

Taking on those ups and downs

By Cory Gentes
Special to The IFP

The U.S. Open is being played at the controversial yet beautiful Chambers Bay in the Pacific Northwest this weekend and the players will face a stern test of golf.

The fairways are generous but the shots into greens will be very demanding, which will mean many



From the Ground Up



misses around the greens and some tough up and downs.

One of the things I see when people are playing around the green and practising their short games is that they take the same amount of club

on almost every shot. What I mean is they take their grip on the club in the same position at the top of the club no matter what lie they are facing.

Next time you are faced with a challenging up and down, make sure you start by determining your lie. Is the ball above or below your feet, uphill or downhill, sitting up or buried in deep grass?

Then take a relaxed stance based

on correct alignment and let your hands adjust up or down on the grip according to the lie. Make a couple practice swings to determine the bottom of your arc and then step in, commit and play the shot.

Enjoy the golf on the weekend!

Cory Gentes is a 14-year PGA of Canada Teaching Professional and the Director of Instruction at The Old Pro Driving Range.

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Because of the many benefits of gardening for seniors, we thought that instead of answering a question this month, we would offer the following gardening suggestions:

- Carry a whistle or cell phone along with your other tools.
- Check medications for reactions to the sun.
- Garden early or late in the day to avoid the heat.
- Use faucets that enable turning water on and off easily.
- Raised beds or beds that are no more than four feet wide are easier to tend.
- Try vertical planting using trellises or walls.
- Hanging baskets can be raised/lowered by using pulleys; containers are easier to move if on castors.
- Wide, level, garden paths allow for safer walking and permit use of labour saving carts.
- Buy equipment that makes gardening easier such as light, large-gripped, ergonomically designed tools, kneeling benches with sides, and garden wagons or carts.
- Paint the handles of your tools a bright, easy-to-see colour.
- Purchase materials in smaller packages to avoid the stress of lifting heavy bags.
- The water source should be near the garden and use a soaker hose, as water weighs eight pounds per gallon.
- In the heat, wear lightweight, loose fitting clothes of cotton, wide-brimmed hats and of course, sunscreen.
- Take time to smell the flowers.

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B.Arch, MOAA, MRAIC

Architecture ■ Heritage Conservation ■ Urban Design

by Eric Connolly

What is an Architect and What Does An Architect Do?

An Architect is a person or entity registered and licensed to use the title "Architect" and to practice architecture in the Province of Ontario. Architects are qualified to design and provide advice on built forms in both the public and private domains.

The process of "building making" is both a science and an art form which combines artistic imagination and scientific vision to design objects in space through form, light, texture, materials and colour. "Building Making" has become complex stemming from complicated Client Structures, Construction Organizations, New Building Techniques and Building Science, Legal Responsibilities, Public Safety and Ethics.

Architects can be described as Conductors who orchestrate all of the various goals and participants involved with creating a building form and as Councillors to assist in disparate and conflicting ideas involved in the building process.

There are different kinds of Architects. Some Work with large Architectural Firms, some for Corporations, some for Construction or Design Build Companies, some with academic institutions, and some as "sole-practitioners".

I am the latter. I have practiced as an Architect in Halton Hills for 25 years in Downtown Georgetown. I have carried out numerous Building Projects of diverse size and use. Most of my experience falls into the category of Restoration, Renovation, Alterations or Additions to Existing Buildings.

With my in-house staff, I employ additional technologists as may be required and I provide my Clients with a complete range of Sub-Consultants including:

- Professional Planners
- Mechanical/ Electrical Engineering
- Grading / Storm Water Engineering
- Quantity Surveying (for Project Cost Control)
- Structural Professional Engineering
- Civil / Site Servicing Engineering
- Traffic Engineering
- Landscape Architecture

As a Client, you should try to begin discussion with an Architect(s) as early as possible in the process of implementing a Project. You should consider discussing your Project with 2 or 3 Architects and, after explaining your potential Project, ask for Letters of Proposal which should outline their services, scheduling and Fees.

As a Client you should look into the availability of existing Permits (talk to the Town of Halton Hills Building Department), who may have information and/or drawings on file. You should determine if you have a Legal Survey and a Site Plan with Topographic information, information on existing Wells or Septic Fields and all other Site Services. You should also check with the Town of Halton Hills Zoning Department to determine if you fall into Conservation Area Boundaries, Niagara Escarpment Boundaries, and the basic Zoning Restrictions including Use, necessary Setbacks and maximum Area Restrictions.

A successful Building Project demands a good Team lead by the Client, the Architect and the General Contractor.

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