

FALL 2018

# HOME ON THE *Green*

COMMUNITY LIFE IN  
THE BALLANTRAE GOLF  
& COUNTRY CLUB

## In This Issue:

Johanna Burkhard's  
Tasty Fall Recipes

### Profiles:

Greg and Dee McCain's  
Norman Rockwell  
Collection

Meet Steve Smith  
and Eric Scrafield,  
Volunteers for  
Habitat for Humanity

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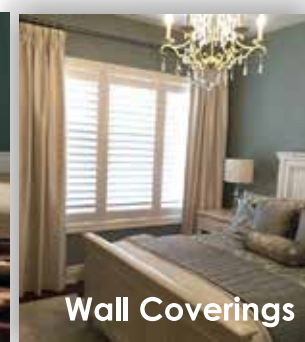
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# HOME ON THE Green

P.O. Box 849 Stouffville, ON L4A 7Z9

**A magazine for and about the residents of  
The Ballantrae Golf & Country Club Community.  
A positive community voice to inform and entertain.**

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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 only to [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com). *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 EDITOR

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Welcome to the fall issue. It's jam-packed with interesting stories about our busy Ballantrae residents.

Last issue, I introduced Johanna Burkhard, *HOTG's* new recipes editor. That's her on the cover. Brian Freedman shot this photo of Johanna in her kitchen. And yes, we were invited to "eat the food props." We have decided to give the former Potluck pages a new name that better reflects the type of dishes being featured. So please enjoy Tasty Recipes for the Season—Accenting Health and Fall Flavours.

Feedback to the magazines indicates that you want more profiles of residents and in this issue we deliver. Alison Scowcroft has written two profiles. Meet Steve Smith and Eric Scrafield, both who currently volunteer their time for Habitat for Humanity. We would like to feature more profiles on residents who give their time for good causes, so please let us know if you or a neighbour would agree to an article. Alison also interviewed Greg and Dee McCain whose collection of Norman Rockwell artworks is just another wonderfully unique discovery about Ballantrae. Karen Clark (my right and left arm working on this magazine) has also profiled Terry Caffery about his pro hockey career. Read Bob Siegel's Claim to Fame story about close encounters with Marilyn Monroe and get yet another surprise.

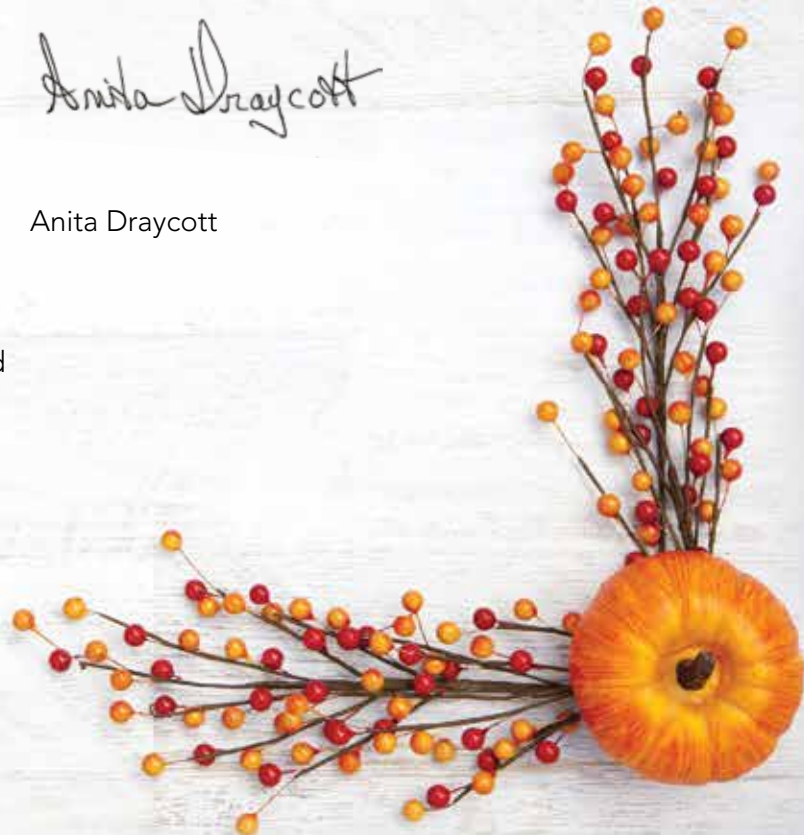
With a bit of coaxing John Gorman has contributed a column about how time passes. For those of us who have missed his View from the Rough column, this is a welcome addition to our fall line-up.


On an eco note you should be pleased to know that the paper used to produce *Home on the Green* magazine has a ten per cent recycled content, is manufactured in North America

and is FSC® certified. The Forest Stewardship Council® is a non-profit entity that supports environmentally appropriate, socially beneficial and economically viable management of the world's forests. FSC® independently tracks, traces and identifies wood fibres from the forest through every step of the procurement, manufacturing and printing process, confirming that each supplier in the chain follows rigorous controls, management and reporting practices. Starting with this issue, we will run the FSC® logo on page one at the bottom of the masthead.

With the Ballantrae Summer Games coming up next August you know you will be hearing LOTS from Wayne Burgess, the "energizer bunny" co-chairperson (along with Phil Bannon). It's not too early to pencil August 17 to 25 in your calendars and kick start your fitness program.

Anita Draycott





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# A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



## NEW RETAIL IN STOUFFVILLE

Construction is well under way for the new plaza on Main Street, Stouffville. The anchor tenant is a 42,000 square-foot Longo's food store. More than twenty other tenants have also been announced for this location. These include an East Side Mario's, GoodLife Fitness and a Rexall Drug store. The Beer Store presently in town will be relocating to this location. It is anticipated the Longo's will be open before year end. Interestingly, there will be a Starbucks within the Longo's store plus another stand-alone Starbucks location.

Our plaza at the corner of Highway 48 and Aurora Road continues to progress with the signing of leases with two doctors, a dentist and the drug store. Tim Horton's have signed a lease for the smaller of the two buildings and this now awaits approval of the MTO.

## LONG-TERM HOUSING, STOUFFVILLE

For those of us looking for long-term housing for loved ones, you are no doubt aware of the very short supply and absolute need for one of these facilities close to us. The changing demographics of Whitchurch-Stouffville certainly dictate the need for at least one age-friendly community facility. We are now about to have two new ones located in town.

Last spring the provincial government announced they will be supporting the creation of a number of new long-term care facilities in York Region. The Town of Stouffville will be the recipient of one of these facilities. In June, Council approved the construction of a project to be located on the ten acres at the corner of Sandiford and Hoover Park (close to the Walmart plaza). In the first phase there will be 320 beds available. Over time, it is anticipated beds will increase to a total of 1,030. This is a huge undertaking and will not only fulfill an urgent need in the region but will also create more than 350 full-time jobs in Stouffville. There may be some concerns about the real estate tax base of this facility, but I personally feel the need and the jobs created far exceed the shorter tax base.

At our July meeting Council approved a minor zoning change so that another senior care facility could be built on Mostar Street. This land is owned by Fieldgate Development Ltd. and borders the property on which they are constructing the above-mentioned Longo's plaza. This facility will consist of 104 independent living

units, 124 independent supported living units and 32 assisted living units for a total of 260 placements. Construction at this site is expected to start before year end and be available for occupancy in late 2019.

I compliment town staff for working with these developers to make both facilities a reality.

## MASTER PLANS FOR THE TOWN

In my last column in *HOTG* I indicated the town had been able to replace the departed senior managers and directors with very high calibre personnel. I further indicated Council would be leaning on these recruits to lead the town forward. We were not let down on this front as at our July meeting, Council was presented with long-term Master Plans for two of our major departments. Both of these were put forward by recently hired or promoted employees.

I have been a proponent of updating the Master Plan for the town's fire service for nearly my whole time on Council. This was finally completed and presented to Council in July. There are still a few final touches I would like to see in the 260-page document, for which I will be meeting separately with the fire chief. But in total, it will set the standard for fire services within all of Whitchurch-Stouffville and act as a guide for the next ten years. It is expected this document will have received final approval during the August Council meeting.

One of the first visible steps to be seen coming out of this plan will be the rebuild/addition to the fire hall located in Ballantrae. Engineering work is presently underway and when completed, this will lead to 24/7 fire service from our local fire station.

A second Master Plan filed with and approved by Council in July was that for Leisure and Community Services. This has been a long overdue report outlining directions for the planning and provision of the town's parks, facilities, recreation and culture and the evolution of services over the next ten-year timeline. It is intended to provide residents with equitable access to programs/events and facilities to enhance and promote healthy and active living.

One of the priority recommendations in the report is the construction of the long-awaited courts dedicated for pickleball. We now have approximately 200 dedicated players in this group, many living here in BGCC.

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# Winter Escapes Beyond Florida

BY LYNNE BALFOUR



## Have you been wondering about a different winter holiday destination from Florida?

For the past three years Ballantrae Golf & Country Club residents Linda Dallman and Sheilagh McDonald have travelled on Betty Shukster's trips to Europe. In 2016 they travelled to the Algarve area of Portugal; in 2017 to Sicily and Malta; and in 2018 to Madrid and the Canary Islands. They enthusiastically discussed their trips.

## Why did you decide to go to Europe instead of Florida to escape winter?

- S.** I love history and lots of it! I want to travel while I am healthy and enjoy these life experiences.
- L.** It's all about enjoying a different experience. The Algarve is one of the best-kept secrets in Europe. Malta has a varied rich history and cultural heritage stretching back over 7000 years. The Canary Islands were an unexpected surprise in both culture and geography.

## What made you choose a group excursion?

- S.** They go to fascinating places. Entries and gratuities are prepaid. There are no hour-long waits for entry. There are interesting people with good ideas on the trip.
- L.** Everything is planned and arranged for you. Our 24/7 directors were very knowledgeable. We all benefitted from their expertise in choosing all our local guides and our amazing experiences.

## What did you like best about these trips?

### Portugal:

- S.** Lots of history. February/March weather is better than in Ballantrae. We also visited Seville, a UNESCO site, as well as Gibraltar and Morocco.
- L.** Enjoyed our free time walking the beach and going to town. Loved our excursions to Lagos, Sagres and Cape St. Vincent, the most south-westerly point of Europe. We also visited Evora, Cascais and Sintra.

### Malta and Sicily:

- S.** I loved the history of Malta and the fact that 1000-year-old buildings were still in use.
- L.** Malta is home to three UNESCO World heritage sites. We enjoyed revisiting the history of the Maltese Cross and the Knights of St. John in

Valleta. In Taormina, Sicily we could see Mount Etna steaming away from the window of our hotel.

## Canary Islands:

- S.** We visited three of the seven islands. One island, Lazarota, was a volcano field. It was like walking on the moon. Food was cooked over a geyser! There were many islands all with different geography.
- L.** In Tenerife, I loved the star gazing at Mount Teide National Park. At the foot of this volcano lies Llano de Ucanca, a stunning lunar desert. We then travelled to Lazarota, a volcanic island. The geography was amazing.

## What are your special memories?

We have visited small villages, large cities, several UNESCO sites, toured wineries, banana plantations, aloe vera farms, walked volcano fields and black sand beaches on our last trip.

In Sicily we had an all-day cooking class in a house that the chef had inherited from her grandmother. All food was grown in her garden. Delicious!

On one Canary Island, La Gomera, which was extremely hilly, the residents had developed a whistling speech which could be heard hill to hill. They demonstrated it to us.

The last evening in Madrid we went to a beautiful restaurant with opera singers performing between courses. One well-endowed soprano sang directly to a gentleman in our group who had not lost his appreciation for the female form. His smile was wonderful!

## How did you find the price of such a trip compared to one to Florida?

Of course, a tour costs more than a visit to one place. The cost depends on where you go and how many side tours you take. Such a trip might be cheaper with Senior Tours, more expensive with Tauck or Jerry Van Dyke tours. We found the trip affordable. It covered all gratuities, meals, side trips, entries to parks and museums. The European breakfasts were unbelievable!

## Any disadvantages?

Two to three weeks was not long enough! We had great experiences, met fascinating people and would highly recommend travelling in those countries.

Celebrating Sheilagh's Birthday in Malta



Mount Etna at Dusk



Cooking Class, Sicily



Hagar Qim, Malta



Volcanic Domes, La Gomera



Mount Etna, Sicily





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# Cheap Entertainment: Buying a Car

BY  
KEN MIYAUCHI



Where can you be treated royally and offered free drinks and snacks? Where will people fawn over your every desire and whim? It is, of course, the auto dealership. Shopping for a car is fun and can be cheap entertainment!

Many people don't enjoy vehicle shopping because they feel that the dealership holds all of the cards. If you feel powerless, it is not fun; however this is just a state of mind. In reality, you do have power. The dealer wants and needs your business, but you can always spend your money elsewhere. Therefore, you have the ultimate power.

Unfortunately, some dealers act as if they are doing you a favour by selling you a car. If this happens, walk away. If you are not treated well before the sale, imagine what will happen afterwards. Let's examine the steps that will give you power and enable you to obtain the right vehicle, at the right price.

The first step in the buying process begins at home. What type of vehicle do you require: a car, SUV, or truck? What size: compact, small, medium, or large? Are you after a standard or a luxury brand? Once you have determined your needs and wants, do your preliminary research using manufacturer websites as well as *Consumer Reports*, J.D. Power, Lemon-Aid and APA to learn about the vehicles of interest. Hopefully, you will narrow your choice down to two or three vehicles.

Determine your budget. Remember, that you are likely to exceed your ceiling once you get enamoured with

the fully-featured showroom models. So, keep a little wiggle room.

The major reason for feeling intimidated is the lack of financial data. There are sources for dealer cost prices such as *Consumer Reports*, APA, Unhaggle, and CarCostCanada that provide prices for free or for a small fee. Some like CarCostCanada are sponsored by dealers so be aware. In addition, a dealership receives other incentives and rebates that further reduce its real cost. Also, remember that deals such as "employee pricing" and special rebates are from the manufacturer. Therefore, you should expect that the dealership also contributes to your deal. U.S. dealer costs are more available. Use them to determine the cost percentage of the retail price. Remember that none of these costs are likely to be totally accurate, but they do give you a comparison to the price that will be offered to you as a fabulous deal.

Once you feel powerful, you are ready to go into battle. Visit some dealers to learn more about the vehicles and to test drive them. Narrow your choices to one or two vehicles. Revisit the dealers of the selected vehicles and determine their deals without submitting a signed offer. Try not to be emotionally attached to any one vehicle as this significantly reduces your negotiating ability. If you want something "real bad," any price will do. If necessary, visit additional dealers to get their prices. Narrow your choice to one car (make, model, and trim line).

Are you paying cash or accepting a financing offer?

Financing can sometimes be beneficial if it is a car loan with "zero percent" financing. A lease is rarely a good option unless you have the ability to write off the lease costs. Remember that there may be additional incentives (e.g. cash discount, student discount, Costco discount).

Now you are ready to negotiate the deal. Unfortunately, I have run out of space. So, in the next issue I'll continue our discussion on buying a car with the final and most important step in the buying process – negotiating the deal. Stay tuned.





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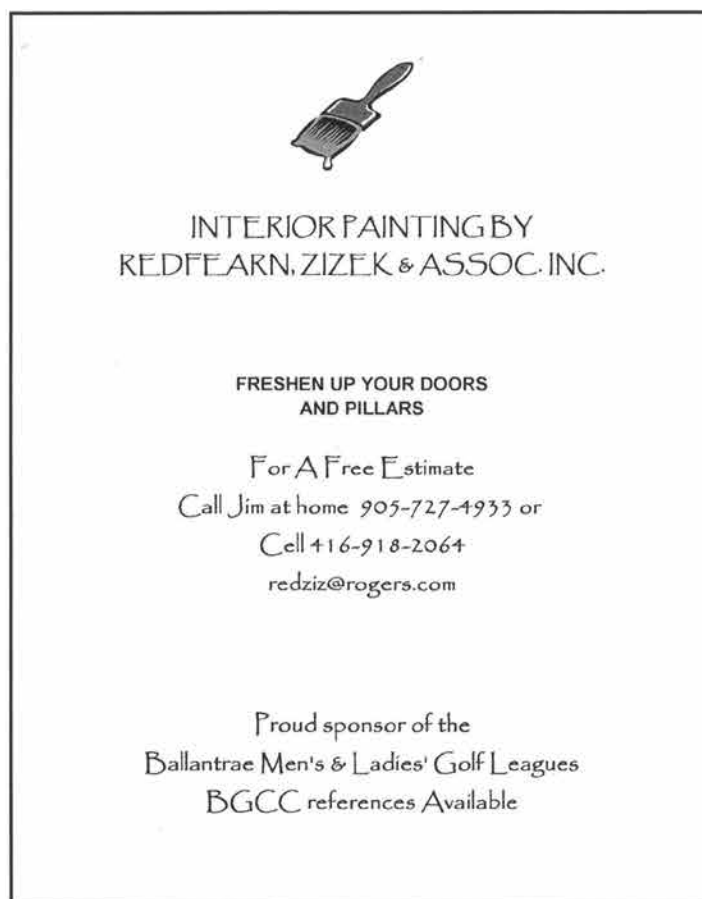

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# Honouring A Canadian Canine Hero

BY LINDA LEGALLAIS



*Infantrymen of "C" Company, Royal Rifles of Canada, and their mascot en route to Hong Kong. (Vancouver, British Columbia, October 27, 1941). Courtesy Canada Dept. of National Defence/ Library and Archives Canada*

It is a dark night in early December, 1941. A contingent of soldiers from the 1st Battalion Royal Rifles of Canada are charged with guarding their base from an attack by Japanese soldiers. The men are a young and inexperienced group fighting bravely against a much more seasoned force. As the Japanese creep closer they are met with terror in the night. Suddenly appearing out of the dark comes a monster. Huge, black and menacing he attacks them, snarling and biting. They retreat in fear. This scenario happens several times throughout the night. Who is this Canadian monster?

For a moment, let's return to 1940 when the Hayden family of Gander, Newfoundland was forced to make a difficult decision. Their beloved pet, Pal, a 130-pound Newfoundland dog had accidentally scratched the face of a child who was playing with him. They had no desire to put the dog down but, concerned that such an accident could happen again, they decided to give him to the local RCAF Base in Gander. They were happy to adopt Pal and changed his name to Gander. His primary caregiver was a soldier named Fred Kelly.

In 1941 the Regiment was reassigned to Hong Kong to be a part of the ill-fated battle of Hong Kong. In order to take Gander with them he was promoted to Sergeant. While in camp the friendly dog was a great asset in keeping up the spirits of the men and they paid him back with plenty of affection, cold showers to relieve him from the heat and an occasional beer with the boys.

Then came the night of December 19, 1941, the battle of Lye Mun. The Canadians were outnumbered. Expected equipment and troops had not arrived due to the bombing of Pearl Harbour on December 7. Still, they fought bravely with Gander always at their side. Yes, this was the monster that bravely attacked the enemy soldiers. At one point in the night, Gander was left to guard seven injured soldiers. A Japanese soldier hurled a grenade where the men were lying incapacitated. Gander

sprang to action. He picked up the grenade and ran off into the night with it in his mouth. Tragically, he was never seen again. Later, when the Japanese questioned Canadian soldiers in prisoner of war camps they often asked about the *Kuroi Kaibutsu* or "Black Monster" and wondered if the allies were training a particularly fierce breed of killer animal.

For many years Gander's valiant act was remembered only by those who knew and loved him but his story was often told. However, on October 27, 2000, 60 years later, he was posthumously awarded the Dickin Medal for Gallantry, essentially the Victorian Cross for animals, for his selfless act in saving the lives of the injured men. Twenty surviving members of the regiment attended the ceremony, including Fred Kelly with a Newfoundland dog by his side. Gander's medal can be viewed at the Canadian War Museum. When the Hong Kong Veteran's Memorial Wall was created in Ottawa, the names of the 291 Canadian soldiers who died directly in the 17-day Battle of Hong Kong were listed. Sergeant Gander's name stands proudly amongst them. He is a true Canadian hero.

## NOTE TO READERS

Enid Sanders, who normally pens the Ballantrae Tails column, invited Linda LeGallais to contribute this article as a fitting subject for Remembrance Day.

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# Picture the Future...

**Today** BY  
PAT WHITTINGHAM



Maybe I'm jaded by the endless stream of new photo and TV gear, but recently I found a remarkable convergence of technology that really impressed me. Last year Samsung introduced a line of UHD TV displays. In addition to being excellent Smart TVs, they display still images that are striking with the necessary circuitry to prevent image burn-in, allowing the screen to display an image virtually indefinitely. Some amusing promotional activities have shown the screen wall mounted without gap alongside various traditional works of art from great masters and famous artists in world-famous museums and galleries. They are virtually indistinguishable from the surrounding printed and painted images.

I bought the smallest size amongst 43", 55" and 65" units available and find the images stunning, both with shots that I have taken personally as well as art leased from the Samsung subscription on-line Art Shop. While the cost of the 43" set was \$1,695, I have spent more than half of this amount on custom framing of panoramas in the past so I find this cost entirely reasonable.

The frame looks like a shadow box style thin black bezel, but you can get magnetically attached frame kits in white, simulated oak and walnut. You could easily paint these in any colour or apply a veneer if so inclined. I am pleased with the black frame as you can pick from a selection of coloured or varied white/off-white faux mats.

It is very easy to transfer images from an iPhone, Tablet or Android device with a free app. Many can be stored in-frame from which you can select your picture of the

day, week or year. The app will crop your image, but I find it more effective to shoot the image in 16x9 or crop to this size in my computer and then transfer the images through my iPad.

With so little wall space in our homes and family photos fighting for our attention amongst all the legacy painting and art, the Samsung Frame is a solution that I'll use increasingly. I plan to shoot art that we own and display it electronically, giving the original art to family members as part of our legacy. It is an ideal solution for downsizing to smaller accommodations or taking some of your pictures to Florida for the winter.

Oh yes, I forgot to say it is an equally good ultra HD Smart television which integrates many of your components, such as the Rogers cable box, controlled by voice command. I can just push the talk button on the small remote and say "channel 518" and in an instant I have CTV Toronto. Say volume up and it gets louder; or say Netflix and Midsomer Murders and it then lets me choose an episode from 19 seasons. This is so much easier than my Harmony remote.

Instead of a black screen on your wall when you turn off the set, it will revert to your selected art or image. Of course you can hold the off button a little longer and turn it totally off but I leave it on and vary the images on a day-to-day basis. It is very impressive... and worth a visit to a Best Buy to see one. Or you can call me and get a free cup of coffee or tea (wine on occasion). Cheers!



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# As Time Goes By

BY JOHN GORMAN



It has been my habit to sit quietly for a time late in the evening and review the events of the day.

Mind you, before retirement between family and business, the process was quite lengthy. Nevertheless it reminded me of things undone which now had to be dealt with the next day. Occasionally the following day would require the odd “do-over.”

Now that the “children” have long ago fled the nest, I am unemployed, and my health no longer permits many previous pursuits, this nightly ritual is considerably less complicated.

However, I did notice that a troubling feature of current reviews was the similarity of issues and projects which come to mind each evening. In fact, the list of items to be dealt with usually bears an alarming resemblance to the list of the previous night – and the one before that, etc.

So I was thinking tonight of the many things I had planned on doing today – but didn’t. Yesterday, I was enthusiastically anticipating an extremely productive day. Of course it had to be because I was going to do all of the things that I had planned to do the day before.

Now it is obvious that yesterday’s list, which became today’s – will pretty much be tomorrow’s.

Quite honestly, I am at a loss to know just where the time goes each day and why I accomplish so little. It seems my mind wanders constantly and I regularly forget what I was planning on doing next!

One of my daughters had an elderly cat that would spend hours staring vacantly at a wall – any wall. We could never figure out whether the cat heard something in the wall or that he was simply overtaken by age. Lately, when I find myself in a room without knowing why I went there, I think of that cat.

True, when I leave that room and return to my chair, I eventually remember the purpose of the trip, but by then I am no longer interested in that project and move on to some other diversion.

I also seem to be wasting considerable time double checking my actions. Did I shut the garage door? Did I turn the basement lights off? Did I

hang up the other phone? And of course when I go to check I sometimes forget what I was going to check and find something else on the way that distracts me.

I used to remember names like a champ. However, more and more now I find they are a mystery to me. Even when I think I’ve nailed it I am just a tad off. Hence Bill becomes Bob; Ed is Fred and Helen is Ellen.

Occasionally I will undertake to entertain guests with the story of a hilarious situation I shared with another one of the visitors. Unfortunately the tale loses all credibility when my friend announces that he does recall the incident but, as he remembers it, I wasn’t really involved in the event!

Now, I have shared these experiences with several of my friends here in Ballantrae and I have been pleased to learn that I am not unique. In fact I have been delighted to hear several anecdotes which outline situations even more dramatic than mine.

One chap actually went to the store to get an electric kettle and returned later with a spanking new television screen – and no kettle. Still another admits that when he is preparing to do some chores around the home he finds it necessary to lie down for a rest to prepare. And generally awakens too late to do a proper job.

All of this reminds me of the infamous “Honey-Do” lists that were a feature in many homes “back in the day.”

At one time my wife grew tired of my failures to repair and/or solve household problems. After a few rather heated discussions, she resolved it by creating a Honey-Do list of chores that was pasted on the fridge to gently remind me of outstanding needs. In time, the list became so long and so upsetting to Elaine, I decided, in fairness, to eliminate her frustration.

So I thoughtfully removed the list and threw it away.

I then developed the habit of sitting quietly before retiring each night and mentally reviewing “the list.”

Nothing is ever written down.

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# Introducing the *PERSONAL MEDICAL INFORMATION KIT*

BY  
DAYNA STODDART



York Region Paramedic Services has launched a useful new resource for those who manage multiple health concerns. The Personal Medical Information Kit is now available and will be distributed through a targeted rollout strategy focusing on the needs of seniors across York Region.

The initiative has been created with the information that's most relevant to what paramedics need to access when responding to a 911 call. Being prepared for paramedic arrival helps contribute to a fast assessment process and can help paramedics determine the best treatment options for your care. The kit is an easy way to manage health information, including copies of documentation, medical history, pre-existing conditions and medications. It is designed to be stored on your fridge for easy access and visibility by paramedics or other emergency services.

As part of the distribution strategy, we are offering information sessions that answer questions about how to complete the information kit and how to prepare your home for paramedic arrival. The session also addresses common misconceptions about the emergency response process.

This session will be offered Wednesday September 26, 2018, 6 p.m. to 7 p.m. during Active Aging Week. Sign up at the Recreation Centre in September. If you are unable to attend, York Region Paramedic Services will have a booth set up in the lobby during Active Aging Week where you can pick up your kit and address any questions or concerns you may have.

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# Do You Know About BY JAN RICHARDS

## Periodic Health Visits?

**DO YOU KNOW** in Ontario that the annual medical check-up appointment was revamped in 2012 when the government negotiated a new contract with Ontario's doctors? What was once our annual health review is now known as the Periodic Health Visit and as the name implies, it is done periodically and not necessarily once a year. Doctors now focus on the specific needs of patients rather than a "head to toe" examination. They take into account the patient's age, gender, medical history and lifestyle habits.

**DO YOU KNOW** that the amount physicians are paid for this visit has been reduced from \$70 to \$52? Along with the reductions of unnecessary lab tests, the province has saved more than \$200 million. Dr. Joshua Tepper, CEO of Health Quality Ontario, a provincial agency with a mandate to improve the health-care system, states that "the evidence shows that going in for an annual check-up for the average person does not lead to better health outcomes; therefore, it is not considered 'best medical practice' to do an annual exam." The timing of your doctor visits should be linked to your actual health needs – rather than an arbitrary date set for an annual check-up.

**DO YOU KNOW** the best way to protect yourself from ill health as you age? Lifestyle changes and preventive strategies can offer protection against a range of serious health conditions.

**DO YOU KNOW** that research shows that half of cancers could be prevented by lifestyle?

**DO YOU KNOW** that the best way to reduce cardiovascular disease and prevent plaque build-up on the walls of your arteries is diet and exercise?

**DO YOU KNOW** that there is no sure way to prevent dementia, but regular exercise combined with a healthy diet of fruits and vegetables and limited fat and salt intake can help keep your brain healthy?

**DO YOU KNOW** that two in every ten people over age 60 suffer painful joint disease that affects their hips, knees, spine, and hands? Since osteoarthritis usually progresses gradually, you can take steps to manage this condition.

**DO YOU KNOW** that diabetes, caused by increased glucose in your blood, can lead to serious health problems?

We have all heard the mantra from our health care professionals to stop smoking, drink less alcohol, eat healthy diets, maintain healthy weight, exercise regularly, use sun protection, manage stress, stay socially engaged, keep our minds active and have regular checks of blood pressure and cholesterol levels.

As renowned Canadian cardiovascular researcher, Dr. Jack Tu stated, "The key to prevention is setting realistic goals, establishing routines and finding fun activities that you can do with friends. If you do, there is a far greater likelihood that you will stick with your long-term lifestyle activities."



# TASTY RECIPES

## *For The Season* Accenting Health and Fall Flavours



**Welcome to Home on the Green's new column on cooking and healthy eating!** I'm delighted to share my favourite recipes and cooking tips with you. Food writing and creating recipes have been my focus as a columnist for a national newspaper and a writer for several Canadian magazines, including *Canadian Living* and *LCBO Food and Drink*. I've also authored cookbooks, including my most recent, *The Diabetes Prevention and Management Cookbook*. I hope you'll enjoy preparing the following recipes and discovering a special dish to share with family and friends.

BY JOHANNA BURKHARD

### TURKEY VEGETABLE MINISTRONE

*Roasting a turkey breast is becoming increasingly popular at Thanksgiving, which means that supermarkets are left with a surplus of turkey legs. They're easy to roast or you can use the uncooked legs and thighs as the base of a stock as you would with turkey bones.*

**MAKES 8 GENEROUS SERVINGS**

**1 tbsp (15 mL)** extra virgin olive oil

**1** large onion, chopped

**3** large cloves garlic, finely chopped

**2** carrots, peeled and chopped

**2** stalks celery with leaves, chopped

**1-1/2 tsp (7 mL)** dried basil leaves

**1 tsp (5 mL)** dried oregano or marjoram leaves

**8 cups (2 L)** turkey or chicken stock (approx.)

**1 cup (250 mL)** drained canned plum tomatoes, chopped

**2 cups (500 mL)** prepared fresh vegetables\*

**1-1/2 cup (375 mL)** diced cooked turkey or chicken

**1/2 cup (125 mL)** small-shaped pasta, such as tubes or shells

Salt and freshly ground black pepper

Freshly grated Parmesan cheese (optional)

1. In Dutch oven or large saucepan, heat oil over medium-high heat. Add onion, garlic, carrots, celery, basil and oregano; cook, stirring often, for 5 minutes or until softened.
2. Add stock and tomatoes; bring to a boil. Reduce heat, cover and simmer for 15 minutes. Add prepared vegetables and simmer, covered, for 15 minutes or until vegetables are tender.
3. Add turkey and pasta. Bring to a boil; reduce heat, cover and simmer for 8 minutes or until pasta is tender. Season with salt, if needed, and generously with pepper to taste.
4. Ladle into bowls. Sprinkle with Parmesan cheese at the table. Add more stock if soup thickens as it cools. Refrigerate soup for up to 3 days or freeze in airtight containers for up to 3 months.





**Tips**

*\*Use any combination of vegetables including diced zucchini, small cauliflower florets, green or yellow beans cut into small pieces, a handful of finely shredded kale, cabbage or Swiss chard leaves.*

## SALAD GREENS WITH POMEGRANATE AND PUMPKIN SEEDS

*Super nutritious pumpkin seeds, also known as pepitas, and crimson pomegranate seeds complement the assertive greens in this fall salad drizzled with a tart/sweet dressing.*

**MAKES 4 SERVINGS**

**4 cups (1 L)** mixed firm salad greens, lightly packed\*

**1 cup (175 mL)** shredded carrots

**1/4** medium seedless (English) cucumber, halved lengthwise and sliced crosswise

**2** green onions, sliced

**1/3 cup (75 mL)** pomegranate seeds\*\*

**1/4 cup (60 mL)** roasted unsalted pumpkin seeds

**1/4 cup (60 mL)** Creamy Fine Herbs Dressing (approx.)

1. Place mixed greens in a salad bowl. Top with carrots, cucumber and green onions. Cover bowl and refrigerate for up to 4 hours before serving.
2. To serve, drizzle with enough dressing to lightly coat salad and toss. Sprinkle with pomegranate and pumpkins seeds; serve immediately.

**Creamy Fine Herbs Dressing**

Delicious also as dressing for broccoli slaw and coleslaw.

**1/3 cup (75 mL)** grapeseed or canola oil

**2 tbsp (30 mL)** white balsamic vinegar\*\*\*

**2 tbsp (30 mL)** mayonnaise

**1 tbsp (15 mL)** each honey and Dijon mustard

**1 tsp (5 mL)** dried fine herbs\*\*\*\*

**1** garlic clove, minced

Salt and freshly ground black pepper

1. In a bowl, whisk together oil, vinegar, mayonnaise, honey, mustard, fine herbs and garlic; season with salt (if needed) and pepper to taste. Place in a jar and refrigerate. Makes 2/3 cup (150 mL)

**Tips**

*\*Use firm greens such as shredded kale, spinach, beet greens, Swiss chard leaves and sliced Belgian endives.*

*\*\*Pomegranates are best in the fall when freshly harvested. To remove the seeds (or arils as they are called) cut the fruit in half crosswise. Score the edges of fruit in 5 places. Hold each half over a deep bowl. With seeds facing down, whack the skin with a wooden spoon, gently squeezing the sides, to release the seeds.*

*\*\*\*White Balsamic Vinegar is now sold as White Condiment with Balsamic Vinegar of Modena in supermarkets. It's a golden-hued vinegar made from grape must and has a tart/sweet flavour.*

*\*\*\*\*Fine herbs are available in our local Metro supermarket.*

## BARLEY RISOTTO WITH BUTTERNUT SQUASH AND SAUSAGE

*Here's an easy supper dish that is not only great tasting, but wholesome besides. Barley packs a powerhouse of nutrients. It's rich in soluble fibre and helps keep blood glucose levels stable. Plus, like oat bran, it helps lower blood cholesterol levels.*

**MAKES 4 TO 6 SERVINGS**

**2 tbsp (30 mL)** extra virgin olive oil

**4 cups (1 L)** peeled, butternut squash, cut into small 3/4-inch (2 cm) cubes

**2** mild Italian sausages (250 g), casings removed, and finely chopped

**1** small onion, chopped

**2** cloves garlic, finely chopped

**1 cup (250 mL)** pearl barley,\* rinsed

**3 cups (750 mL)** chicken stock (approx.)

**1 tbsp (15 mL)** finely chopped fresh sage

Salt and freshly ground black pepper

Freshly grated Parmesan cheese

1. In a large non-stick skillet, heat 1 tbsp (15 mL) oil over medium heat. Add squash and cook, stirring occasionally, for 10 to 12 minutes or until squash is barely tender and lightly coloured. Transfer to a bowl.

*Continued on page 22*





2. In same skillet over medium-high heat, cook sausage meat, stirring, for 5 to 7 minutes or until lightly browned. Place in bowl with squash.
3. Meanwhile, in a medium saucepan, heat remaining oil over medium heat. Cook onions and garlic, stirring, for 3 minutes or until slightly softened. Add barley and cook, stirring, for 2 minutes or until lightly toasted.
4. Stir in 2-1/2 cups (625 mL) of the stock and bring to a boil. Reduce heat, cover and simmer, stirring occasionally, for 25 minutes or until barley is almost tender. (Add more stock if barley appears dry.)
5. Stir in squash, sausage and sage; add enough stock for a moist consistency. Cook, stirring occasionally, for 2 minutes to warm through. Season with salt (if needed) and pepper to taste. Spoon onto plates and sprinkle with Parmesan cheese. Serve immediately.

#### Tip

\*Pearl barley is polished with the outer hull and bran layers removed. It's the fastest cooking and ideal in risottos and pilafs.

Pot barley is less polished with more of the bran layer intact. It takes longer to cook than pearl.

Hulled barley (often sold in health food stores) has the husk removed but with bran and germ layers intact. It takes the longest to cook.

## FARMHOUSE APPLE PIE

*Intimidated by the thought of making two-crust pies? Try this simple free-form pie - it only needs a single pie crust (less calories) and looks like it came from a pastry shop.*

### MAKES 6 TO 8 SERVINGS

- Baking sheet, lightly greased

#### Pastry

**1-1/4 cups (300 mL)**

all-purpose flour

**1 tbsp (15 mL)** granulated sugar

Salt

**1/2 cup (125 mL)** butter,  
cut into pieces

**2 tbsp (30 mL)** cold water (approx.)

#### Filling

**4** apples, such as Golden Delicious, Spy or Granny Smith, peeled, cored and sliced

**1/3 cup (75 mL)** granulated sugar

**1/4 cup (60 mL)** finely chopped pecans

**1/2 tsp (2 mL)** ground cinnamon

1. Pastry: In a bowl, combine flour, sugar and generous pinch of salt. Cut in butter with a pastry blender or fork to make coarse crumbs. Sprinkle

with enough water to hold dough together; gather into a ball. Gently knead two to three times on a floured board. Flatten to a 5-inch (13 cm) circle; wrap in plastic wrap and refrigerate for 1 hour.

2. Preheat oven to 375°F (190°C).
3. On a lightly floured surface, roll pastry to a 13-inch (32 cm) round; transfer to prepared baking sheet. Using a sharp knife, trim pastry edge to form an even circle.
4. Filling: Starting 2 inches (5 cm) from edge, overlap apple slices in a circle; arrange another overlapping circle of apples in center. In a bowl, combine sugar, pecans and cinnamon; sprinkle over apples. Fold pastry rim over apples to form a 2-inch (5 cm) edge.
5. Bake on middle rack in preheated oven for 35 to 40 minutes or until pastry is golden and apples are tender. Place baking sheet on a wire rack to cool. With a spatula, carefully slide pie onto serving platter.

#### Tip

\*Store-bought pastry for a single-crust pie can be used instead of the suggested homemade pastry.

Farmhouse Apple Pie recipe is courtesy of **500 Best Comfort Food Recipes** by Johanna Burkhard © 2010 [www.robertrose.ca](http://www.robertrose.ca) Reprinted with publisher permission. Available where books are sold.



# How to Sell your Home When you have Pets!

BY  
CAROL TAPLIN

Selling your home can be traumatic for all! It's hard enough that you are scrambling to keep the kitchen and your husband's "Man Cave" presentable but there are also the four-legged creatures that are wondering what's going on to consider.

I am the proud owner of Khola, an Australian Shepherd—one of the most intelligent doggies in the world. It's very easy to have a conversation with Khola and explain that many real estate agents and buyers will be visiting the listed home.

However, if you are concerned that your pets might react negatively to visitors, the number one solution is to remove your pets from the premises while a showing is taking place. Some people are nervous around animals and consequently will not be concentrating on how lovely your home is. Even if the pet is crated downstairs or on the back deck, if potential buyers hear it barking, they may be reluctant to enter your home. Some clients have acute allergies to pet hair and although your home might be spotless, just having Miss Mew waltz by them can set off their allergies. I have also had clients who are terrified of cats.

If you can get a family member, neighbour, or friend to take the pets out for a walk or have them stay in an alternate backyard, it would be ideal. However, if this is not possible, the following suggestions will help you deal with the situation

## HOW DOES YOUR PET REACT TO STRANGERS?

Always advise your realtor that a 24-hour notice for showings is critical so that a game plan can be put in place to determine who in the family will scramble home, will pick up the chew toys, will spray the Febreze and will take the pets for a walk or for a ride in the car.

Although I am not a "Kitty Mum" I do know that some cats hate a little drive in the car, meaning that Miss Mew may be home to greet the visitors as they arrive. Please let the realtor's office know if your pet hates interaction with children, or likes to attack anything that moves. I can tell you from experience that not all cats are open to visitors.

Leave biscuits for dogs and treats for cats at your front door in a covered jar for realtors to give to your pets. This can help ease the stress of strangers entering your home.

## PET ODOURS?

Clients have a very keen sense of smell. They know if your brother-in-law stole a quick puff of a cigarette last Thanksgiving in the downstairs bathroom. They will then proceed to deduct the cost of painting all rooms in the home from your list price.

Be very conscious of any odours in the home – whether temporary from the fish you cooked last night to an odour that has always lingered in your pet's favourite sitting spot. Smells put people off. Even if your pets are groomed on a

regular basis there is always the chance that one of them will have a bit of an air about them that day. Be conscious of this and try to fix the problem before it's noticed. Also clean and remove objects that have a distinct or unusual smell, and keep a stationary air freshener in that corner of the room.

In some cases, carpets may have to be cleaned and cupboards may have to be painted to give that fresh look and feel. Go through your home with your realtor before the showings start and be alert to anything that would put you off. Put yourself in the buyer's position.

You could also restrict showings to a certain time of day when you know that the pets will be outside and this gives you a chance to burn a scented candle or bake some cookies.

Should your realtor have a number of showings scheduled for one day you might consider taking your pets to your daughter's house, to their regular groomer or to daycare.

Certainly the day the movers come to pack and move your belongings would be a great day to have your pets away—less stress for your pets and the movers. When pets are ready to be picked up at the end of the day, arrive with a new toy or special treat to make it a more pleasant experience.

## PET HAIR!

Dog and cat hair can be problematic. If you have hardwood floors, keep a dry Swiffer available for quick pet hair pick up before clients arrive. Keep a vacuum handy for pet hair on carpet. A lint brush also works well and can be kept close at hand.

## FIND A PET FRIENDLY REALTOR!

Very important. If you choose a realtor who is highly allergic to pets, chances are showings will be brief. Also if your realtor has a tendency to run whenever he/she sees Fluffy approaching, it might be better to choose a realtor who is pet friendly. Again, please let your realtor's office know of any pets in the home so that they are prepared.

## FINALLY . . .

Do not be afraid to sit your pets down and have a little talk with them about the trials and tribulations of selling your home. They are part of the family too. Pets are more sensitive than you think and they sense that you are under stress to keep things looking nice. You'll be surprised at how well they will accommodate you! You might even let them pick out the colours for their new mud room in the new house!

Moving can be a very positive experience if everyone is organized and onboard.







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# The Pacemakers Do It Again!

Regulars Bob, Ray, Tom, Sam and newest group member, Al Gillan, were crowd pleasers at the Pacemakers' June 13 Sing Along. With a little help from their talented friends (Gil Scott, Herb Rempel, Jane Keast, Bonnie Dennis, Mary Bresser and Carole Allen), it was a fun-filled, musically entertaining afternoon.

Yummy sandwiches from Longo's and gooey S'mores squares prepared and donated by Revera Retirement Living, were smash hits too.

Many thanks to Pam Tulino and the Social Committee for their hard work.



## Fallsvew Casino Trip BY JOHN GORMAN

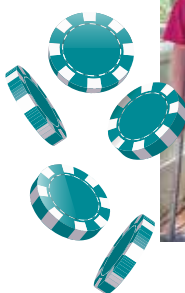
The annual bus trip to Casino Niagara left the Recreation Centre on the morning of May 24. As usual, the bus was full of optimistic fortune seekers who were certain that this would be the year they broke the OLG bank.

During the ride, Al Moldon and his faithful assistant, Marna, conducted an entertaining quiz for all to enjoy – and make the trip seem shorter. Several folks won modest prizes. In fact, it was obvious later in the day that the quiz offered far better odds of winning than the Casino.

Nevertheless, a fine time was enjoyed by all, especially the few lucky folks who came home with modest winnings. Thanks to Social Committee organizer, Kathy Billington for supplying water and candies.

If you have not taken advantage of this outing, you are missing a fine time. While it is always nice to win, the fun and fellowship and the visit to the famous Falls are well worth the modest cost.

Keep an eye out for the sign-up for the next trip – it sells out quickly.






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# CANADA DAY 2018

Top-notch entertainment, a visit from local and federal political representatives and tasty, free eats made Canada's 151st birthday celebration at the Recreation Centre a resounding success.

Grant Fullerton, a very talented one-man band, kept the party in high spirits. Many in attendance danced and sang along to all the great tunes.

Jane Philpott, our Member of Parliament, and Stouffville

Councillor Iain Lovatt both gave short but uplifting speeches. Afterwards everyone joyfully sang O Canada.

Once again, numerous winners in the Best Canada Day Costume and Best Canada Day Hat contests received Tim Horton gift cards.

Many thanks to Ron Brewing and the Social Committee who organized this great event.





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Profile: Greg & Dee McCain's

# Norman Rockwell<sup>TM</sup>

## Collection

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BY ALISON SCOWCROFT





I have long been a fan of the AGO (Art Gallery of Ontario), but who knew about the AGB, the Art Gallery of Ballantrae? I recently had the opportunity to spend a couple of hours with Greg and Dee McCain to learn about their remarkable collection of authentic Norman Rockwell works of art. It was a joy to see these paintings up close and I'm certain Mr. Rockwell would be thrilled to know his

works of art reside in Ballantrae—a community that gives you the feeling of family, just as his art does.

### HOW DID YOUR ROCKWELL COLLECTION BEGIN?

My collection began back in 1965 when Dee and I went to an art auction at the Park Plaza hotel. One of the pieces up for auction was the Norman Rockwell painting *Before The Shot*, a very famous picture of a young boy about to get a needle; he's bent over checking out the doctor's credentials. It tells quite the story. I was a young doctor at the time and the picture appealed to me. I put in a winning bid of \$600 and thus began my great interest in all things Norman Rockwell.



### HOW DID YOUR COLLECTION GROW?

I started attending art auctions and exhibits to add to my collection. Eventually, Dee and I opened our own art gallery in Toronto, carrying numerous artists including Rockwell. Every year Norman Rockwell would do a maximum of 200 lithographs, all signed and numbered, and we arranged to have some sent to our gallery where they sold as quickly as they arrived.

### DO YOU HAVE ANY FAVOURITES?

Of the 30 Rockwells I own, my top favourites are *Before The Shot*, *The Charwomen*, and *Saying Grace*. The paintings (although Norman Rockwell never called himself an artist, he said he was an illustrator) are all framed using protective matting and glass to preserve them.

### WHAT DO YOU KNOW ABOUT NORMAN ROCKWELL?

It's interesting that his paintings represent family scenes that conjure up happy times, yet Norman Rockwell was not a happy man. He suffered greatly from depression and was married three times. George Lucas and Steven Spielberg are both prolific collectors of Norman Rockwell paintings. Norman Rockwell was a story teller through his art and Lucas and Spielberg are story tellers through their movies. It's understandable they would admire these works.

### DO YOU COLLECT OTHER ARTISTS?

Yes, Dali and Picasso, along with a myriad of figurines and interesting sculptures.

### DEE, HOW DO YOU FEEL ABOUT THE COLLECTIONS?

I dust them.





# Summer Games 2019

BY WAYNE BURGESS

Get ready! The Ballantrae Summer Games will be here August 17 to August 25, 2019. We are a year away from the 2019 Ballantrae Summer Games, but planning is underway. We are looking to build on the huge success of the 2017 Games. All the events from 2017 will be included, plus some new ones.

The executive committee remains intact save for the treasurer who is now Jim Scrivens. All condo captains are returning, some with a new co-captain.

The 2018 Summer Games Free BBQ was a tremendous success! The Summer Games hoodie is back. Order yours.

The 2019 Summer Games will celebrate our Adult Lifestyle Community including our children and

grandchildren. We get to show our young ones how all we "old" folks enjoy an active life.

Opening day, August 17, will be organized to involve all generations. There will be lots of fun games and activities geared to family participation and competition.

As always it is you, our amazing residents, who continue to make the Summer Games such a unique and exciting event.

Be sure to put August 17, 2019 in your calendar and plan to spend the day with your children and grandchildren to share in this celebration of our community.

Did someone say, "dunk tank?"









# BGCC Tennis Club

BY JOHN PERZ

The BGCC Tennis Club continued its tradition of combining tennis with camaraderie and good food at its annual Canada Day Social on July 1. The day began with peameal bacon on a bun for breakfast, a morning of round robin doubles tennis and finally a game of "cats and dogs" where all who wanted to play started on the two courts and were gradually eliminated until only one person was left as the winner. It was a fun social game with no hard hitting and emphasis on consistency. Then we all gathered to sing O Canada. Lunch, overseen by chef Iggy, included gourmet grilled cheese squares and homemade hamburgers, augmented by many salads and desserts prepared by the members.

In mid September, we celebrated our year-end social at the Recreation Centre.

It is never too late to join and we especially encourage newly-arrived residents to try out our club. Any BGCC resident, age 19 and over, who is interested in joining is welcome to participate in up to three drop-in events to "test the waters" before joining. Reduced membership rates apply in late season.

Note that all BGCC residents have the right to use the tennis courts outside the specific hours reserved for club activities; a sign-up board and booking rules are posted on the bulletin board beside the courts. However, participation in club activities,

aside from the initial drop-ins, is restricted to club members.

For complete information and registration forms please see the "BGCC Tennis" listing under "Activities" at <http://ourbgcc.com/>









# The Monarch Butterfly & Our Ballantrae Golf Club Course

BY WAYNE BURGESS



In the past 20 years, more than 90 per cent of the monarch butterflies that migrate from Mexico to Canada have disappeared. In November 2017, the monarch butterfly was designated as endangered in Canada.

The monarch goes through four stages in

its life cycle: egg, caterpillar (larva), pupa (chrysalis) and butterfly. Once the eggs are laid, the species grows inside the egg for about four days. It then hatches into a caterpillar and feeds on the milkweed plant for about two weeks. The pupa lasts for about ten days and then hatches into a beautiful adult butterfly that lives about four to six weeks, unless it is the late summer generation that lives six to seven months, migrating and overwintering in Mexico.

For the spring return to Canada, three or four successive generations fly to breeding grounds, lay eggs and perish. The resulting caterpillars transform into butterflies and then take on the next leg of the trip.

What may be the monarch's most striking quirk is its caterpillar-stage reliance on milkweed as its sole food source, a phenomenon called "monophagy." Milkweed plants contain small traces of cardenolides

(bitter steroids) that monarchs store in their bodies to discourage predators, which associate the butterflies' distinctive coloration with bad taste. But relying on a single type of plant for survival is a risky strategy that has put monarchs in grave danger.

The implications of wiping out the monarchs is actually an indicator of potentially severe environmental damage. Leading to what, nobody knows. Possibly nothing. Possibly to extinctions of other species that we wouldn't even think to connect through the long chain within the food chain: fewer of these means fewer of those which means more of the other species and fewer of the third species and so on.

John McLellan, general manager of our Ballantrae Golf Club, informs us that the club was approached by Audubon to acquire and propagate milkweed seeds and participate in their national program to encourage the growth of more milkweed. The Club agreed and our sandy soil seems to be an ideal natural habitat for the native plant. Areas adjacent to the golf course and around pond banks were identified where there would be minimal pesticide use and mowing only late in the season after the adult butterfly emerges.

It is very gratifying to live in a community designated the first Audubon Signature Sanctuary in Canada and to know we are all doing our small part to save a species.

So, the next time you spot that monarch butterfly, thank a milkweed and be proud of our contribution!





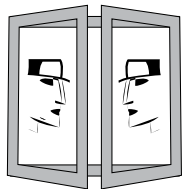
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# Ballantrae Geek Gets Seniors

## "Plugged In" BY KAREN CLARK

Pictured are the first graduates to complete an eight-week Seniors Tech Training program offered by the Whitchurch-Stouffville Library and led by our own Ballantrae Geek, Brian Freedman.

Initiated by the Whitchurch-Stouffville Library and funded by the New Horizons for Seniors federal grant program, the seniors were introduced to a whole new way to communicate and to do research.

Having worked with the library in the past, Brian was their "go to" resource for course direction and leadership. Rather than offering a general computer course, Brian focused on mastering the iPad. Seniors were paired with teens (ages 14 to 18) one-on-one in a classroom environment and taught how to use iPads and to encourage new social connections.

"It was incredible to see and feel the excitement and sense of accomplishment amongst the seniors as they progressed throughout the eight-week program," said Brian. "So capping all of this off with a formal graduation ceremony seemed the most appropriate and natural way to mark this amazing milestone."

From the following comments submitted by the participants, it is apparent that the program was a success.

"It means so much to be able to chat and have face time with my relatives in Australia, especially my 97 year-old aunt."

"There are lots of things to discover and do research on. I can find more and make connections with people to stay in touch, exchange ideas, information and thoughts."

"The interactions with the students make this training special. I made friends with a student and we talked about many things and it is amazing that we did not feel the age difference."

For more information on future courses, contact **Catherine Arthurs: [catherine.arthurs@wsplibrary.ca](mailto:catherine.arthurs@wsplibrary.ca) or at 905-6442-7323, ext. 5234.**

*Photos courtesy of Julie Williams, Pretty in Pictures - Official Photographer Town of Whitchurch-Stouffville*








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# CLAIM TO FAME

## *Marilyn & Me*

BY BOB SIEGEL

My late dad Al Siegel, considered by many to have been Canada's foremost impresario – an organizer of high quality entertainment – was the owner and operator of the country's largest and finest supper club, The Elmwood in Windsor, Ontario.

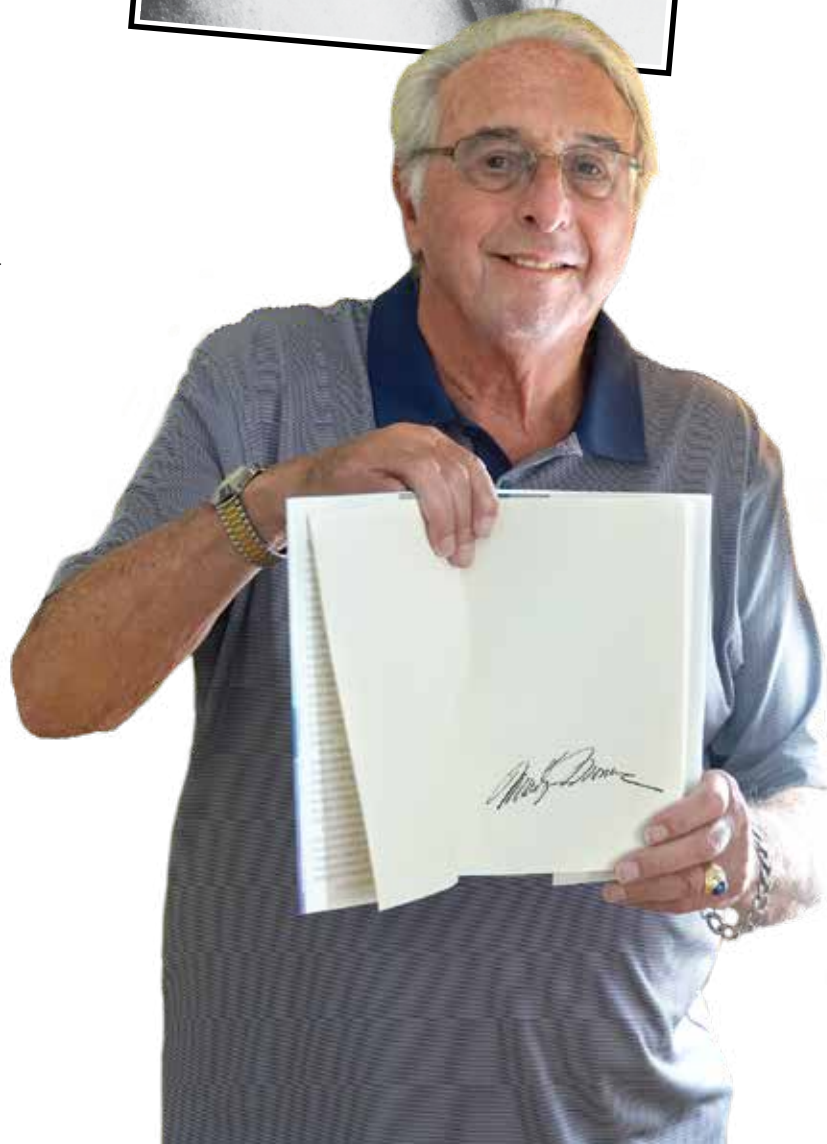
Had you gone there in the mid 1940s and for three decades thereafter, you might very well have seen the likes of Sammy Davis Jr., Tony Bennett, Tom Jones, the McGuire Sisters or Canada's own Paul Anka.

As such, Dad was in constant pursuit of new entertainers. He would regularly travel to other cities to observe young talent with a view to "buying" them for The Elmwood.

In the summer of 1952, while staying at our cottage in Crystal Beach, it was suggested that he see a new young crooner, Al Martino, who was appearing at the Town Casino in Buffalo. So along with Mom and me, he ventured across the border to watch him perform. (Just to give you some idea of the times, complete dinners could be had for \$1.50.) Naturally, we were seated at ringside. Mom and Dad were seated across from me. Behind me were a nondescript man and woman. During the course of the evening, the master of ceremonies introduced the couple as Henry Hathaway, a Hollywood director and producer whose name meant absolutely nothing to me, and his companion, Marilyn Monroe. Her name meant even less. They were in the area, shooting the film *noir*, *Niagara*, on the Canadian side of the river.

In those days I was an avid collector of celebrity autographs. However, I had a rather soft rule of only seeking out the signatures of personalities with whom I was familiar. And who had ever heard of Marilyn Monroe anyway? My mom told me she was known for her "calendars." I was eleven years of age. Draw your own conclusions. At Mom's urging, I patiently stood in line at the end of the show to request her autograph. Mom assured me that her signature would become more meaningful to me as the years went on. How right she was! The movie *Niagara* went on to establish Marilyn as a major sex symbol and gave her the look that we are so familiar with today. Hugh Hefner featured her in the first issue of *Playboy* magazine. And the rest is history.

I'm certain you are wanting to know if Al Martino ever appeared at The Elmwood. Yes, many times. But sadly, not Marilyn Monroe. However, I'll always have the memory of that fleeting moment with her that summer night in 1952. And of course, I'll always have her autograph.







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# Meet Ballantrae Volunteers

## STEVE SMITH & ERIC SCRAFIELD

BY ALISON SCOWCROFT



Steve Smith

I recently had an opportunity to talk to Steve Smith and Eric Scrafield, both members of our community about the volunteer work they do and have done for many years. Both currently volunteer for Habitat for Humanity, a wonderful organization that builds homes for people in need; they give “a hand up, not a hand out.”

I asked both about the impetus to get them involved in volunteering. Steve said after he retired he needed to find something that gave him “joy and purpose.” He jokingly

added that he felt after retirement the next big event was death. The joy was easy to find living in this community, but purpose was different. Eric came from a volunteering family and he readily admits he gets great satisfaction out of helping others and giving back to society, especially his local community.

It was interesting learning about Habitat for Humanity, and all that it entails. They do build houses for people, but they first need to raise money in order to build those houses. One method of raising funds is through donations to their “Restores.” They have volunteers who will come into your home, dismantle your kitchen, for example, and take it away, or pick up objects that you no longer need. These are all taken to one of the many restores and sold. The money from these sales helps support building homes for people in need.

One of the misconceptions I had about volunteering for Habitat for Humanity is that I would need to know how to hammer a nail into a piece of wood. That’s not the case. The positions for volunteers are varied and age or physicality is not an issue — although learning how to wield a hammer would be a great asset for all of us.

Both Steve and Eric have volunteered throughout their lives (Steve with Junior Achievement and the Food Bank; Eric with hockey schools, Heart & Stroke and the Cancer Society.) What struck me the most after speaking with them was the pleasure they derived from their volunteer work. Both work in a Restore (Steve in Markham; Eric in Newmarket.) They enjoy meeting other volunteers as well as customers who come into the stores looking to purchase items.

Certainly this brings purpose to their lives, but it is evident by the way they talk about the volunteering they do, that it also brings joy and satisfaction. It’s nice to know we live in a community where people are generous with their time, making a difference to other people’s lives.

### NOTE:

The website for HFH is [habitatgta.ca](http://habitatgta.ca). If you volunteer for a charity and would like to be featured in HOTG, contact Alison Scowcroft at [scowcroft@sympatico.ca](mailto:scowcroft@sympatico.ca).



Eric Scrafield







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October 10, 2018**

**TIME:** Bus leaves the Recreation Centre at 9:45 a.m. and returns at approximately 5:00 p.m.

**TICKETS:** \$13 per person

**INCLUDES:**

Bus ride and \$15.00 for slot machines

**TICKETS ARE NON-REFUNDABLE**

**PLEASE CONTACT**

Mariette Blouin-Johnson  
905-591-2032

## Annual BGCC Craft Sale

**Saturday, October 20, 2018**

**TIME:** 10 a.m. to 1 p.m.  
at the Recreation Centre

**TO BOOK A FREE TABLE,  
BGCC RESIDENTS MAY CONTACT:**

Carol MacNaughton, 905-640-0651  
or Sheila Armet, 905-640-3753

## Join the Pacemakers for a Sock Hop!!

**Wednesday, October 24**

**LOCATION**

the Recreation Centre  
From 4:00 p.m. to 6:00 p.m.

**Tickets: \$10.00**

**For tickets please contact:**

Gail Knaggs, 905-591-2951  
Kathy Billington, 905-591-1390

## Dave Parsons Fall Concert:

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**Sunday, October 21, 2018  
at 2:00 p.m.**

**LOCATION**

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## Annual Christmas Sing Along

**Wednesday, December 12**

**LOCATION**

Recreation Centre From 4:00 p.m. to 6:00 p.m.

**Tickets: \$10.00**

**For tickets please contact:**

Lynn Gauld, 905- 591-4144  
Jenny Gould, 647-448-4022

**NOTE: NO TICKETS WILL  
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**Saturday,  
November 3, 2018**

**Tickets: \$60.00**

Another great evening of murder and mayhem!  
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## Ladies' Christmas Luncheon

**Thursday,  
November 29, 2018**

**TIME:**

11:30 a.m. Meet and Mingle  
12:30 p.m. Lunch

**LOCATION:**

Meadowbrook Golf Course  
11939 Warden Avenue (just south of  
Stouffville Sideroad)

**Tickets: \$55.00 per person**

**ENTERTAINMENT BY: SVETLAN**

**For tickets please contact:**  
Lynne Gauld, 905-591-4144  
Jenny Gould, 647-448-4022

## 14<sup>th</sup> Annual Christmas Concert!

**Tuesday,  
December 4, 2018**

**TIME**

2 p.m. and 8 p.m. at the Recreation Centre

**Tickets: \$20.00 per person**

**For tickets please contact:**

Alma Boyd, 905-642-4482  
almaboyd@rogers.com

Kay Corlett, 905-591-0239  
kaycorlett@gmail.com

Lorraine Farro, 905-642-9938  
lmadiganfarro@gmail.com

Margaret Lunn, 905-640-2865  
marderlunn@bell.net

Mary Bresser, 416-779-9542  
marybresser@rogers.com

Maureen Downes, 905-591-1769  
mdownes44@gmail.com

## BALLANTRAE ANNUAL Christmas Dinner and Dance

**Saturday,  
December 8, 2018**

**TIME:**

5:30 p.m.  
Cocktails and Hors d'oeuvres  
6:30 p.m.  
Dinner at Recreation Centre

**Tickets: \$70.00 per person**

**ENTERTAINMENT BY: THE 45'S**

**For tickets please contact:**  
Jenny Gould at 647-448-4022





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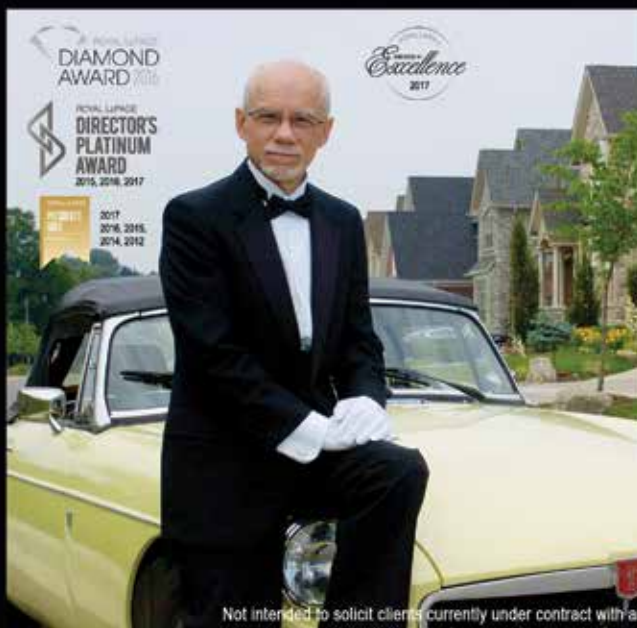
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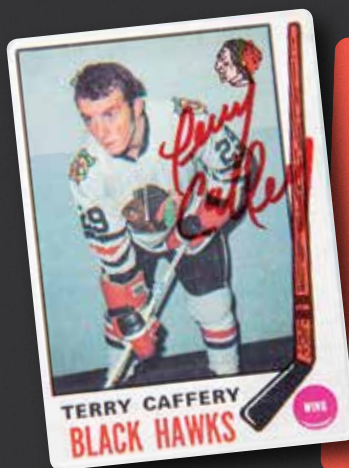
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profile **BY KAREN CLARK**

# HE SHOOTS, *He Scores!*

**Q&A** WITH PRO HOCKEY PLAYER,  
**TERRY CAFFERY**



## TERRY CAFFERY

**NAME:**  
TERRANCE MICHAEL CAFFERY  
**BORN:**  
APRIL 1, 1949, TORONTO, ON  
**HEIGHT:**  
5' 10"  
**PRO CAREER:**  
1969-1976, CENTRE



**LEASIDE SPORTS  
HALL of FAME**  
Terry Caffery, Hockey (1949 - )  
Terry Caffery was born in Leaside and grew up playing hockey at Leaside Arena where he captained Leaside Lions championship teams.  
He played three years with the OHA Toronto Marlboros and was Memorial Cup champion in 1967. He played one season with the Canadian National Team where he was Canada's leading scorer in the 1969 World Championship.  
Terry turned pro with the Blackhawks in 1969 and spent three seasons with Chicago, Minnesota and in the minors with Dallas and Cleveland. He was AHL Rookie of the Year in 1972. He was inaugural WHA Champion with New England Whalers in 1972-73 where his 100 point season earned him WHA Rookie of the Year.



### WAS HOCKEY A BIG PART OF YOUR BOYHOOD?

Yes, sports were a focus in our household. I played hockey in the winter and baseball in the summer. My first team experience was with Leaside Minor Hockey and then Junior B with the St. Michael's Buzzers. (OHA Jr. B Rookie Of the Year 1964-65)

### WITH THOSE HONOURS, YOU WERE WELL ON YOUR WAY. WHAT WAS THE NEXT STEP?

I played for the Toronto Marlboros for three seasons: 1965 through 1968 at the Maple Leaf Gardens. During that time, I was drafted by the Chicago Blackhawks.

### BEING THE THIRD PICK IN THE FIRST ROUND MUST HAVE BEEN EXCITING!

In those days the picks were done in a conference room in a hotel with no media hype. I received a phone call two days later to tell me I had been drafted by Chicago. It was nothing like the fanfare we see on television today. Once you were drafted, the team basically owned you. I was told to report to their farm team in St. Catharines, but I said no, and was able to stay and play for the Marlboros.

### YOU WERE JUST A YOUNG TEENAGER. WHAT WERE SOME OF THE HIGHLIGHTS OF THOSE YEARS?

Playing with the Marlboros and winning the Memorial Cup Championship, May 1967 in five games. (Leading scorer for the series)

### AT AGE 19, YOU HAD SOME DECISIONS TO MAKE - COLLEGE OR AN OFFER TO PLAY WITH THE NATIONAL TEAM?

I was considering hockey scholarships from both Boston and Denver Universities, but an offer to join the Canadian National Team in Ottawa was my choice. I attended the University of Ottawa that first year (1968-69) and after five summers and correspondence courses, I achieved my BA in 1975.

### IT MUST HAVE BEEN A THRILL AT SUCH A YOUNG AGE. WHAT DO YOU REMEMBER BEST?

Travelling the world representing Canada! We played in or travelled to East and West Germany, Poland, Sweden, Finland, France, Czechoslovakia and Russia. It was an eye opener to see the brutal conditions behind the Iron Curtain. The prominent maple leaf logos on



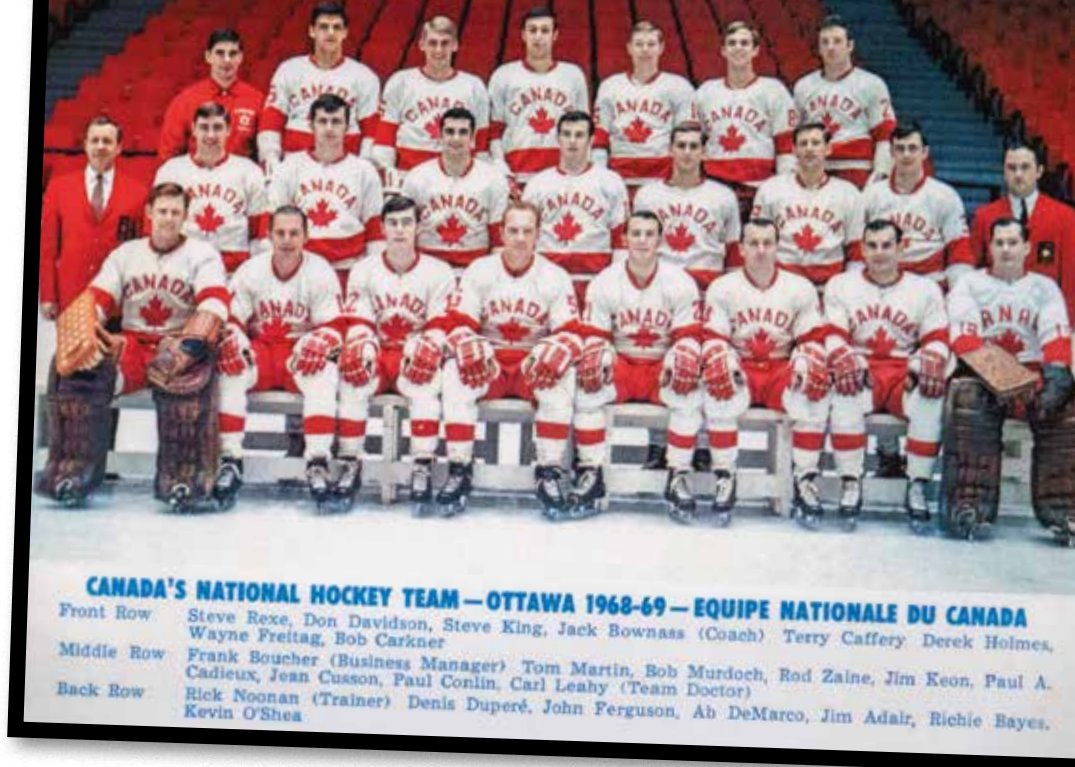
our jackets ensured our safety. Canadians were well respected, but we were glad to get back to Canada.

When the European and Soviet Bloc teams came to Canada, we would start in Halifax and travel to the west coast playing exhibition games. As there were no NHL teams west of Toronto, the arenas were filled to capacity! In western Canada the National Team was "their team."

### WHAT WERE THE CHALLENGES OF PLAYING SUCH EXPERIENCED TEAMS?

As a young team with minimal ice time together, beating European players who were in their late 20s who had played together for 15 years, was tough. The fans didn't take that into account! But seeing the Canadian flag go up with the anthem playing when we won was my reward. *(Leading scorer for Canada at 1969 World Tournament, Stockholm, Sweden.)*

### THE FOLLOWING YEAR, LACK OF GOVERNMENT FUNDING LEFT CANADA



### WITHOUT A NATIONAL TEAM FOR OVER A DECADE. WHERE TO NOW?

I started my NHL pro career...starting salary \$9000.00! Between 1969 and 1972 I played for the Chicago Blackhawks, Minnesota North Stars and in the minors for Dallas (CHL) and Cleveland (AHL) (AHL Rookie of the year 1972)

From 1972 to 1975 I played for the New England Whalers (WHA Champions, 1973) (WHA Rookie of the Year 1973) (1st Rookie to score 100 points in Major League Hockey) and then the Calgary Cowboys from 1975-76.

### A PRO ATHLETE'S BIGGEST FEAR WOULD BE INJURY. WHAT HAPPENED IN 1974?

An injured knee that never recovered 100%. My career was over in 1976 after six knee and three shoulder surgeries!

### KNOWING THAT YOU HAD TO MOVE ON FROM HOCKEY, WHERE DID LIFE TAKE YOU?

I was an accounting trainee with Clarkson Gordon for a year, but when my brother Jack asked me to join him in his sporting goods sales and distribution business in 1977, I decided to buy in and give it a try. I was there 37 years! The business took off after Jack acquired the distribution rights for NIKE. Adidas was the leader in sports shoes at the time and we only had three shoes to show our retailers. Unfortunately, Jack who was also a professional hockey and baseball player, died of cancer in 1992, but I carried on and retired October 1, 2014.

### HAVE YOU BEEN INVOLVED IN HOCKEY SINCE LEAVING THE NHL?

I was a scout for three years, but it interfered with running the business, so I gave it up.

*Continued on page 48*



**WHAT BROUGHT YOU TO BALLANTRAE?**

I had my sights on this community for some time. Leaside was becoming so busy, it was time to get out of the city. But with all my injuries, bungalow-style living was the biggest lure!

**WHAT OCCUPIES YOUR TIME NOW THAT YOU ARE RETIRED?**

My wife Jan and I have travelled extensively and have an upcoming trip to the Azores and Portugal. I also play a little golf.

**WOULD YOU DO IT ALL AGAIN?**

Absolutely! I would have loved to play for the National Team for more than one season. It was the highlight

of my hockey career. My original plan was to play four years for the National Team and play in the 1972 Olympics, but the Federal government had other ideas about the importance of having a National Team to represent Canada around the world.



**NOTE:** For those interested in reading about the Canadian National Hockey Team throughout the 1960 to 1969 period until its demise, Caffery recommends *Father Bauer and The Great Experiment - The Genesis Of Canadian Olympic Hockey*, by Greg Oliver.

To order or more information: [www.oliverbooks.ca](http://www.oliverbooks.ca)

**NOTE:** The Hockey Hall of Fame displays Terry's jersey as the WHA's first Rookie of the Year (1972-73) alongside the last Rookie of the Year, (1979-80), Wayne Gretzky! Quite the bookend to an amazing career!

## NOTICES

## Ballantrae's Volunteer Assistance Program

**"Residents helping residents to meet temporary, non-emergency needs."**

**We celebrate our resident volunteers, who gladly assist a growing number of our fellow residents just needing a little help.**

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An Intake Volunteer will respond as soon as possible Monday to Friday 9:00 a.m. to 4:00 p.m. with confidential service.

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See BGCC website: [www.ourbgcc.com](http://www.ourbgcc.com) Judy Flow, Coordinator

### Name Tags Available for \$10 each

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BY PETER SIMS, WEBMASTER

## HELPFUL CONTACTS

Who do I call about my sprinklers?

Is there a number for the Fire Department besides 911?

Head to Helpful -> Helpful Contacts for the answers.

This page is divided into five sections: Emergency Services, Hospitals, FirstService Residential, Ballantrae Community and General Home, Health & Respite Care. Please take some time to review this page before you have need to do so.

P.S. Sprinklers are under Ballantrae Community as they are the responsibility of the Golf Club.

## HOME ON THE GREEN

The main *Home on the Green* page (under the *HOTG* heading) contains the link to download the latest edition of the magazine. Just click/tap on the picture of the front cover.

Note that the file is quite large (10-15 MB), so you would want to ensure that you are on WIFI rather than a cellular connection before doing this. Also, be sure to save the file to your device so you don't have to download it a second time.

The online version of *HOTG* contains reduced quality photos compared with those that appear in paper version. Otherwise, the file size would

be ten times larger. This page also has useful general information about the magazine.

Looking for an issue you may have missed? Back Issues has links to previous editions. Again, just click/tap to view or download.

Some articles won't fit on just one or two pages of the magazine. For overflow content, please go to the *HOTG...MORE* page.

## LINKS

Tap/click on this heading to see a collection of links to outside websites. A Street Map takes you to a Google Maps view of our community. Not sure where Turn Taylor is or even which Condo it's in? The answer is only a click away.

The most popular link is Real Estate Listings. See all the latest listings in our community.

For the latest scoop on Town matters, go to Councillor Maurice Smith's website.

Don't like the weather forecast on your TV? At the bottom of the Links list are two weather websites pointing specifically to Ballantrae. Sometimes they agree!

---

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You need  
to let the  
little things  
that would  
ordinarily  
bore you  
suddenly  
thrill you.

~ Andy Warhol ~



# Why Mah Jongg You Ask?

BY MARY FREEDMAN

There are many benefits to this challenging and social game. Players say that mah jongg blends healthy competitiveness with strategy and history. The rummy-style tile game was invented in China and came to North America in the 1920s, according to the New York-based National Mah Jongg League, which makes it almost 100 years strong.

Four players put the tiles face down and scramble them with their hands to shuffle them. Sets include 152 tiles and four racks. There are five different tile categories: Suit (craks, bams, dots), Dragon (red, white, green), Flower, Wind, and Joker. Players take turns picking and discarding tiles to complete combinations indicated on an official card.

It is said that mah jongg is a great game for keeping the mind sharp and it is highly recommended as good brain health for seniors.

Specifically, mah jongg can help improve memory skills, faster decision-making, better observation skills as well as facilitate the ability to think on different levels. It is also an excellent social activity. In my opinion, it can also improve patience and attention to detail.

According to the *International Journal of Geriatric Psychiatry*, "Regardless of frequency of playing,

Mah Jongg produced consistent gains across all cognitive performance measures—digit forward memory, verbal memory, and MMSE (Mini Mental State Examination). The effects lasted after Mah Jongg had been withdrawn for a month, suggesting that constant practice is not necessary to achieve therapeutic effect once an initial threshold is attained."

The Ballantrae Recreation Centre provides residents with the opportunity to play and learn this exciting game. Mah jongg players gather in the card room every Tuesday evening from 7:00 to 9:00 and Thursday afternoons from 1:00 to 4:00. These sessions are for experienced players.

We also offer learn-to-play classes for beginners. Lessons run for an eight-week period. Registration is required. Beginners can continue to come and practise their skills until they feel ready to join the experienced players. Volunteers make this possible by joining in weekly classes to assist. Mah jongg was also added to the Ballantrae Summer Games in 2015!

So why not give this exciting game a try? You might just be glad you did! What did I forget to mention? Oh, it can be addictive!





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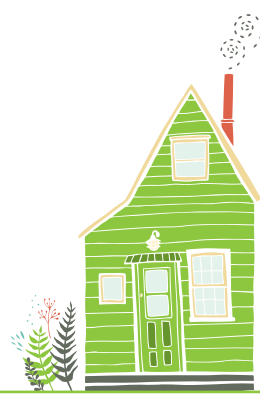
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a mower that you had to push  
to make the grass look neat.

In the kitchen on the wall  
we only had one phone  
and no need for recording things,  
someone was always home.

We only had a living room  
where we would congregate,  
unless it was at mealtime  
in the kitchen where we ate.

We had no need for family rooms  
or extra rooms to dine.  
When meeting as a family  
those two rooms would work out fine.

We only had one TV set  
and channels maybe two.  
But always there was one of them  
with something worth the view.

For snacks we had potato chips  
that tasted like a chip.  
And if you wanted flavour  
there was Lipton's onion dip.

Store-bought snacks were rare because  
my mother liked to cook -  
and nothing can compare to snacks  
in Betty Crocker's book.

Weekends were for family trips  
or staying home to play.  
We all did things together -  
even go to church to pray.

When we did our weekend trips  
depending on the weather,  
no one stayed at home because  
we liked to be together.

Sometimes we would separate  
to do things on our own,  
but we knew where the others  
were without our own cell phone.

Then there were the movies  
with your favourite movie star,

and nothing can compare  
to watching movies in your car.

Then there were the picnics  
at the peak of summer season.  
Pack a lunch and find some trees  
and never need a reason.

Get a baseball game together  
with all the friends you know,  
Have real action playing ball -  
and no game video.

Remember when the doctor  
used to be the family friend  
and didn't need insurance  
or a lawyer to defend?

The way that he took care of you  
or what he had to do,  
because he took an oath and strived  
to do the best for you.

Remember going to the store  
and shopping casually,  
and when you went to pay for it  
you used your own money?

Nothing that you had to swipe  
or punch in some amount,  
And remember when the cashier person  
Had to really count?

The milkman used to go  
from door to door,  
and it was just a few cents more  
than going to the store.

There was a time when mailed letters  
came right to your door,  
without a lot of junk mail ads  
sent out by every store.

The mailman knew each house by name  
and knew where it was sent;  
There were not loads of mail addressed  
to "present occupant."

There was a time when just one glance  
was all that it would take,  
and you would know the kind of car,  
the model and the make.

They didn't look like turtles  
trying to squeeze out every mile;  
they were streamlined, white walls, fins  
and really had some style.

One time the music that you played  
whenever you would jive,  
was from a vinyl, big-holed record  
called a forty-five.

The record player had a post  
to keep them all in line,  
and then the records would drop down  
and play one at a time.

Oh sure, we had our problems then,  
just like we do today -  
and always we were striving,  
trying for a better way.

Oh, the simple life we lived  
still seems like so much fun.  
How can you explain a game,  
just kick the can and run?

And why would boys put baseball cards  
between bicycle spokes,  
and for a nickel, red machines  
had little bottled Cokes?

This life seemed so much easier,  
slower in some ways,  
I love the new technology  
but I sure do miss those days.

So time moves on and so do we  
and nothing stays the same,  
but I sure love to reminisce  
and walk down memory lane.

With all today's technology  
we grant that it's a plus!  
But it's fun to look way back and say,  
**HEY LOOK FOLKS,  
THAT WAS US!**

**NOTE:** This poem was submitted  
by Darlene Kinney. We were unable  
to confirm the author.





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