

PUBLISHER & EDITOR:

Christine Flett

CONTRIBUTORS:

Scott Creamer

Fletch Fletcher

Dorothy Fletcher

Bent Rasmussen

Sonja Rasmussen

John Brewster

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Boating cancelled until further notice



It's not at all the spring Club members were expecting. One day we were looking forward to kicking off the season with our annual St. Paddy's potluck. The next, all events were cancelled and the Club off limits to most members.

That was two months ago. Now, with new cases of Covid levelling off and a gradual easing of provincial restrictions, members may be wondering when civilians will be able to access the Club.

In his update on May 2, Commodore Scott Creamer addressed the issue head

on, making it clear that any easing by provincial authorities with regard to marina operations, will not automatically apply to the CFB Trenton Yacht Club.

"The Base locked down before the Province did, and most likely it will not open up until a given amount of time after Province...I hope the time will be minimum, and I will do anything I can to help minimize that time...But the reality is Trenton is the Air Mobility Hub of the RCAF and has far-reaching hands to all corners of our country and beyond. The Wing has a responsibility to protect its force from this virus, and a higher responsibility to protect the country by doing everything possible to prevent spreading the virus."

The email also highlighted some of the infrastructure repair work required, specifically on the docks and breakwater, in order to ready the Club for the season. Unfortunately, while it is expected that small work parties will shortly be permitted, large gatherings will not. Organizing the necessary crews to get this work done in a timely manner will add an additional layer of difficulty to what is already an exceptionally challenging year.

That said, the Club is already working on a phased plan to re-open, one that will respect the provincial guidelines for physical distancing. Once complete, this will be presented to the Wing for approval. Stay tuned for more information.

Meanwhile, the Wing is allowing the contractor on Base for the annual maintenance to the aeration systems. This includes changing compressor filters, applying the biological weed treatments, and taking sonar soundings to monitor sediment reduction.



Photos by Scott Creamer.

Operation Inspiration touches down at CFB Trenton



The Canadian Snowbirds thrilled Quinte residents on May 8, with a flying visit to the region.

The event was part of the Snowbirds 'Operation Inspiration' in which the aerobatic team is doing flybys of communities across the country. The tour is intended to be a morale-booster for Canadians in the wake of the COVID-19 pandemic.

After leaving Halifax on May 3, the Snowbirds flew west landing in New Brunswick, Quebec City and Ottawa. From there they flew over Belleville, then did several flybys around CFB Trenton, delighting local residents, before landing at the base.

The Snowbirds left for the GTA next morning but low visibility postponed the day's events, forcing the team to return to Trenton. They were able to resume their schedule the following day.

For updates on Operation Inspiration, follow the Snowbirds' social media accounts.



SPOTLIGHT ON CLUB TALENT

Fletch: nine oil paintings in six weeks

Some people have no trouble filling their days despite social isolation. Both Fletch Fletcher and Bent Rasmussen are excellent examples of folks who know the value of keeping their hands and minds occupied.



Photo by Dorothy Fletcher.

Last winter, Fletch happened to be at Codrington Hall when the weekly art group was setting up. He was persuaded to give it a try. He started with pen and ink sketches, something he'd done decades earlier, then he moved on to water colours and finally oils. He has completed nine paintings since mid March.

Fletch is shown here putting the finishing touches on a painting of the Star Ferry in Hong Kong harbour. (A sailor painting a power boat? Strange times indeed!)

Bent: turning wine corks into functional art



For the past decade, Bent has filled his days during the non-sailing season making decorative fishing bobbers out of wine corks – a useful hobby, in that he gets to quench his thirst while also satisfying his own highly unique creative calling.

Each winter Bent makes hundreds of bobbers which he distributes among friends and anyone else he considers deserving. (They are all over St. John's NL following a visit there in 2018.)

This spring, he sent 200 to his son in Halifax, each decorated with provincial colours and emblems, including the Nova Scotia flag and a broken heart for the triple-whammy of heartaches the Province has endured.



Photos by Sonja Rasmussen.

The international border: A line not to be crossed this summer



You may be out of Rum, but now is not the time to nip across the Lake for some cheap booze in a US port. Canada Border Services Agency (CBSA) is reminding all boaters that due to the current states of emergency, the Canada-US border remains closed to all non-essential travel. This applies to both the land and water border crossings.

All recreational watercraft on Lake Ontario and the St. Lawrence River, (including power and sail boats, canoes, kayaks and jet skis) are prohibited from crossing the international border – even if the occupants are just fishing and have no intention of going to land. Failure to observe these restrictions could result in charges being laid by the US Coast Guard.

The current agreement to close the border expires May 21. At the time of writing, the government has yet to confirm whether this will be extended.

Information provided by John Brewster, RCAF Trenton Sqdn, Canadian Power and Sail Squadrons.

Lake Ontario levels — flattening the flood-risk curve

Looks like shoreline residents will catch a well-deserved break from spring flooding this year.

In its April 30 report, the International Lake Ontario-St. Lawrence River Board says while the Lake is still higher than normal, the rate of increase appears to be levelling off, and the water should peak well below the record highs seen in 2019.

This has been achieved despite extremely high and sustained inflows from Lake Erie, as well drainage into Lake Ontario from numerous rivers on both sides of the border.

The Board attributes these lower than expected Lake levels to it's decision last fall to push outflows beyond the maximum limit recommended under Plan 2014. This was approved by the International Joint Commission (IJC).

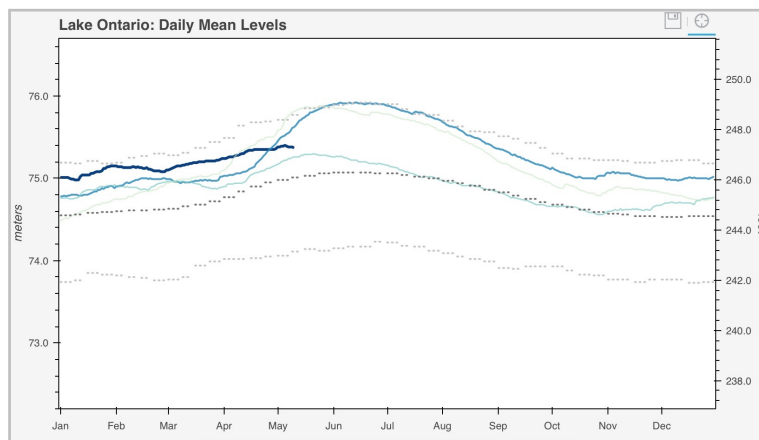
But it concedes Mother Nature also played a role, with lower than expected amounts of precipitation in April and an early peak in the Ottawa river system.

This combination of events has allowed Lake Ontario to rise more gradually, making it easier for the Board to monitor water levels and make the changes needed.

As a result, limiting outflows is no longer necessary to alleviate flood risks downstream of Moses-Sanders dam. The Board will be able to remove as much water as

necessary from the Lake while still maintaining safe currents in the Seaway for commercial navigation.

The board will continue to deviate from Plan 2014 by removing maximum water from Lake Ontario, at least until Lake levels peak likely in June.



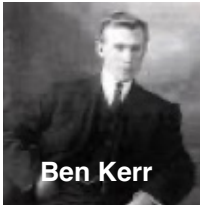
This chart shows water levels for the last four years. Of particular interest are the lines for 2020 (dark blue) and 2019 (blue) the highest curve. A faint green curve for 2017 is almost identical. To view as an interactive chart, go to <https://ijc.org/en/losrb/watershed/water-levels>.

RUM-RUNNING ON LAKE ONTARIO

Prohibition: Main Duck Island's moment in the sun.



IT'S INACCESSIBLE EXCEPT BY BOAT, BUT MAIN DUCK ISLAND WASN'T always off the beaten track. During the roaring twenties, the Island was a vital hub in the thriving but illegal business of running booze across the Lake to New York State.



Ben Kerr

The Volstead Act of January 1920, made the production, importation and sale of alcoholic beverages illegal. But if politicians thought this would keep American throats 'dry' they were dreaming in technicolour.

In his book *Whisky and Ice*, local author

CW Hunt describes the US during Prohibition as being "about as dry as the mud flats of the Mississippi at high tide."

The Ontario Temperance Act (1921-27) banned the sale of alcohol within the province, but the Government was not about to cut off a major source of income, so the manufacture and export of alcohol remained legal. No Canadian law was broken, provided travel was directly from Canada to the foreign destination.

This made Main Duck a perfect base for rumrunning. Situated just inside the Canadian-US border, the island's remoteness provided ideal shelter for smugglers to await darkness before dashing across the Lake to the US side.

At first, the US coastguard was ill-equipped to stop smugglers, but by 1924, the Coastguard had assembled a fleet that was both speedy and well armed, resulting in a chaotic mix of bullets and booze.

The story of Lake Ontario bootlegging is peppered with larger-than-life characters. Hamilton's Ben Kerr, aka "King of the Rum-runners" was one of the most daring.

A trained plumber and popular piano entertainer, Kerr was good looking and well spoken. He ran a marine business in Hamilton where he rubbed shoulders with the best of society, but financial problems led him to the smuggling trade in search of easy money. By the mid 1920's he owned several boats and was making regular runs, even in winter, from Belleville to Rochester via Main Duck Island. He was a regular visitor at the home of Light-house keeper, Wesley Thomas.

On one run, a tip-off to US Coastguard led to Kerr being ambushed near Rochester. The informer was either Rochester's Staud Brothers, or Rocco Perri, a notorious Italian-born crime boss who was doing business with the Stauds, and saw Kerr as a threat. Kerr sped into the lake, but his boat, *Martimas*, was overtaken and shots fired. He dumped the cargo but was boarded, and what remained was enough to get him arrested and his boat seized.

Kerr was charged and released on bail. When he failed to show up for trial, a warrant was issued for his arrest. Over the next few years Kerr eluded capture so many times he wound up topping the US Most-Wanted list with a \$5,000 reward offered for his capture.

Following the loss of *Martimas*, Kerr swore he would never again venture onto the lake until he had a boat capable of outrunning the coastguard. His next vessel—a specially built 42-ft. named *Pollywog*, was that boat. It was fast with a reinforced hull capable of smashing through the Lake ice-floes.

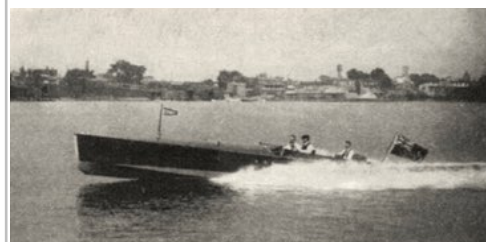
By 1928, Kerr had moved his base to Presqu'ile where he rented a cottage from Purtell Quick of Gosport. Kerr, who at 46 was feeling his age, intended to quit after that season but needed the money to expand his Hamilton marine business.

On February 24, 1929, Kerr and associate Alf Wheat, known as "Gunner," left Presqu'ile for Rochester. They never made it home. An aerial search as far as Main Duck found no sign of the boat. Six weeks later their bodies washed up at Colborne. With no evidence of foul play, an inquest determined they died of exposure, yet rumours persisted that Perri was responsible. This was not debunked until 1994 when Kerr's boat, *Pollywog*, was found lying near Colborne at the edge of the shore-ice limit. Both fuel tanks were empty.

It is thought Kerr used up his fuel reserves beating through the extensive ice floes on the Lake, as evidenced by the damaged propellers. Knowing he could not make it to Presqu'ile, he may have turned off his engines, allowing the southwest wind to carry the boat towards land where he hoped to power through the shore-ice and climb to safety. But the ice was too thick even for *Pollywog*. The boat was caught, crushed and ultimately sunk, taking with it the legendary King of the Lake Ontario Rum-runners, Ben Kerr.



Rum-running was lucrative and Lake Ontario a large expanse of water, so smugglers figured the odds were in their favour. If a patrol got too close, they would ditch the contraband in sacks weighed down with salt blocks and slink off into the night. When the salt dissolved the cargo would float and the smugglers would return to retrieve the booze.



The "Evelyn," one of Ben Kerr's many rum-running boats, in Trenton harbour. His friend "Gunner" Alf Wheat is sitting in the stern.



Mugshots of Rocco Perri.

Rocco Perri came to his own sticky end. The most notorious gangster in Canada, on a par with Al Capone, his rackets, besides rumrunning, included human and drug trafficking and the import and sale in Ontario of American-produced moonshine. This was made using highly poisonous wood alcohol diluted with

various other substances, supposedly to make it safe to drink. Unfortunately, since the producers were not chemists, that didn't always work. Some particularly lethal-grade moonshine led to a spate of deaths in and around Hamilton and the Niagara area.

There was a huge outcry. The press blamed the Temperance Act itself for the fiasco. The Government, keen to deflect responsibility, charged several people including Kerr and Perri. Evidence was thin, and Kerr was able to convince the trial judge of his innocence by carefully admitting only what was legal – the export of booze to the US. Perri, having previously bragged in the press about his boot-legging enterprise, was convicted only of perjury and served five months in prison. The authorities got even during WW2 when Perri was rounded up during the Italian-Canadian internment, and spent three years at Camp Petawawa.

In the end, Perri's criminal past caught up with him. His wife Bessie was brazenly gunned down outside their home. Perri himself disappeared in Hamilton on April 23, 1944 after going for a walk 'to clear his head.' His body has never been found.



Claude "King" Cole (left) sitting with his shotgun and his friend Mac Howell on Main Duck Island in 1925.

During the 1920's, Main Duck was owned by Claude "King" Cole, a farmer-cum-smuggler from Cape Vincent who purchased the island from the Canadian Government in 1904 for \$1,200 (\$36,000 today). Cole owned Main Duck until his death in 1938.

He built a two-storey house near Schoolhouse Bay, and some huts which he rented to a small colony of commercial fishermen. In the early days, Cole managed the fishing and looked after his livestock which included hogs, sheep, cattle, buffalo and some racehorses. It was through racing that he got into bootlegging.

Cole was in his fifties and a grandfather when prohibition began. A great storyteller, he was widely liked on the island. He was also a risk-taker who smelt an opportunity to make money. He bought enormous amounts of whisky from Corby's plus beer from the Belleville brewery and Kingston's Old Tower.



Fishing boat loaded with contraband during Prohibition.

Using his cruising yacht, *The Emily*, Cole was able to move 1000 cases of alcohol at a time to Main Duck Island. The contraband was hidden in the island's old stone houses until it could be transported. Cole would then distribute it among the commercial fishing crews on the island. They would smuggle the booze into the US along with their daily catches. Sometimes, Cole himself would take *The Emily* and its illegal cargo across the Lake, travelling to Oswego and then Syracuse, greasing the necessary palms to ensure its safe passage.

Everything was fine until 1921 when the Belleville and OPP officers, led by Licence Inspector Frank Naphan raided Cole's Main Duck operation – the first rumrunning raid by authorities on Lake Ontario. Naphan was unable to find contraband in Cole's house but on searching a nearby stone structure, he found a ceiling-high pile of wooden boxes, tellingly labelled 'Old Kentucky bourbon.' In all, there were 32 cases of bourbon, 10 gallons of rye, and 10 gallons of straight alcohol. The booze was taken to Picton to be used as evidence at trial.

Cole's trial was a huge event attracting press from both sides of the border. Cole calmly told the Court that he had amassed the alcohol for his own personal consumption and had therefore committed no crime. The Picton magistrate agreed, saying Cole was within his rights in owning more than one residence, and filling one of them with liquor. He ruled in Cole's favour. The case was dismissed and the confiscated alcohol returned to Main Duck Island. How long it remained there is not known.

With the end of US prohibition in 1933, the rum-running business dried up. Cole died on May 13, 1938, but he is still regarded the King of Main Duck Island, and he remains to this day a Lake Ontario legend.

For more information about Canadian bootlegging during Prohibition, read 'Whisky and Ice, the Saga of Ben Kerr, Canada's most Daring Rumrunner' by CW Hunt (late) of Belleville. Hunt wrote six books on the history of the Belleville area including 'Booze, Boats and Billions' and 'Gentleman Charlie and the Lady Rum Runner.'

BY CHRISTINE FLETT

Covid-19 antibody treatment to begin human tests in July

Last month's Fore'n Aft ran a story about AbCellera Biologies, a Vancouver-based lab working on a Covid-19 antibody treatment. Results are so promising, human trials are set to begin in July.

Using blood samples from recovered patients, the company identified 500 human antibodies for the virus. This was narrowed down to a single antibody which is now being manufactured for therapeutic use. AbCellera aims to begin human trials in July.

Company CEO Carl Hansen says antibody therapy is a faster process than developing a vaccine, and one that could buy valuable time in the race to beat the virus.

"A drug built with antibodies could be used to protect vulnerable populations until a vaccine is available. The antibodies would give patients all the molecular material they need to fight the disease, instead of (as with a vaccine) depending on their bodies to develop their own, giving them faster protection."

While Hansen agrees vaccines are an important part of the global response to Covid-19, he says AbCellera is taking a different approach.

"We are searching through an immune response that was generated from actual infection and recovery in a patient, finding that one antibody out of literally millions best suited to stop the virus, and that can be manufactured."

Vaccines work differently from an antibody-based drug. With a vaccine, a patient is injected with a weakened virus to stimulate the immune system's antibody production, whereas with a prophylactic antibody, you insert the antibodies into the patient.

Hansen says each has benefits and drawbacks. "On one hand, prophylactics create more immediate protection because there's

no waiting period for the body to create its own antibodies. It's also more broadly effective because not all patients' immune systems are up to the task of producing their own antibodies."

On the other hand, a substantial number of antibodies must be administered to the patient in order to protect them.

Hansen says, "While the ability to manufacture hundreds of millions, or even a billion doses of a vaccine is well within the realm of possibility today, making that many doses of antibodies is not."

As a result, antibody treatment would likely be reserved for select groups of people, such as health workers or the elderly.

AbCellera is among a handful of companies on track for clinical trials this summer. But Hansen does not see this research "as a race against our competitors, so as much as a race against the virus. What matters most is we get a therapy (that works) out there... and do so as quickly as possible."

In April, the company received \$175 million from the federal government for its COVID-19 research. In announcing the funding, Prime Minister Justin Trudeau described the research as very promising.

"They've identified antibodies that could be used in drugs to treat this virus," Trudeau said. "This new funding will help them continue their vital work, with human trials beginning as early as July."

The money will go towards building a manufacturing facility in Vancouver. It will be the first in Canada capable of going from a patient sample to manufacturing antibodies for clinical testing, and will help the country be better prepared to respond to future pandemics.

COVID SLANG — It's a thing. Seriously!! So, how up-to-date is your lingo? Find out now.

COVIDIOT	Person who ignores social distancing during Covid-19 outbreak, and generally behaves like a moron. Also applies to folks who hoard groceries and toilet tissue, spreading unwarranted fears of shortages.
CORONAPHOBIA	Fear of catching Covid-19, particularly as expressed by wearing a homemade face mask in public.
CORONAPOCALYPSE	Fear of the End of the World as a consequence of a Covid-19 outbreak.
ZOOM-BOMBING	Act of internet trolls who hijack video meetings, displaying graphic and often offensive images.
CORONACUT	A <i>REALLY</i> bad haircut as a result of viewing too much YouTube DIY videos during a Covid-19 outbreak.
CORONA-FLAB	Belly fat deposited after weeks of stay-at-home grazing during the lockdown phase of Covid-19.
BUBBLE	Select group of family and/or friends with whom a person may associate during a lockdown.
BUBBLING	The act of hanging out exclusively within your chosen Bubble, also known as social isolation.
QUARANTINI	Any kind of Cocktail enjoyed primarily alone during the Covid-19 lock-down.
VIRTUAL HAPPY HOUR	Meeting members of your Bubble for a Quarantini over a video platform during lock-down phase of Covid 19.
CORONA-BREAKDOWN	The inevitable consequence of weeks of stress, social isolation and multiple Quarantinis due to Covid-19.

Quarantine in the 17th century

The inhabitants of Eyam, Derbyshire locked themselves inside a one-mile circle to prevent the spread of bubonic plague. Most died, yet no one crossed the circle.

BY CHRISTINE FLETT



IT BEGAN WITH A BOLT OF DAMP FLEA-INFESTED CLOTH SENT BY A LONDON MERCHANT TO ALEXANDER HADFIELD, A TAILOR IN THE SMALL English village of Eyam. This alone would have been bad enough, but the fleas were carrying an invisible but sinister cargo – the bacteria of bubonic plague.

The disease was rampant in London that summer of 1665, spread by the fleas and vermin that thrived in the squalour of 17th century city life, but villages like Eyam remained virtually untouched by the pestilence – until the bolt of cloth arrived. Within a week George Viccars, the tailor's assistant who had the misfortune to hang the newly-arrived fabric to dry over the hearth, was dead. Then the tailor himself died followed by other members of the household including children.



Cuckkett Delphi, Eyam.

For weeks, the plague spread freely through the village causing widespread panic then, in late fall, it stopped. The people assumed it had run its course and life could return to normal. But over winter the disease mutated from bubonic to pneumonic plague, meaning it could now spread from person to person without aid of a vector such as rats or fleas. It returned with a vengeance in spring claiming dozens of lives. In May, precautions were put in place including an arrangement that families bury their own dead. Church services were moved outdoors to Cuckkett Delphi, a natural amphitheatre, allowing villagers to separate themselves to reduce the risk of infection.

Still the disease spread. Now there was talk in village of leaving Eyam with its impure air. The people turned to their religious leaders for guidance, the rector Reverend William Mompesson and

Thomas Stanley, the former Puritan minister. Mompesson may not have known the precise role of bacteria in disease spread, but he knew they could not outrun it, that those who fled would inevitably carry plague with them endangering not just themselves but neighbouring communities. Between them, Mompesson and Stanley persuaded the population that the only responsible course of action was to stay where they were and lock down the village.



Plague memorial at Eyam in Derbyshire.

On June 24, 1666, the people of Eyam voluntarily quarantined themselves within a 'cordon sanitaire,' placing rocks in a mile-long circle around the village perimeter to create an isolation zone. No one would enter or leave until the disease had run its course. Nearby villages sold them food, placing it by the rocks in exchange for coins disinfected in vinegar.

The quarantine worked. The last death was in December 1666, and none of the nearby communities became infected. But the villagers of Eyam paid a high price for their magnanimity with the loss of two thirds of their community during the six-month lockdown. The church register recorded 273 deaths from a pre-plague population of around 360. Yet despite this dire reality, not one person broke the cordon.

The boundary stone (shown right) was left behind as a symbol of their courage, after the circle was removed. The six holes in the stone were once filled with coins sanitized in vinegar, left by the villagers as payment for food.



BY DOROTHY FLETCHER
FOOD AND RECIPE EDITOR

Something Sweet!

Whether current circumstances have left you with time on your hands or set you to work all hours of the day, sometimes you just need something sweet to eat. Oatmeal Cookies are a classic and always welcome. This quick cake can give you an almost last-minute dessert because it tastes best still warm. And to go along with my two recipes is some real Scottish Shortbread. This recipe is presented by someone who really knows her Shortbread – Chris Flett.

Oatmeal Cookies

1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter
1 3/4 cup brown sugar
1 egg
1 teaspoon vanilla
2 1/2 tablespoons milk
1 3/4 cups quick rolled oats
1/2 cup raisins (opt)



Sift flour, baking powder, soda and salt together and set aside. Cream butter and brown sugar. Mix in egg, vanilla and milk. Add flour mixture and oats and stir well. Add raisins if using. Drop by spoonfuls onto an oiled cookie sheet. Bake at 350F for 10 - 12 minutes depending on size.

Note: a large handful of chocolate chips works nicely in these cookies as well. Add at the same time as, or instead of raisins.

Lazy Daisy Cake

1 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup milk
2 tablespoons butter
2 eggs
1 cup white sugar
1 teaspoon vanilla

Sift dry ingredients together and set aside. Heat milk with butter and set aside. Beat eggs until thick and light coloured--this takes several minutes. Add sugar gradually while continuing to beat. Add vanilla. Fold dry ingredients into the egg mixture. Add milk mixture and mix quickly. Bake in a 9" cake pan at 350F for 30 minutes. If desired, spread with Broiled Icing while still hot.



Broiled Icing

5 tablespoons brown sugar
3 tablespoons butter
2 tablespoons cream or milk
1/2 cup coconut

Combine all ingredients in a small pot. Heat until just bubbling. Spread over cake and broil until bubbling. Watch carefully--it can burn quickly!

Scottish Shortbread

Shortbread has so few ingredients you can't get away with cutting corners. Good quality butter and sugar are essential. Rice flour, available in the organic section of most supermarkets, gives it the sandy texture that sets it apart from other cookies, and a pinch of salt helps balance the rich sweetness. Keep the dough cold until it goes in the oven. The recipe calls for weighed ingredients, but cup measurements are provided.

5 ounces AP flour
1 ounce ground rice flour
4 ounces unsalted butter, chilled
pinch of salt (or you can cheat and use salted butter)
2 ounces castor sugar
Castor sugar for dredging

1 cup + 3 tablespoons AP flour
3 tablespoons ground rice flour
1/2 cup unsalted butter, chilled
pinch of salt
1/4 cup + 1 tablespoon castor sugar
Castor sugar for dredging

Note: castor sugar is finer than regular sugar and can be found in Bulk Barn.

Sift the flour, salt and ground rice into a mixing bowl and stir in the sugar. Add the butter and gradually rub into the dry ingredients. (In a food processor pulse for 60-90 secs. until mixture begins binding together.) Knead until well mixed, but do not allow dough to become sticky. Wrap in plastic and chill in refrigerator for 30 minutes. Press or lightly roll chilled dough into round approx. 1/2 inch thick. Cut into rounds or shapes as desired. Cool in fridge for a further 15 minutes.

Meanwhile, line cookie sheet with parchment paper. Heat oven to 325 F. Place shortbread on cookie sheet pricking each one with a fork. Bake in centre of oven for 15-20 minutes or until light golden. Watch carefully. If shortbread spreads, reduce heat. Remove from oven when firm to touch. Allow to cool slightly on a wire rack, then dredge with castor sugar.

