

Burgundy Wine and French Country Buffet Evening

By Bryan Graham



Bryan Graham leading the wine tasting

On July 25th, 64 members and guests gathered in the Club's main dining room to enjoy a tasting of the wines of Burgundy and a marvellous buffet created especially for the occasion by Chef Patrick Desmoulin and his team. It was a congenial gathering of friends that filled the dining room with much conversation and repartee!

Burgundy, one of the world's most famous wine producing areas, is located southeast of Paris. It consists of five major regions: Chablis, Côte d'Or, Côte Chalonnaise, Mâconnais and Beaujolais. The Côte d'Or is further divided into Côte de Nuits in the north and Côte de Beaune in the south. Burgundy and its wines have a long and illustrious history, dating back to when the Romans ruled France. It later developed into a rich and powerful empire, and the Dukes of Burgundy savoured the region's marvellous wines as part of their extravagant lifestyle.

The Burgundy region has established a reputation over the centuries for marvellous food as well as opulent wines. These wines are based on four grape varietals: Aligoté and Chardonnay for the white wines, and Gamay and Pinot Noir for the red wines. While the Aligoté varietal is typically used as a blending wine, especially in the Crémant de Bourgogne, it is currently enjoying a renaissance with a number of producers

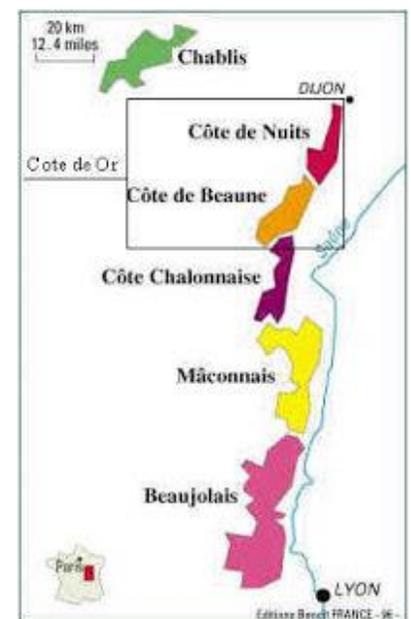
in the Côte de Beaune and the Chalonnaise, especially around the village of Bouzeron. The Chardonnay is the principal white grape grown throughout the region and reaches its zenith in Chablis and the southern Côte de Beaune. The Gamay varietal produces wines with a remarkable bouquet and sumptuous colour, and thrives in the granite and schist soils of the Beaujolais region. The Pinot Noir is *the* "noble" grape of Burgundy, used exclusively in the production of all the "Village", Premier Cru and Grand Cru wines of the Côte d'Or.

The theory behind the Appellation Controlée (AC) system in Burgundy is the smaller and more precise the appellation, the higher the general quality of the wine. Thus, unlike Bordeaux, there are no chateau classifications. In the Beaujolais region, where the finest wines are crafted in the 10 Crus villages, only these villages are permitted to use their village names in identifying the wine.

In the Côte d'Or, the classification system is a little more complicated. The highest ranking wines are designated Grand Cru, the "great growths" from the very few select sites that traditionally produce exceptional wines. Premier Cru is ranked just below Grand Cru. The wines with Premier Cru status are "first growths" and emanate from individual vineyard sites that have historically produced superior wine. Beneath the Premier Cru wines are the wines that come from a single village, examples of which include Gevrey-Chambertin, Volnay and Puligny-Montrachet. The next classification is the district designation, such as Hautes Côtes de Nuits. Finally, there is the Bourgogne appellation, which is wine made from grapes grown anywhere within Burgundy.

During our reception, we began the evening with the Louis Bouillot Perle d'Aurore Brut Crémant de Bourgogne Rosé, a masterly blend of Chardonnay and Pinot Noir grapes typical of the Crémants from the region. Delicately fresh and lively with fine bubbles, this dry, strawberry and blackcurrant infused sparkling rosé offered delightful acidity and a creamy texture.

Our first tasting of the evening was the



2016 Jaffelin Bourgogne Aligoté, which is an early ripening variety native to Burgundy producing tart, floral, herbal wines with a crisp acidity. Possessing subtle aromas of mineral, citrus, pear and green apples, this wine is a dry, light-bodied wine with clean apple/lemon flavours.

The 2016 Vignerons de Buxy Buissonnier Montagny Premier Cru from the Côte Chalonnaise is a beautifully balanced 100% Chardonnay presenting ripe pear and citrus notes, followed by floral and mineral aromas and concluding with a lingering finish.

Our first red wine of the evening was the 2016 Domaine de la Madone Beaujolais Villages, a 100% Gamay wine possessing all the attributes of a most enjoyable Beaujolais – juicy, plummy fruit, with good depth and concentration.

The final wine of the tasting was the 2015 Maison Roche de Bellène Bourgogne Pinot Noir Cuvée Réserve, which comes from several vineyards in the Côte d'Or and beautifully reflects the vision of Nicolas Potel, the well-known négociant and winemaker, to produce fruit-forward, terroir-driven wines.

No wine is more memorable than an outstanding Burgundy. These glorious wines offer finesse and elegance, a velvety texture on the palate with a marvellous balance of tannin and fruit. When these are perfectly integrated, there is simply no better wine made in the world.

The wine tasting was complemented by Chef Patrick Desmoulins' splendid buffet, which featured Filet de Boeuf Rôti Richelieu Madeira, Filet de Truite aux Amandes, Jambon à la Chablisienne Persillée, Poulet à la Moutarde de Dijon, Escargot Bourguignon en Croûte, and Oeufs Meurette.

Sport and Fitness

Golf Outing: June 8

By Maneesh Mehta

Nine members enjoyed a perfect spring day for a round of golf at the Ladies' Golf Club of Toronto. The camaraderie of the day may not have been entirely matched by the quality of the golf, which is perhaps why this event has become a regular highlight for a core group of members. It also contributes to our growing affiliation with the Ladies' Golf Club of Toronto. After the golf, everyone adjourned to a relaxing 19th hole



Ross Peebles, Peter Douchanov, Judith Cole, Maneesh Mehta, John Rook, Brian Bellmore, Beverly Rook, Jenny Mercer, (missing Donald Rumball)

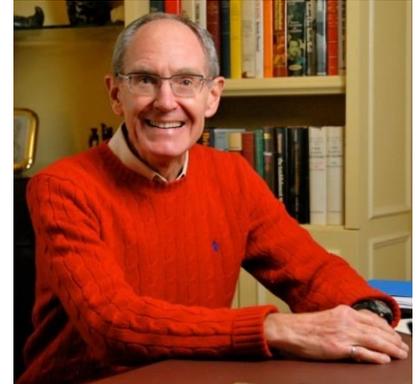
celebration featuring the charming ambience of the club's facilities, as well as excellent food and drink.

President's Message

By Ross Peebles

Many members have told me how much they enjoy and value having access to our network of affiliated clubs. Currently, we are affiliated with 34 clubs in Canada, 67 in the United States and 65 elsewhere.

These agreements allow reciprocal privileges to the members of both clubs. Depending on the services offered by the affiliate, our members can dine, stay overnight, exercise or play golf at facilities whose standards match our own.



Likewise, their members have access to our Club when they are in Toronto.

To ensure that affiliates provide levels of service equivalent to ours, we follow a fairly rigorous process. Before taking on a new affiliate, we gather as much information as we can about the club – its precise location, its organizational structure, its services, and its existing list of affiliates. We ask the club to provide information that ensures our members will feel comfortable and be well served when they visit an affiliate. If possible, we try to get feedback from someone who has actually visited the club in question. From the information collected, the Board can make an informed decision as to the suitability of the prospective affiliate.

Many of our affiliates, particularly those outside Canada, provide overnight accommodation, generally at rates much lower than hotels of similar quality, in the same market. Even when affiliates do not have bedrooms themselves, many have arrangements with nearby hotels that can prove beneficial. It is certainly worth asking about this possibility when planning a trip. Several frequent travellers have reported that their accommodation savings alone are sufficient to cover the cost of their annual Club dues.

For a number of years, we have been a member of International Associate Clubs. This organization provides our members with access to an additional roster of clubs, many in cities where we do not have a direct affiliate.

We are always open to new affiliation opportunities. If you have any suggestions as to cities where an affiliation would be beneficial, please let Sohail know and he will explore the possibilities.

When planning a trip, my first step is to see if a reciprocal club is located at my destination. If so, I always book there. I have never been disappointed and in most cases, delighted by the result. When staying at an affiliated club, it is always easy to strike up a conversation in the bar and if you are dining alone, you can often opt to sit at the club table to enjoy some dinnertime conversation.

Next time you are thinking of travelling, I suggest that you consult the list of affiliated clubs on our website. Sean Mehrotra can usually provide additional advice based on the experiences of other members. After making a booking, our front desk staff will be pleased to send a letter of introduction to the club of your choice. It's certainly worth exploring.

I'll see you at the Club.

Sports and fitness

Fitness Dinner: May 31

By Maneesh Mehta

The annual Black Ball black tie dinner, hosted by the Sports and Fitness members, had a spectacular turnout of 38 members. In fact, we could not have the dinner in our traditional location, the Library, and had to move the event to the main dining room. The evening was electric from the reception onward. Indran and his team put together a wonderful menu, service was excellent, and the wines were well chosen.

At the dinner current and past members of the Sports committee were recognized, as well as current and past members of the Board. It was good to see so many past committee and board members attend as this event has always been one of the favourites among many of our members. Our president, Ross Peebles, regaled us with stories from his recent trip to Russia, where he spent time laying the foundations for the Trump-Putin summit.

The highlight of the evening, however, was a trivia quiz show that was hosted by a professional (James Lupo). There were three segments, with the middle segment testing our knowledge about the Club. The questions for this segment were prepared by Don Rumball and were based on information contained in his book: "The University Club of Toronto: Its Life, Its Times 1906-2006". You may be surprised, and heartened, to learn that the winners of our little fun contest were some of our younger members: Jeff Haylock and David Rankin. Well done and congratulations!

The Sports and Fitness department, led by Karen Csida, has been a pioneer in acquiring new equipment, introducing different instructors and continually refreshing the class offerings. Karen's efforts on our behalf were warmly



Carolynne Hallitt, Peter Douchanov, Diana Wiley, Philip Khaiat

recognized and I know that all of the members join me in expressing our appreciation for all that she does for us.

We were delighted to see several new members attend the dinner for the first time, and we hope that even more of you will make it a point to attend next year's dinner.

COO's Remarks

By Sohail Saeed

Feedback from members is critical to the success of our Club. I am pleased to report that the number of filled out comment cards after dining has increased and occasionally people leave a message in the suggestion box located in the hallway. I would like to thank everyone who has provided constructive comments.

Some of your ideas have led to changes in our dining menus, improved ventilation in the studio in the fitness centre, refurbishment of the squash courts, and a greater variety of teas in our tea chest. If you see something that might be improved, please let me know. It is one of the ways that you can make a difference for everyone's benefit.

One of my objectives has been to improve the Club's exposure on social media. This may not seem important to people of my generation but younger people rely heavily on social media for information and communications with one another. Therefore, Jill Hutchison and I are working to expose the Club to a bigger outside audience and to create a sense of interest in the right circles. Since we began our efforts, engagement on Facebook has more than doubled and we are appearing in more than 200 searches every week on LinkedIn.

In addition, we have totally revamped our website in order to portray the Club as a sophisticated, modern entity with a proud past which it still respects and honours. We have expanded the information on the public section with more being available on the "Members Only" section. I invite anyone who has not already seen the website to take a look. If you have any difficulty logging-in, please call Jill at 416-597-1336. She would be more than pleased to assist.

Naturally, direct contact with real people remains vital to attracting new members. We have steadily increased the number of visitors and guests who have toured the Club and I am pleased to say that the comments have been generally positive. My hope is that many of these people will opt to become candidates for membership in the near future. We have welcomed about 30 new members so far this year, including residents, non-residents, overseas members and students. It is important that new members should be made to feel welcome in the Club so if you have the opportunity, please take a moment to say hello. Equally, if you have friends or colleagues who might be interested in membership, please let



me know and I will make the necessary contacts.

The food and beverage team's goal is to make the Club every member's first choice when dining out. We know that there are many fine restaurants in the City and we strive to be among the best in terms of quality, service and value. The chef's summer salad choices have been very popular, and we have sold more than 100 of the special sirloin steaks that are aged for 38-days and are entirely free of hormones, making it the Club's most popular promotional offering.

Also related to dining and in response to member feedback, we have recently purchased a new Nespresso machine that brews delicious espresso and cappuccino. The results are amazing - consumption has increased fourfold and satisfaction levels are also much improved. If you haven't sampled the coffee yet, please do. I'm certain you will approve. I hope you will continue to enjoy fine dining in the Library and casual dining in the Main Bar and Sports Lounge.

Club usage is down during the summer, so it is a good time to carry out building maintenance and to undertake renovation projects. This year, among other things, we totally renovated the 2nd floor bathroom, installed a new carpet on the third floor, repaired the fridges in the kitchen, did paint touch up, peeling plaster repairs throughout the Club and more. I apologise for any inconvenience you may have experienced.

Now that summer is almost over, we are back to our normal schedule of Monday through Friday openings. Hoping you had a great season of rest and enjoyment. We are here to welcome you back to the Club.

Club history

George McFarland: Founding President of the Club

(Excerpted from *The University Club of Toronto: Its Life, Its Times* by Donald Rumball)

The three young men in a private dining room in the Moorish Palace Hotel had a mission. All in their 20s, they had become fast friends during their time at the University of Toronto, from which they had only recently graduated. Now, in the fall of 1906, well connected and on display at all the debutante balls, they were expanding their horizons. They were active in sports and carousing; they were building a career, making a name for themselves. But they were slightly underwhelmed with their colleagues at work; whether or not they were good at their jobs, they were not great conversationalists. Actually, they were boring. The young men missed the passionate debates and the witty repartee of their university days - and they were determined not to let that part of their lives just slip away. So they decided to start a gentlemen's club just for university graduates.

The three men were Hugh Hoyles, Archibald Snively and George McFarland, who was the natural leader of the group. They were the core of a group of about 15 graduates who hunted and played as a pack and who volunteered to put their shoulders to the wheel for the new club

In March of 1913, at the Annual General Meeting, George McFarland stepped down as President. He had been the informal president before the club was incorporated and had

served as President through the subsequent four years or so, leading it without undue incident to a significant size - 294 resident members and 176 non-residents. He had also managed the Club's transition from a private dining room once a week to a dedicated building of its own, under a long-term lease, with extensive sports facilities in place, or planned and approved. The minutes are silent on how energetic a leader he was, but he clearly did a good job over a period of extraordinary growth in the size and complexity of the Club.

McFarland was only 26 when he and his friends started the club and 33 when he stepped down. He had already had some unusual experiences. His father was the owner of a general store in Markham when it was still a rural outpost without a high school of its own. So McFarland went to school in Owen Sound, which was equipped with a suitable high school and was where his grandfather lived. As there wasn't a spare room for young George in his grandfather's home, he was billeted with one of his grandfather's friends who happened to run the local jail, which had several spare rooms. He spent the final year of his high school at Upper Canada College, graduating at 15.

He went out west for a year of adventure then returned to enrol at the University of Toronto, where he studied commercial law. One of his main extracurricular activities was the drama section at Hart House, where he wrote a number of plays and performed in them



with his best friend, Vincent Massey. He later became counsel for the university before being appointed to the Supreme Court of Ontario in the early 1930s. He was a committed Conservative and once ran for parliament, losing to William Lyon Mackenzie King - an "achievement" of which he was always proud.

In his later years, he developed a passion for breeding bull terriers; he exhibited his prize dogs regularly at the Canadian National Exhibition and served a term as President of the Canadian Kennel Club. His son, Bill McFarland, still a member of the Club in its centenary year, remembers his father as a disciplinarian. "He wasn't someone you would argue with," he says. "He didn't say 'no' very often, but when he did say 'no,' he meant it. He said what he meant and he meant what he said. So there was never anything to argue about."

George McFarland had a large circle of friends and was gregarious. "They entertained a lot," his son remembers. "And he loved the Club. He always took lunch there when he was at Osgoode Hall." And every Thursday night, on the "maid's night out," he took the family to dinner at the Club.

The art in the Club

Collectors' Corner

By Neil Guthrie



A peek at Brooke Hunter's art collection

Brooke Hunter, a former chair of the Art Committee and grand-daughter of another (the late Norman Bell), studied art history at university and, less formally, learned a great deal from her grandfather, a noted collector of Canadian pictures and English porcelain.

Brooke's own collection is entirely Canadian, acquired over 25 years (she started young). It includes works on paper from the 1920s, 30s and 40s, with an emphasis on artists in Montreal between the wars. Some of these were acquired with advice from Norman Bell. The focus skips to the late 60s and 70s (Alfred Pellán, Harold Town, a memorable Joyce Wieland) and throws in some contemporary artists like Bewoben and Travis Shilling (as well as their father, Arthur), Jade Rude and Steve Driscoll. Brooke adds, 'I have a wall of nudes!'

Moves are often an opportunity to reassess and purge. When Brooke, her partner Andrew and their offspring recently consolidated households, she concluded that some pieces she has acquired over the years didn't fit, either physically or in relation to more recent acquisitions.

The Art Committee was also musing about rationalizing and consolidating the Club's collection. The Club's collecting mandate is to acquire works by the Group of Seven and artists who painted or exhibited with them. This casts a wide net, but over the years some extraneous fish – artists who fall outside the policy – have slipped in (or were caught before we became more disciplined). The Committee would also like to replenish the art fund's coffers after last year's purchase of the stunning Edwin Holgate oil that now hangs in the Main Lounge.

After some discussion, the two projects – Brooke's and the Art Committee's – came together: a UCT art auction. We haven't held one since May 2011, so the time seemed ripe for a variety of reasons. The Committee thought it would also be fun to give Club members the opportunity to sell works from their own collections, with a portion of the hammer price going to the consignor and a portion to the art fund. Naturally, the Art Committee reserves the right to demur on that rendition on velvet of dogs playing poker that's been in the garage for years; as is its wont, the Committee's determinations as to the worthiness of members' offerings will be (in the words of our

chair, Andrea Geddes Poole) final and could be idiosyncratic, highly personal and arbitrary. Brooke will be putting several pieces from her own collection up for sale, including drawings by Edwin Holgate and André Bieler, a Sylvia Hahn print and a Claude Picher oil.

The auction is a great way for members and their guests to top up the art fund and acquire for themselves some good pieces curated by the Art Committee. To add spice to the auction, it will be combined with the annual dinner on October 4, when Brooke will be the speaker. An invitation to consign will be sent out this month and a complete list of lots published closer to the date of the auction.

Member profile

Allan Detsky's Order of Canada

By Donald Rumball

One of the recipients of the Order of Canada in June was Allan Detsky, a member of our Club since 2009 and a regular visitor to the squash court. A Chief of Medicine at Mount Sinai Hospital for 12 years and a former Chief of the Division of General Internal Medicine at Toronto General Hospital and the University of Toronto, he holds a PhD in economics (M.I.T.) as well as his MD from Harvard Medical School. The award recognized his contribution to the management of drugs in Medicare. He developed the principles working with the Ontario government, culminating in the 1994 publication of *Ontario Guidelines for the Economic Analysis of Pharmaceutical Products*, which balanced the cost of various drugs against their effectiveness and developed a list of drugs that fit the mandate and the affordability of OHIP's drug plan. He later worked with a group of other academics who developed a similar document for the federal government that was subsequently adopted by the National Drug Review Board.

He has since explored many ways of improving the health care system, including studies on how we pay for doctors and hospitals, diagnostic reasoning and conflicts of interest for physicians arising from financial interactions with the pharmaceutical industry, among many others. Altogether he has authored more than 300 papers on these topics. He has also taught communication and writing at the university. His proudest achievement has been mentoring more than 4,000 students and faculty, many of whom have written papers with him. Among them are a former president of the U of T (David Naylor) and the current Provost of Harvard (Alan Garber).

"One of the biggest challenges for the future of health care in Canada is continuity. Patients are now cared for by more health care professionals than they used to be. It is difficult for any one person to know their entire story. I think those who are now responsible for educating future physicians are not paying enough attention to this issue."

In what passes for his spare time, he is involved in musical theatre; he has



Rena Mendelson and Allan Detsky

received two Tony nominations as producer. He and his wife are among the producers of *Come From Away* which is playing in Toronto and New York and will soon open a North American Tour, as well as in London and Australia .

Reciprocal clubs

A new affiliate in Vienna

By Ross Peebles



Left to Right: Alfred Richter, Anton Gatnar, Mrs. Gatnar, Ross Peebles, Judith Cole, Alexander. Hartig, and Friedrich Roedler

Earlier this year the President of the St. Johannis Club in Vienna, Dr. Alexander Hartig, was in Toronto and had dinner at the University Club. Before leaving the Club he left me an invitation to visit his club should I ever be in Vienna.

By good fortune, my wife and I were planning to stop in Vienna on our way home from a vacation in Russia. I wrote to Dr. Hartig and he very graciously invited us to meet him for lunch with a number of his colleagues.

The Johannis Club occupies the second floor of a stately building on the Schuberting in the centre of the city, a short walk from the Vienna State Opera House. It was founded just after World War II and today has in excess of 1000 members. The Club has excellent dining facilities and a variety of comfortable and tastefully decorated rooms. Although the Club does not have overnight accommodation, it has an arrangement with the nearby Sacher Hotel that offers members and the members of affiliated clubs rooms at discounted rates.

In addition to Dr. Hartig, we were hosted by the Club Secretary, Anton Gatnar, the Treasurer, Friedrich Roedler, and the member of the Board who oversees inter-club relationships, Alfred Richter. When I asked about their strong membership numbers, they attributed this to the Club's active programme of social events.

The University Club and the St. Johannis Club are now in the process of concluding an affiliation agreement. I am certain that any members travelling to Vienna will find the same warm welcome at the Club that Judi and I received.

Roots and Wings

By Bobby McDonald

Over 100 years ago, the University Club of Toronto began as a

place for likeminded (and otherwise) individuals to meet over lunch and discuss issues of the day. This past fall, Don Rumball and I rallied a small but growing contingent of members and non-members alike to rekindle this spirit. Some of the regulars include: James and Lou Reed, Diana Wiley, Sean Morley, Brooke Hunter, Sean Ennis, Mark Jenkins and others. The group meets in the Library one Friday every month for a wonderful lunch and stimulating conversation about events and ideas that are shaping our world. Some of the topics so far have included: The Sexual Counter-Revolution, Trump (naturally), Blockchain Technologies, and The Future of Media. At the end of each meeting we vote on a topic to explore the following month. Often times, the group will email and exchange articles, videos, and other source material ahead of our RoundTable. The result: a friendly, informed, and interesting conversation with a healthy dose of disagreement.

One of the most exciting and encouraging aspects of this initiative is how many young people we've been able to engage in the conversation. As a 26 year-old, I am astounded by the alarming lack of critical thinking and thoughtful discourse in our society today. It's no secret that our community needs more people who are willing to listen to different perspectives, openly challenge one another in a respectful manner, and exchange ideas with a collective commitment to uncovering the truth (no matter how troubling). In a casual and informal way, this new initiative seeks to foster this spirit.

Our monthly RoundTable combines the intellectual roots of the Club with a growing need for more engaged conversation in our daily lives. It is open to any and all club members (and guests). Our hope is that this grows to include dozens of members every month, with many conversations running simultaneously!

If you'd like to join the RoundTable or know anyone that would please contact me at bobby@parlayideas.com

Staff profile

Celestine Sukumar

By Ian Fraser

We were able to sit down with Celestine Sukumar for a brief chat, no mean feat as he is always on the go fixing up something or other in every corner of the Club property. He joined the staff in 1989, so he has had to cope with the faltering functionality of a building that was already 60 years old when he joined us. He knows the building like the back of his hand and his



experience will be missed when he retires (probably in the next

year) because no one else on staff has his knowledge of the building and what it takes to keep it running smoothly. Heritage properties require special care since the old and the new have to function well together. Merging the new with the old has been Celestine's challenge and he has excelled.

Celestine grew up in Sri Lanka where he trained as an Able Seaman. He didn't learn much about maintenance on the high seas, but he got a good grounding during the six years after he left Sri Lanka, at the age of 30, to work in New York, Montreal and Toronto. By the time he joined us, if there were any gaps in his expertise, the Club's multiple challenges soon filled them all. And, if he can't fix a problem himself, "I know what outside expert to call in."

There are about 200,000 Sri Lankans in Canada today, heavily concentrated in the GTA, so Celestine heard about the opening at the Club through his brother-in-law, Para, who mans the front desk during the night shift. Like so many Sri Lankans, he had to flee the terrible violence of that country's civil war. "It was unsafe to go outside. My aunt's son was killed and we didn't even get back his body; he'd been married only three months and his wife was pregnant. And my elder brother was stopped by some army people on their motor bikes who broke his jaw. For nothing! That's the way it was! If someone had done something before in that place, they would go there and hit whoever they came across." He's been back about ten times. "Things are not good, but better than before, because there are no more Tigers. 80,000 people died. There were all kinds of bombs."

Celestine is Roman Catholic and his wife is Hindu. She worked at Gerling Global just up the street until she retired to look after the two children of their daughter, who lives in Pickering, just round the corner from her brother.

When he retires, Celestine says he'll stay home and look after the grandchildren. But will he? "I get bored. If I'm in one place for three days, I can't stay. I go somewhere or do something. It's very hard to stay in one place. All my life I have worked, worked, worked." There are, no doubt, many homes in east Toronto and Pickering that will be eager to capitalize on his boredom.

Sports & Fitness

Core Stabilization: Why You Should Care

By Karen Csida

When you think about your core, you are probably thinking about your abdominal muscles – the 6-pack muscles that some of us can see in the mirror. However, your core is actually much more than the abs; it is comprised of many layers of both deep and superficial muscles, which stabilize, support and move the whole body, including the pelvis and hip region. While tight, toned abs are impressive, taking care of the entire core offers many incredible health benefits; this can help prevent injuries, relieve muscle aches and pains, boost fitness levels and improve posture. An unstable core puts you at risk of injury as a result of ill-trained balance abilities. You can view the core as the foundation of your body; like the foundation of a house; without the necessary structural

supports in place, the whole house will be on shaky ground.

Core stabilization must work in tandem with core strength, so both are equally important. A well-rounded exercise program emphasizes the use of stabilization exercises (see the graphic of Dr. Stuart McGill's "Big Three" core exercises) These exercises help build the structural foundation of core stability/endurance to help you progress safely to more challenging core strengthening exercises – while enhancing your performance for better results.

Core Stabilization

Stabilization is not something obvious that we can see; rather, it's something that we feel. Whether your goal is to have a good looking set of 6-pack abs, ward-off back pain, stand taller, walk long distances, lift weights at the gym or run a marathon, you will want to invest some time in developing your core stability.

The goal of core stabilization exercises is to systematically activate the deep inner core muscles. It's advisable to start with low-intensity, safe exercises before moving on to more advanced strength, power and cardio exercises for the abs. These consist of simple exercises that require the muscles to activate with very little movement. This is called isometric training – holding an exercise in a static position for a few seconds or even a few minutes. This technique enhances spinal stability and neuromuscular control whereby the spine is



protected and the deep core muscles are strengthened.

When your core lacks stability and strength, the wrong muscles are recruited for movement and this can lead to muscular compensation patterns, which leads to postural problems – forward head syndrome (sometimes called "text neck") or a hunched back caused by sitting hunched over a computer screen. A weak core is also associated with upper and lower extremity pain – neck and shoulder pain, hamstring strains, abductor pain, IT band syndrome, and lower back pain that everyone dreads today. Investing in core stabilization makes it less likely to suffer from debilitating pain in the long run, as well as cumulative injury cycles that can trap you.

When you focus on core stabilization, you work your deep core muscles and mid-depth core muscles, including the multifidus, transversus abdominis, internal obliques, diaphragm, quadratus lumborum, psoas major, external

obliques, and the list goes on.

The 10-second Core Strength Test

Try this simple test to check your core muscle strength: Take a

deep breath, as you exhale pull your stomach back towards your spine as far as you can for 10 seconds; if you can't hold the contraction for a full 10 seconds, your core needs work.

Obituary

The Honourable John W. Brooke, Q.C.

Perspectives of two friends and fellow jurists

By George Strathy

John Brooke was one of the most complete human beings I know. I think of him now with a smile and with Bob Dylan's "Forever Young" looping in my mind. John, who died on July 16 at 93, seemed forever young. I think of a Hollywood casting director saying, "Send me a good-looking athletic type who can play a tough but kindly judge."

I remember John as a powerful presence in the University Club from the day I joined in the late 1970s. At that point, he had been a judge of the High Court for 6 years, having been appointed in 1963 at the exceptionally young age of 39, and a judge of the Court of Appeal for Ontario since 1969. Although I was a lowly junior lawyer and John a very senior member of the court, he treated me and everyone he encountered with respect and generosity.

There are two things I remember in particular about John at the Club. First, he was absolutely committed to personal health and fitness. And it showed. He was a proficient and competitive squash player. He was also an avid tennis player and skier. He loved the competition but he also loved the companionship and sheer fun of sport.

The second memory is John's interest in and knowledge of Canadian art, which was reflected in his passion for the Club's art collection and his stewardship of the collection for many years. When I became President of the Club, I received some good advice from the previous president, Tim Reid. He said, "Don't mess with the Art Committee. Keep the members out of it. John Brooke knows what he's doing." It was sage advice. John had a vision for the Club's art. I think he loved Canadian art because he loved Canada; he saw our country's greatness in the works of the Group of Seven and their contemporaries. John was never haughty or snobbish about art; he spoke about the artists and their works as though they were a part of him.

I was lucky enough to connect with John in another way when I was appointed to the Court of Appeal for Ontario in 2013. By that time, John had been retired from the Court for almost 15 years, having mandatorily retired at the age of 75. But he remained a treasured alumnus and he and Libby regularly attended court events.

As another former member of the Court, Bob Armstrong, said at the celebration of John's life, John will be remembered as a "no nonsense" judge, who treated everyone with equity and fairness. He had the ability that all good judges have to get



John and Libby Brooke, 2006

to the point quickly and incisively and he expected counsel to do the same. John's civility on the bench, his respect for counsel and his rigorous legal analysis continue to inspire me and my colleagues.

John continued his service to the public into his 90s as a member of the Ontario Review Board, which reviews the cases of people in detention as a result of being found not criminally responsible by reason of mental disorder. John's willingness to serve the most marginalized

members of our society, when most would be taking a well-

deserved rest, speaks to the man he was.

I think John's advice and his example to us, are found in the words of the song:

*May you grow up to be righteous
May you grow up to be true
May you always know the truth
And see the light surrounding you
May you always be courageous
Stand upright and be strong
May you stay forever young*

John certainly did.

By John Morden

My colleagues and I in the Bar Admission Course in 1961 had the benefit of a course in criminal procedure given by John and Pat Hartt who, like John, was subsequently appointed to the High Court. These classes sometimes involved genuine disagreements between John and Pat on the proper resolution of an issue that could arise in a criminal proceeding, affording illuminating examples of problems in the real world of court proceedings. They made the subject come alive.

Along with all my colleagues in the Court of Appeal, I was grateful for John's wise advice with respect to the multitude of difficult issues that arose on a regular basis. Related to this was his exemplary conduct in the course of a hearing in his treatment of counsel. In the latest number of the *Advocates Journal* Earl Cherniak noted that John Brooke, and others, caused things to begin to change in the Court of Appeal in the early 1990's from a court that was composed of some very good, but "miserable judges" who made life exceedingly difficult for young lawyers who appeared before them. John appreciated that a courteous hearing was an important element in a just proceeding.