. You can refrigerate for up to 2 hours before cooking.

3. Heat a large skillet over medium-high until hot. Add butter and when foamy and lightly coloured, add shrimp and stir-fry until pink and opaque, about 3 to 4 minutes depending on size. Sprinkle generously with fresh lime juice. Transfer to a bowl and serve hot.

*Tip: instead of cayenne pepper, use 2 tsp (10 mL) Sriracha, or to taste.



WARM SWISS CHEESE AND ALMOND SPREAD

This party spread is a holiday favourite of Darlene Kinney of Condo 1. She suggests serving it with vegetable dippers, crostini or crisp rice crackers.

MAKES 6 SERVINGS

1 pkg (250 g) cream cheese, softened

½ cup (125 mL) light or regular miracle whip dressing, or mayonnaise

1-½ cups (375 mL) shredded Swiss cheese (6 oz / 175 g)

½ cup (125 mL) sliced almonds, toasted *(see Tip)

2 green onions, white and green parts, minced

Finely ground black pepper

Hot pepper sauce, such as Tabasco or Sriracha

1. Preheat heat oven to 350°F (180°C).

2. In a bowl, blend cream cheese with miracle whip or mayonnaise until smooth. Stir in cheese, 6 tbsp (90 mL) almonds and green onions. Season generously with black pepper and hot pepper sauce to taste.

3. Spoon mixture into a 2 to 3-cup (500 to 750 mL) ovenproof casserole dish. Sprinkle top with remaining toasted almonds.

4. Bake in oven for 18 to 25 minutes or until bubbly and top is lightly browned. Serve hot.

*Tip: To toast almonds, heat a large nonstick skillet over medium heat. Add almonds and toast, stirring often, for 5 to 7 minutes or until golden.



TOASTED COCONUT COOKIES

Here's an inexpensive festive cookie recipe that's so easy to make. If using sweetened shredded coconut, reduce brown and white sugar to 1/3 cup (75 mL) each.

MAKES ABOUT 30 COOKIES

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

½ tsp (2 mL) baking soda

¼ tsp (1 mL) salt

½ cup (125 mL) butter, softened

½ cup (125 mL) each brown sugar and granulated sugar

1 large egg

½ tsp (2 mL) vanilla

200 g bag (1-1/2 cups / 375 mL)

unsweetened shredded coconut, lightly toasted *(See Tip)

Dried whole cranberries (optional)

1. In a small bowl combine flour, baking soda and salt.
2. In a medium-sized bowl using a hand mixer, cream butter with brown and white sugars until smooth. Beat in egg and vanilla until light and fluffy.
3. Stir in flour mixture until incorporated. Using a wooden spoon, mix in coconut. Place dough on parchment paper or plastic wrap and shape into 2-inch (5 cm) wide log. Cover with plastic wrap and refrigerate until firm, about 4 hours or overnight.
4. Preheat oven to 350°F (180°C).
5. Cut dough into 1/3-inch (about 1-cm) thick slices and place about 3 inches (8 cm) apart on 2 parchment-lined cookie sheets. Place a dried cranberry in centres, if using.
6. Bake until cookies are golden, 9 to 12 minutes, rotating sheets halfway. Let sheets cool on a rack. Transfer cookies to an airtight container.

*Tip: To toast shredded coconut spread in a thin layer on a rimmed baking sheet. Place in preheated 325°F (170°C) oven for 5 to 7 minutes, stirring often, until lightly golden brown. Let cool.

Walk This Way with Hiram Lau

BY VICKI GLADWISH

Many in the Ballantrae walking community are familiar with Hiram Lau. You've probably seen him out early in the morning as he is one of the faithful who is racking up steps daily. Or, he may have invited you to share your walking stories with him, as Hiram is a dedicated walker and an enthusiast who wants to share the joy of health and the freedom that comes with a wellness lifestyle.



Hiram Lau

What is the walking community you are spearheading?

I've built an online community with a few friends for people who delight in the joy of walking and want to share that experience with others.

The group is called the Million Step Challenge, One Step at a Time (MSC-OST), and our motto is "have fun, stay healthy, and have a good laugh."

How does it work? Is it an organized walking group?

It's not an organized walking group. It's simpler than that. Wherever they are walking in the world, each week walkers send me the number of steps they've done that week. I capture the data into a spreadsheet and send it to the members on Monday morning. Participants are encouraged to reach the million-step mark by having fun during their journeys.

How many active members are in the group, and where are they located?

The number continues to build. As of September 2023, 52 walkers have collectively walked 138.5 million steps; 92.3 thousand km. That's the equivalent of walking from Toronto to Vancouver (4,026 km) and back 11 times.

We have 20-plus participants and are growing in the Ballantrae community. In addition to Canada, we have people from five countries, including the U.S., Mexico, Japan and China. The age range of our walkers spans from 20 to 98.

And participants don't stop at their first million.



Ballantrae Million Step Challenge Group

We've got multiple people who have logged over a million steps since the group's inception.

Is it competitive?

Absolutely not although there is some competitive encouragement between members!

What does a person need to get started?

The beauty of walking is the low cost of entry. A comfortable pair of walking shoes, an electronic step tracker and a positive attitude will get you started.

As far as electronic step trackers are concerned, there are a variety of wearables such as Fitbit, Apple watches, Samsung Galaxy watches and Garmin, to name a few. These tools are a personal choice but I wear a Fitbit. However, simply bringing your smartphone on your walk will capture your steps.

What makes tracking steps with your group –MSC-OST – different from online tracking tools?

It's more personal than uploading data into anonymous tracking tools such as Fitbit or Apple. Although I support these wonderful tools, the spirit of community makes the Million Step Challenge different around the globe.

Participants share stories of their health journeys, their experiences building back to wellness and their personal accomplishments. Any health information shared with me is treated confidentially and the weekly report is permission-based.

We're building a movement through the platform for sharing stories, sharing articles and offering encouragement. A Ballantrae resident recently told me, "Instead of sitting around the house growing old, I prefer to come outside at least twice a day to walk around and meet interesting people."

Building human connections with like-minded individuals is the spirit we encourage.

How did you get into walking?

After a bout of COVID-19 in the early days of 2020, I experienced shortness of breath and knew there were implications for my heart. After recovering, I made a concerted effort to rebuild my health through exercise, improved nutrition, and raised awareness. Evidence of my improvement showed up in a lower resting heart rate, improved pacing on my walks and increased

stamina. Besides, I was thrilled with how much better I felt after walking.

Although my focus is walking, I participated in the 5K run at the Toronto Marathon in May 2023 and came first in the 70-plus age group, posting a time of 38:07.

When did you start the group?

I started building the group in April 2022.

You're retired now, but have you always been interested in fitness?

I retired from the banking world and financial management in 2010 and haven't looked back.

I've always been interested in an active lifestyle and I began golfing in 1999, playing Markham Green. Now I play in the Men's League at Ballantrae and in the winter months, I play at El Tigre in Nayarit, Mexico.

Speaking of Mexico, my wife and I spend six months in the warmer climate. The golfing is terrific, as is the walking in our gated community north of Puerto Vallarta with miles of white sandy beach along Banderas Bay.

How do I join?

If you want to join, please contact Hiram Lau at hiramlau@gmail.com. I manage the data on a spreadsheet and communicate via WhatsApp and other social media tools, such as LINE and WeChat. I can be reached at 647-961-6844.

How do you personally measure success?

There is only one answer: one step at a time.



Hiram Lau in Mexico



L to R-Adrienne Kong, Suzie White, Hiram Lau, Vicki Gladwish, Amy Fong

Fox Harb'r Resort

BY ANITA DRAYCOTT



Nova Scotia announces 18 new fairways designed by top Canadian golf course architects, Doug Carrick and Tom McBroom

I am now an official jet setter. I was recently invited to fly from Hamilton, Ontario's Jetport to Fox Harb'r Resort in Nova Scotia. Our small group boarded the Challenger 605 and sipped mimosas in grand comfort and style until we landed on the resort's private runway. What a way to go!

We've had a wonderful day on the 7253-yard links, designed by Canadian architect Graham Cooke. Now we are sitting in the Cliff Dining Room overlooking the fabulous final fairways at Fox Harb'r as the setting sun sinks into the Northumberland Strait. We are tucking into butterpoached lobster and panna cotta with fresh berries. Not a Timbit in sight!

Our gracious host is Steven Joyce, the resort's C.E.O. and son of Fox Harb'r's visionary, the late Ron Joyce, who co-founded the fabulously successful Tim Hortons franchise and eventually sold it to Wendy's. Fox Harb'r is a luxury resort and real estate community where the likes of Bill Clinton, Tiger Woods, Bobby Orr and Mr. Joyce himself zoom in on their private jets.

Located in Wallace on Nova Scotia's North Shore, Fox Harb'r is well off the beaten track. But it's close to Tatamagouche where Ron Joyce grew up and it's where he returned to "give back" to the community. As his donut empire grew, Joyce started the Tim Horton Children's Foundation for

underprivileged children in Wallace in 1974. There are now six camps in Canada and one in the U.S. Nearby, he bought a parcel of land that would become Fox Harb'r.

"I'm very proud of what we've created here: luxury without pretension, in one of the most beautiful places on earth," said Ron Joyce.

18 NEW SURF AND TURF FAIRWAYS

Joyce's vision began with the championship golf course that was named Best New Golf Course in 2001 and Best Golf Resort in Canada in 2011

by *Golf Digest*. Known for his masterful use of the lay of the land, Cooke created two unique experiences. The front nine plays around meticulously manicured parkland with sheltered forests, extensive wetlands and lakes. Head onto the back nine and you are transported to a Scottish links-like landscape with waving fescue and fairways hugging the rugged coast of the Northumberland Strait. Tiger Woods, who holds the course record of 63, stayed in Edgewood in 2009, one of many homes and townhouses for sale at Fox Harb'r.

No doubt Ron Joyce would be ecstatic to learn that his original 18-hole golf course is about to become a 36-hole facility with 18 parkland-style fairways and 18 links-style fairways with views of the rugged coastline. And he'd be proud of the fact that two of Canada's most distinguished architects, Doug Carrick (architect of our Ballantrae course) and Tom McBroom won the international competition for the project. This is the first time



Fox Harb'r Resort Map-2020



18th hole

the two architects have collaborated and they have flown into the resort to discuss their vision with our group. The newly routed Ocean Course should be ready for the 2024 season. McBroom describes it as a “refined links-style” that revolves around the ocean. The 18-hole parkland Vineyard Course that will play around the resort’s own grapevines should be complete by 2025.

Why Carrick and McBroom? “These two Canadian architects are every bit as good as any others,” says Steven Joyce.

Fox Harb’r began with golf as the main attraction, but there’s plenty more to keep you occupied. Now guests and owners can go horseback riding, play tennis, take a hike or a bike ride. At the Sporting Lodge, sharp shooters might take instruction in archery, clay shooting or hammer tossing. The recently renovated Dolás spa offers a full range of treatments, including a signature rejuvenating facial and an executive men’s menu. Awarded best spa in Nova Scotia, the popular facility is scheduled to expand.



L to R-Doug Carrick, Tom McBroom, Steven Joyce

Who knew that Wallace, Nova Scotia would become Canada’s own Napa North?



10th hole

The Fox Harb’r story has all the makings of a great Canadian novel or movie. Blue-collar cop, Ron Joyce, from remote Tatamagouche, Nova Scotia, buys a donut/coffee shop in Hamilton with a Maple Leaf hockey player. Tim Hortons becomes a roaring success with franchises all over Canada and a loyal following eager to “roll up the rim” on their double/doubles. Mr. Joyce wants to give back to the Nova Scotia community of his childhood so he starts his first camp for underprivileged kids near his birthplace. In the process, he buys a parcel of land with a dream to make it a five-star golf resort. He succeeds and his legacy continues to grow.

www.foxharbr.com



Fox Harb’r Clubhouse

NAPA NORTH

All this activity and fresh sea air whets the appetite so it’s no surprise that fine cuisine is an important element of the Fox Harb’r experience. The Cape Cliff Dining Room is Atlantic Canada’s first sustainable seafood restaurant certified by Ocean Wise. You might even find trout on the menu that chef Jeff McInnis has caught himself from one of two stocked trout ponds on the property. Fox Harb’r also uses fresh herbs and produce from its own greenhouses under the direction of horticulturist Michael Steward. The resort’s extensive wine list has received the Wine Spectator Award of Excellence. Recently, Fox Harb’r partnered with nearby Jost Winery to grow its own vines.



Lighthouse

A Fragrant Garden

BY LUBA QUADRINI



The design of Persian palaces, Egyptian temples, Roman villas and British estates were all based on formal garden designs and filled with aromatic plants. Throughout history scented gardens were esteemed and believed to ward off illness while encouraging peace and contemplation. An outdoor garden is a living three-dimensional environment. As you walk along, the views and scents change from moment to moment. The fragrance can linger on a breeze or on your clothing as you brush against an aromatic plant. Layers of aromas can create a symphony of scents that become the garden's own signature just as the perfumes we wear become our signature. They entice us and can modify our mood with every inhalation.

Scientists have discovered that the perfumes from a garden can reduce stress, make us smile and leave us with a sense of contentment. Their impact is profound and is the stuff of which dreams and memories are made. Of all our senses, smell is the one most closely tied to emotion and memory. That is why our reactions to a particular scent are often tied to past experiences. Unfortunately, today's garden catalogues are filled with plant choices where colour and size have won out over fragrance. In the quest to develop good looking plants, hybridization has sadly left scent behind. A good example of this is the modern varieties of roses and sweet peas which generate large and abundant flowers but with less fragrance. There are still many aromatics available at local garden centres. Note that a wealth of information is printed on plant tags.

The competition to attract pollinators is the main reason why plants have developed such a wide variety of scents. The most potent scents will come from flowers that are superstars at attracting pollinators. In our climate of short summers in zone 5, the majority of perennial flowers broadcast their fragrance for just a few weeks a year, with the goal of attracting pollinating creatures. Species that have strong daytime scents are pollinated mostly by bees, hummingbirds and butterflies. Night-scented plants are typically pollinated by moths and bats. Once pollinated, flowers gradually lose both their scent and attractiveness. If you plan to plant for fragrance, ensure that your plants receive good soil as well as appropriate amounts of water and sunlight. By being a little stingy with fertilizer and water during the blooming period you will help to make the scent more intense. As mentioned before, plants that grow oversize, while visually pleasing, will often have weaker scents. Aromatics are generally a healthy lot, thanks to the essential oils they contain. Besides their benefits to humans who are lucky enough to inhale and enjoy them, these oils also deter plant infections and destructive insects, while inviting beneficial ones.

If you choose wisely, you can create a succession of blooms that will perfume your garden throughout the growing



Peonies

season. Some of my favourite aromatic plants are: daffodils, hyacinths, lilacs, violets and lily of the valley in spring; jasmine, lilies, sweet peas, phlox, carnations, yarrow, wisteria, peonies, mock orange and sambucus for early summer; clematis, honeysuckle, bee balm, roses, scented geraniums, lavender and stock for late summer. Keep in mind that in every species there will be varieties that are more or less aromatic. Check the tags or speak to someone at the garden centre for recommendations. There are also evening-scented plants that are wonderful to grow in pots on patios and terraces where their nightly fragrances can be readily appreciated when placed near a seating area. Some to consider might be phlox, flowering tobacco, honeysuckle, clematis and evening primrose.

Trees, shrubs and many herbs have fragrant leaves that need to be crushed or rubbed to fully enjoy their scent. They tend to smell woody instead of floral because their scent is produced to deter bugs rather than attract them as pollinators. Some aromatic shrubs you might consider adding to your garden could be viburnum, buddleia, daphne, mock orange, lilac and magnolia. Some of my favourite herbs to grow in pots on my patio are rosemary, basil, thyme, mint, parsley, eucalyptus, fennel, marjoram, tarragon and tea tree.

Continued on page 36

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A Fragrant Garden

CONTINUED...



Oriental Lily


The art of bringing fragrance indoors from the garden has been passed down through many generations. As a child, my mother, who spent her youth in a small Ukrainian village, had fond memories of gathering basil, chamomile and thyme with her sisters which they then dried and hung throughout the rafters of their home to keep it smelling fresh throughout the winter. I love to stroll through my garden, basket in hand, happily snipping herbs and blooms to bring into the house to enjoy. When they are spent, I dry them and make potpourri to perfume the house through the winter months. I appreciate that my home can smell fresh without the use of synthetic chemicals. When the scent of the potpourri begins to fade, I occasionally add a few drops of essential oils to enliven the fragrance.

Another way to bring the aroma of flowers indoors is to have a few aromatic house plants inside your home during the winter to evoke the pleasure of summer all year round. Some aromatic house plants you may consider are primrose, cyclamen, wax plant, Persian violets and hyacinths. When spring arrives they can be moved outside to a shaded spot on the patio.

My mother blessed me with her green thumb and an appreciation of fragrant blooms. I specifically planted several peonies in my garden so I can pick a vase-full to bring indoors. Their scent is intoxicating! I can't clearly remember my mother's gardens, but in the spring when I catch a whiff of the peonies and lilacs that perfume our world for a few weeks, the memories come flooding back and put a smile on my face. Fragrant plants can be as therapeutic as they are intoxicating. You can create your own garden sanctuary of health, happiness and well-being. Whenever I feel in a bit of a funk, I go outside and take a dose of "garden" to give me a lift. May this article encourage you to bring more fragrance to your garden, your home and your life.



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Fire Weather: The Making of a Beast

BY VICKI GLADWISH



In John Vaillant's *Fire Weather*, one thing is clear; the 2016 Fort McMurray fire was like no other.

"In the spring of 2016, halfway through the hottest year of the hottest decade in recorded history, a new kind of fire introduced itself to the world."

Vaillant, an award-winning author, takes us on a wild ride through the boreal forest and the epicentre of Canada's multibillion-dollar petroleum industry. *Fire Weather* was short-listed for the Canadian Writers' Trust Award in nonfiction.

Named Fire 009 at its onset, the behemoth quickly devolved into the most expensive natural disaster in Canadian history. The Fort McMurray fire, referred to as the beast, burned for 15 months and "belched 100 million tons of carbon dioxide into the atmosphere."

In a brief prologue, Vaillant argues that, "The industry and the fire represent supercharged expressions of two trends ... the headlong rush to exploit hydro-carbons at all costs and the corresponding increase in heat-trapping greenhouse gases that is altering our atmosphere in real-time."

He takes a logical connect-the-dots approach in *Fire Weather*, exploring the connection between human-kind and fire as he seeks to show the bigger picture, providing a detailed look at Fort McMurray and the petroleum industry. Vaillant guides the reader through the history of bitumen, the tar-like substance found in Northern Alberta, and how it is refined into oil. "While bitumen, crude, and all their derivatives are known collectively as petroleum, they fall under the broader umbrella of hydrocarbons."

Recreating the horror and terror through interviews with survivors, he takes the reader through the raging inferno in the forest and the city, illustrating the magnitude of devastation through the loss of 2,400 homes and the exfiltration of the entire population of 88,000 without loss of life. Any attempt to shelter in place was futile.

The risk to life is underscored when he introduces the wildland-urban interface (WUI), where the human-built environment confronts the natural world; where living on the edge of nature is laden with inherent danger which only escalates with the increasing threat of wildfires.

"Fort McMurray," as it has been called, was an outdoor playground attracting workers from around the world with high-paying jobs for mechanics, welders, equipment operators and other skilled workers - but these rugged sorts had an affinity for motorcycles, snowmobiles, classic cars and power boats. "This deep allegiance to the internal



John Vaillant

combustion engine posed a major problem. Residents owned so many vehicles it was impossible to drive them all out." These toys were bombs waiting to explode along with propane tanks and barbecues.

Vaillant successfully presents a case that the Fort McMurray fire was a first in many ways. "Fire weather" refers to the meteorological conditions that allow a fire to flourish or flame out. Overnight temperatures no longer predictably dip, warmer temperatures arrive sooner in spring and along with the melting permafrost, there is more dry fuel in the forests.

But that was 2016.

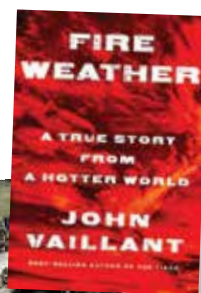
From what we've seen as recently as this past year, the escalation of fire threats continues in Canada and the rest of the world. Fort McMurray may have been the first North American city to experience complete evacuation, but it likely won't be the last.

The headlong rush to exploit hydrocarbons at all costs in all their varied forms along with the heating of our atmosphere that the global quest for hydrocarbons has initiated, is changing fire as we know it.

Vaillant is neither a fatalist nor a moralist. He presents the stark reality juxtaposed with historical references to past scientific warnings to government and industry, foreshadowing the disastrous outcomes of our addiction to burning fossil fuels.

He ends on a realistic but somber note: as nature regenerates, it's up to humankind to do the same.

But will we?



Aftermath



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The Pacemakers' Fall Concert

BY NORM BRESSER




Once again the Pacemakers put on an outstanding fall performance. A sold-out crowd of 130 attendees enjoyed over two hours of dancing, drinking and a delicious boxed snack.

Tom Clarke and Ray Stadnick announced that they are stepping back from the group and will start enjoying the Pacemakers' music as audience participants. Jim Miller, a new resident in Condo 4, will be joining the group. We are all looking forward to the Pacemakers' upcoming performances at our dinner dance on December 2 and our Christmas concert on December 13. The Pacemakers truly keep our hearts pumping!




Continued on page 42




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The Pacemakers' Fall Concert

CONTINUED...



Harry Renaud presented the whole group with photo books commemorating their time in Ballantrae from their formation as a band to the great performers they are today.

A big thank you for a job well done to Barbara Renaud and Anna Sardaro, event coordinators and all the Social Committee members who helped make this event very successful.

Needless to say, a good time was had by one and all. Good luck to Ray and Tom in their retirement and welcome Jim. We look forward to getting to know you.



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Pocket Concert

BY LORRAINE FARRO



Lorraine Farro, Rory McLeod, Daniel Hamin, Emily Rho, Bijan Sepanji

Another Successful Sold Out Pocket Concert!

On September 27 we were treated to an afternoon of pure pleasure. Emily Rho and Rory McLeod, co-founders of Pocket Concerts (and darlings "Emeritus" of Ballantrae) brought a piano quartet to our Recreation Centre. The idea behind pocket concerts is to bring quality, professional, small ensembles to perform in small local venues, creating an intimate musical experience for all. The group featured Bijan Sepanji (violin), Rory McLeod (viola), Emily Rho (piano) and Daniel Hamin Go (cello).

First off we were thrilled by Daniel playing a solo cello composition. It was a modern piece of music written during the pandemic. Although that is probably a time most don't want to remember, it was a modern thought-provoking work with deeply felt (and at times tumultuous) emotion. Daniel himself is a "presence" at almost seven feet tall. Add to that his impressive cello skills, his fun, vivacious and engaging personality and you have a winning combo! Daniel was a hit with the Ballantrae audience.

The next work was a Bach three-part invention arranged for string trio. That may sound easy enough, but for those of you that have some understanding of Bach's piano music, separating the intricate contrapuntal melodies, parts and lines that flow through a Bach composition and then arranging them for violin, viola and cello to play and flow effortlessly back and forth like one instrument, is no small feat. As one attendee noted – which was a big part of the secret to their successful performance – she couldn't keep her eyes off the musicians' eyes. Their eyes had a sparkle and the musicians were always connecting with one another during the entire performance.

For a total change of pace, the string trio showed off their breadth of ability across genres and treated us to a jazzy, heartfelt arrangement of *At Last*, made famous by blues and soul artist Etta James in the 1960s. As I looked around the room there were more than a few teary eyes. I am sure it brought back many wonderful memories.

Finally, we were treated to a spirited performance of Mozart's well known, highly recognizable Piano Quartet No.1 in G Minor. Emily shared a funny story beforehand. Mozart was actually commissioned by a publisher of the day to write a few quartets and was specifically asked to make them easier and more palatable for mass sheet music sales. Mozart, true to form, gave his royal salute to that idea and instead wrote something that was challenging and difficult, in a tough key for strings...definitely not for the masses! To no one's surprise Mozart was then released from his obligation to complete the set of Piano Quartets. Postscript: this quartet remains to this day, one of the most brilliant ever written. Obviously Mozart knew back in 1785 that standards and quality never go out of style.

After they performed, the musicians answered questions from the audience. Over the years this has evolved into one of the favourite parts of the afternoon. The cello that Daniel played was a loaner from a private collection that was put back together by experts who found original parts from various locations around the world in order to save this old instrument and reconstruct its "authenticity and greatness." The current value is many times that of a nice home in the GTA. It is common for talented young players to play on loaners from private investor collections. Firstly, they cannot afford the cost but also and most importantly; these rare instruments are living things that must be played regularly to maintain their sound and quality.

After the concert we all mingled and spoke one-on-one with the approachable and down-to-earth musicians while enjoying some nibbles and a drink with our neighbours and friends.

"At Last... my love has come along, my lonely days are over and life is like a song."



Daniel Hamin



Bijan Sepanji



Emily Rho



Rory McLeod

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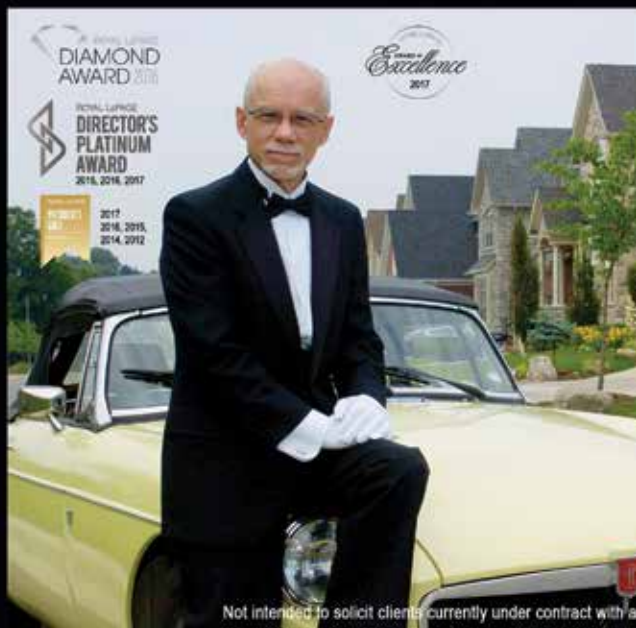
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Home on the Green: *How It's Made*

BY KAREN CLARK

There is an amazing number of volunteers working behind the scenes to bring you this quarterly magazine. But how does it land at your front door? Who is the editorial team? Who takes all the photos? How is it governed and financed? Who oversees the business of running a publication? This is the first in a series of How It's Made. In upcoming issues you will meet the *HOTG* teams: The board of directors; the editorial team, including the publisher, editor, writers, proofreaders and photographers; the production team; the advertising team; the design team and the printers. Whew!

Let's start with how it gets to your door. Introducing the super teams!

The super teams are the residents who deliver your *HOTG* magazine to your doorstep. The distribution team, headed by Norm Bresser and Al Moldon, used to rely on street captains to go door to door with 900 plus copies. The super teams approach came about when COVID-19 hit and we needed couples who could travel together safely in a car. The method worked so well that the process was adopted as the best delivery strategy. More than 40 street captains became ten super team members with much faster delivery results.

Neither rain, nor sleet, nor snow keeps these folks from completing their task. If a team is on vacation, Norm and Al substitute another team for that delivery.

The regular super teams are:



Al Moldon & Norm Bresser

Veteran Al Moldon has been on the job since day one. The first magazine was delivered by postal service. It didn't work out well! Norm Bresser, took over from Bruce Hyland in 2018. Back then, Al would drive and Bruce would be in the back seat stuffing magazines in Metro bags as they delivered to the street captains.

Condo 2

Bruce & Nancy Forty

"Delivering 205 copies is a great way to get to know our neighbours." Note his T-shirt...40. Get it?



Condo 1

Dave & Priscilla Rushton

"We do 260 deliveries in approximately 2.5 hours depending on how many conversations we have along the way!"



Condo 3

Peter & Jane Keast

*"It's in my blood. I am a retired mailman!"
(Jane)*

*"It is part of my training in getting ready
for the Ballantrae Summer Games!
A hundred and five copies is nothing."
(Peter)*



Condo 4

Dan & Pat Balfour

*"We moved here three years
ago and Norm Bresser took me
under his wing. It was through
his encouragement that Pat and I
undertook the delivery challenge.
Radar, the pup, takes all Pat's time
now so she supervises while I go
door to door with the 172 copies."*



Condo 5

L to R-Eric Scrafield with Cooper, Gary Fletcher, Carron Canning & Norm Gibbons

Neighbour Norm Gibbons (12 year HOTG delivery veteran) coordinates the distribution of 145 copies for Condo 5 with help from Eric Scrafield (who misses his faithful dog Cooper who barked at every door), Carron Canning (who gets delivery help from Bob Siegel), and Gary Fletcher (the newbie delivery guy).



MEET THE TEAM:

What's next? Meet the advertising and sales team in the spring issue!

Ladies' No-Stress Golf



The Tuesday No-stress women golfers finished up their season with the usual Tuesday draw game followed by lunch at the Royal Stouffville Golf Club. Although competition is really not "our thing" at No-stress Golf, we did award prizes on that day for the longest drive on hole number 1 (Carol Barr); the first shot closest to the pin on hole number 6 (Susan McKay); the most hogies (Leslie Mueller); the least number of shots on the indoor putting contest (Pina Guerriero); and the most loyal golfer, Nancy Rzeznicki (16 Tuesday morning games). Rose Chapman won a gift card for Golf Town from our sponsors Alasdair Patton and Kelley Lang of RBC Dominion Wealth Management.

Selecting lucky draw door prizes is always part of the fun and we did that after Alasdair educated us on the looming/booming role that women are having in the world of finance. Our time of influence is coming.



Ballantrae Men's Golf League

The Ballantrae Men's Golf League (BMGL) had a wonderful season in 2023. We had 136 members who played a combined 1,659 rounds.

Congratulations to all of our weekly winners and winners of our following tournaments:

- Phil Kostandoff, Spring Classic
- Bill Burrow, Team Championship
- The Carrick Cup
- BMGL Individual Championships

BMGL is open to all residents living in our Ballantrae Golf & Country Club community.

Our Motto is: HAVE FUN, ENJOY THE GAME and MEET YOUR NEIGHBOURS

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

You can also contact us at:

- ballantraemensgolfleague@gmail.com
- Jay Adams at 905-640-2843
- Norm Bresser at 416-706-9542



Phil Kostandoff-Spring Classic Cup Winner



The Carrick Cup Winners

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Farm Fields to Fairways at Ballantrae Golf & Country Club

BY MAURICE SMITH



Looking west from the Ninth Line where our back gates are now.

About 70 years ago if you drove north on Highway 48, three quarters of a kilometre past Aurora Road, then made a right-hand turn through a set of gates, you would have found yourself on a long driveway leading into a very large potato farm. The 200-plus hectares before you was the domain of Mr. John Bosford and his "Big B Brand" potato operation. The real story of the area however starts many years prior to his purchase of the property.

In the mid 1800s that land had been cleared for farming by a succession of families. They grew wheat and corn and their cattle grazed. Eventually it became three distinct farms.

The northernmost 80 hectares were owned by the Cliff Walwork family. The middle hectares and largest section was owned by the Tom Clarke family. The southern section was owned by Mr. Ross Hood. Each farm was known as "a string-two hundred" (simply because they were two kilometres wide and stretched from one concession to the next; in today's parlance, from Highway 48 to the Ninth Line). Generation after generation of these families farmed the land.

The Walwork and Hood families have all since moved from the area and their structures have disappeared. The Clarke family still farm on Ninth Line. However, the home once occupied by many generations of the Clarke family is still located on Highway 48. It is a two-story gingerbread, gable-roofed, Victorian style farm structure to the immediate north of that long driveway (now to the north of our front gates). It was built by Mr. Clarke and simply passed down through the family. The last Clarke member to live there brought his bride Margaret (a local Sunday school teacher) to that home in 1946. They moved out in the 1980s.

John Bosford consolidated his potato operation in the 1950s by purchasing all three of these family farms because the sandy-loam soil was suitable for growing his famous Idaho potato. The soil produced in abundance and he became known as the largest Idaho potato grower in Canada.

By the late 1960s, wanting to devote his energies to a different project, Mr. Bosford closed down his potato operation and sold the lands, through a series of transactions, to Gus Schickedanz. Mr. Schickedanz transferred the fields from growing potatoes to producing hay and oats for his growing stable of race horses.

The opportunity for development and the change of landscape in Ballantrae really began when York Region, in their desire to provide pure drinking water to the area, agreed to drill wells for this purpose. They were successful in locating an aquifer and in 1996 drilled two wells at the northeast corner of Aurora Road and McCowan. Today at this intersection there is a small building, blue and beige in colour, which houses the pumping equipment required for drawing and pumping the water extracted from these deep aquifer wells.

The Town and Region jointly installed the piping which delivered this resource to the tower on Ninth Line, south of Musselman's Lake. Water is then pumped north to service Musselman's Lake and Ballantrae. With the availability of this precious resource, Stouffville, in the spring of 1998, gave Mr. Schickedanz approval to design and develop a community. He had the waste treatment facility and the roadways built and then the golf course. He designed the home layout around the course to be similar to those he had seen in Florida.

Today, instead of a long driveway into a potato operation the driveway leads to a golf shop, Recreation Centre and the Ballantrae Golf & Country Club community.



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Elaine Gorman started our Friday morning group in 2008. Two of the first members were Brenda Wilson and Betty Allen.

The first project that our group embraced was making premie hats for the Markham Stouffville Hospital.

Friday mornings have now evolved into an array of projects such as gifts for family and friends, a poppy cross for our Recreation Centre for Remembrance Day, hats and scarves for Christmas hampers within York Region and personal projects. Our group also enjoys sharing patterns.

Over the years we have established many friendships as we gather each week. We often say: "This group is not just about the stitching."

The work of our hands has been very therapeutic on many levels. Some weeks, members drop in without a project just to say hello and simply enjoy the camaraderie of our group.

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