

# HOME *ON THE* *Green*

COMMUNITY LIFE IN THE  
BALLANTRAE GOLF & COUNTRY CLUB



## In This Issue:

Spring Flings & Wings

What's More Canadian  
than Maple Syrup?

New *HOTG*  
Website Update

Travel the Happy Road  
to Bhutan

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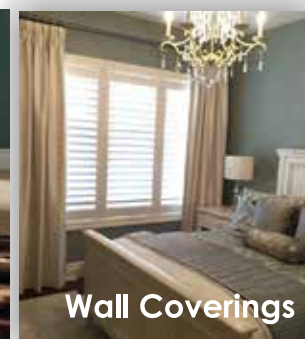
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# HOME ON THE Green

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 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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I am writing this from sunny Mexico where my husband and I will have spent three glorious months. We hope to return to Ballantrae early in April to a welcome of daffodils and sunshine.

This issue has a fresh spring theme, beginning with the fabulous cover photo of a female Belted Kingfisher taken by our resident birder extraordinaire, Frank Allison. Featuring one of Frank's shots on the cover of the spring issue has become a tradition that I hope will continue for years to come. Frank has also penned a very interesting article about the "spring flings" of his fine-feathered friends.

I hope you will also enjoy Karen Clark's profile of Kelley Richards, whose career in the sports industry took him to both the Florida Grapefruit League and the Arizona Cactus League. That's how he became friends with Joe Carter. Karen has also written an entertaining profile on Ballantrae's favourite band, the Pacemakers. Read about how the group got started.

Our food editor, Johanna Burkhard, has compiled a bunch of yummy spring brunch ideas and Jan Richards has made maple syrup the sweet subject of her "Made in Canada" chronicles. Did you know that Canada produces 85 per cent of the world's pure maple syrup?


Exciting news! Webmaster Peter Sims advises that the newly designed *HOTG* website should be ready to go live in April. It can be reached through three addresses. The current address (URL) [www.ourbgcc.com](http://www.ourbgcc.com) will redirect you to the new site once it is ready. You will also be able to get to the new site by entering [www.homeonthegreen.ca](http://www.homeonthegreen.ca) or the shorter [www.hotg.ca](http://www.hotg.ca).

With the Ballantrae 2019 Summer Games fast approaching, I urge you to start your own spring training regimen. As Dayna Stoddart, our Wellness Director and Active Aging Expert recommends: "Use it or lose it."

A handwritten signature in black ink that reads "Anita Draycott". The script is fluid and cursive.

Anita Draycott





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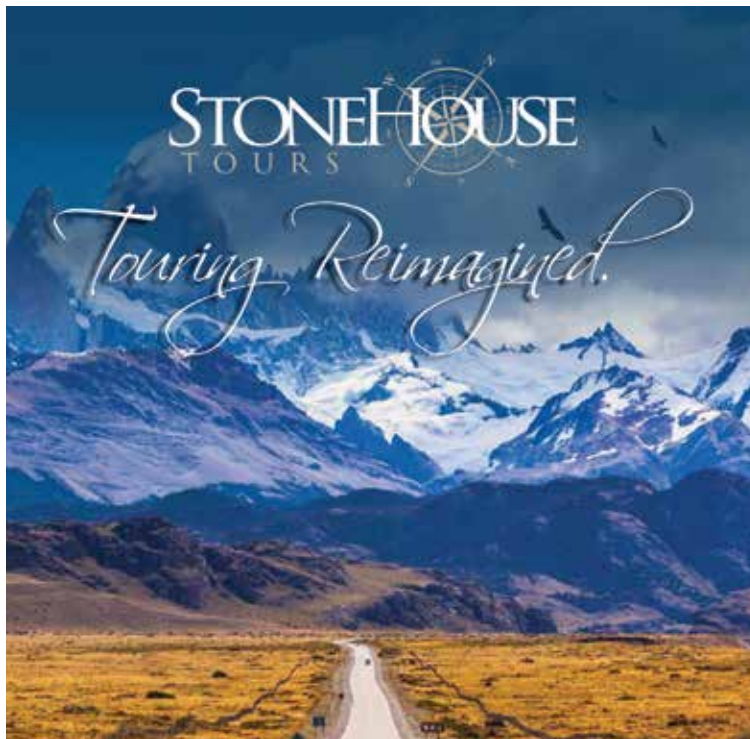
## COUNCIL MATTERS

The local news media kept residents informed of the turmoil we councillors went through over our last four-year term. However, we now have the 2018 election and inauguration behind us. I believe we have a cohesive group of individuals well qualified to lead the town forward in a positive direction. We seven individuals will not always agree or vote the same way as was the situation with the recent decision concerning a retail cannabis store. However, I am confident that we will work as a team and whether I am on the majority side of a decision, or otherwise, I will work to ensure that the majority of council on any vote will prevail and be enforced.

## TOWN PHOTO CONTEST

The town has held a photo contest for local residents for the past few years. The 2018 contest drew over 300 entries. This year, the first runner up winning picture (below) was taken by Pauline Wormald, a resident of Condo 3. I am sure that most *Home on the Green* readers know where her "Sunrise at Ballantrae" was taken. Mayor Lovatt and I posed with Pauline as she was presented with her prize during a recent council meeting. Great picture Pauline! Thank you for sharing.





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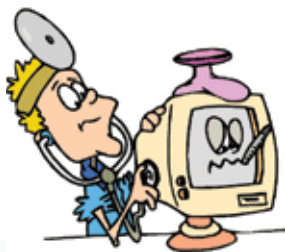
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# Books on Wheels

BY LYNNE BALFOUR



Madeline King, Library Assistant - Community Engagement

Do you love reading books? Do you have difficulty getting out to the library? Our Whitchurch-Stouffville Library has TWO solutions for you! Brian Freedman, who teaches a seniors' iPad class at the library told me about Books on Wheels. I interviewed Madeline King, their library assistant for community engagement, about the program.

## Madeline, what is Books on Wheels?

We discovered that we had library users who could no longer come into the library because of injury or illness. We thought that with the help of volunteers, we could continue to serve them.

## How does one arrange to be part of that service?

You phone the library and ask to speak to someone involved with Books on Wheels. I will make an appointment to speak with you at your home about the types of books you enjoy, whether large print or audio books are needed, and how many books you might read in a month. If you do not have our library card, I can make one right then.

## How often do volunteers bring the books?

Each person is visited once a month by a volunteer who brings 1-15 books as requested. I pick out the books according to your identified interests. We service readers at Parkview, Stouffville Creek, and Buckingham Manor, as well as those in their own homes. At present we do not have participants in BGCC, but we could arrange that.

A second way is to load library books on your e-reader. Using your library card, you go on-line at the Whitchurch-Stouffville library site and create an account where you can see a list of available books. Download your choice and you can keep it for three weeks.

## How does one become a Books on Wheels volunteer?

Come and talk to me about the program. You need a car and a volunteer sector check which is a police background check. There is a charge for this but the library will reimburse you after a number of volunteer hours.

## How else are volunteers used at the library?

We have an active English language learning program. You must be willing to help out but no second language is required. We have a weekly language group (about 40 participants a week), divided according to language level and led by volunteers, as well as a weekly conversation circle which is guided but basically social. We also have a one-on-one tutoring service with a wait list of about 20 people. It follows an English language learning collection guidebook. There is no charge for these services.

We have a Teen Advisory Group that helps suggest programs of interest. Other volunteers may help set up paint night!

## What is paint night?

We set up supplies and canvases, charge \$10.00 and follow the guidance of a taped show similar to the TV show by Bob Ross (not ours!). This happens monthly.

## Do you have services for book clubs?

Actually, we have about 60 book club kits which contain 10 copies of books and sometimes guided questions for the meeting. We have at least three book clubs here at the library and one 'themed' club where each person reads a different book around a theme or topic.

Thank you Madeline. We hope that this information will help some of our residents. Perhaps we can integrate it with our Volunteer Support Service?

## Books on Wheels at Stouffville Creek Retirement Residence



Alberta Austen



Penny Pearce (Left)



Joyce Storey



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# The Play's the Thing

BY PAT WOOD



Or is it? The summer of 2018 saw us attending the theatre five times with productions ranging from truly outstanding to truly awful. We are not avid theatre goers, normally attending one or two productions in a year, but we decided to “culture up” this summer.

Our first show was *Phantom of the Opera* at the Princess of Wales theatre. An outstanding production, it was the most sensual and exotic rendition of the three times I have seen the play. We took the grandkids as the annual theatre outing. They are totally immersed in sports, so I feel it is my duty to expose them to another facet of life. They were familiar with the story and even our ten-year old grandson enjoyed it. The pyrotechnics and unmasking of the phantom were the highlights for him. A great evening, our theatre summer was off to a wonderful start.

Next came the best experience of all as we bussed it to the Royal Alex with the Ballantrae neighbours. *Come from Away* completely lived up to the hype. Things were a little dicey as we arrived a few minutes late due to road troubles, but they held the curtain as we filled the seats right next to the stage. You couldn't help but be impressed by the cleverness of the production, with the cast changing roles and sets effortlessly. The story delighted and charmed, imparting a quiet sense of pride in being Canadian. I left the theatre happily on a high, which is the most you can ask of the theatre experience.

On a hot summer evening, our next foray was *The King and I*, again at the Princess of Wales. Parking under the theatre, we had a nice dinner amid the hustle and bustle of a downtown evening with the ballgame crowd. We certainly felt like country bumpkins in this milieu, but the people watching was fantastic. To think we worked down here and loved it a hundred years ago.

The play was good with nice performances, although I think they cheaped out a bit with uninspiring sets. Funny

how we didn't care about the lack thereof in *Come from Away*. The music, of course, was wonderful, but there didn't seem to be any chemistry between the King and Anna. Hard to match that mental picture of Yul and Debora dancing around the palace. Hard also to tolerate people arriving late and leaving early from your row in the theatre.

Our next jaunt was to Niagara-On-The-Lake for the Shaw Festival production of *Grand Hotel*. The sets were beautiful and cleverly deployed, the talent adequate, but the story was depressing and music uninspiring. The main character dies; Berlin in the thirties was no fun. My past experiences at the Shaw have been great, but this play was disappointing.

So too was our bed and breakfast, a highly recommended place that had recently changed innkeepers and was in transition. The staff, though very nice, didn't speak English so questions went unanswered. The skimpy breakfast was not helped by the Mariachi music in the background. (Yes, I am grumpy in the morning.) For over \$200 a night, there should have been an egg in there somewhere.

In this frame of mind, we headed off to see *Oh, What a Lovely War*, supposedly a musical. Even fortified with a couple of morning wine tastings, this play was truly horrible. An exercise in political correctness, it began with thanking the Indians for the land on which the theatre was built. Does this change the fact that the land was taken? Are we apologizing once again for history?

The play was about World War I. Do we have to hear about gay relationships in the trenches or some poor soul getting his thumbs gnawed off by rats as he lay dying? I was dying watching this play. Most of the audience wasn't far off either, quite literally. Do older people, out for a day's entertainment, really need to be depressed with this junk? Why would the Shaw want to so piss off its core audience? We left shortly before the end and got the giggles back on the street at our timely escape and poor choices.

So the theatre summer of 2018 started off fabulously and then petered out. The fault could be with my expectations. Just like you expect the Jays to win when you go to the occasional game, I expect to be delighted each and every time I go to the theatre. Life is full of unrealized expectations. Realistically, three of the five productions made the grade, so I guess the play is the thing after all.



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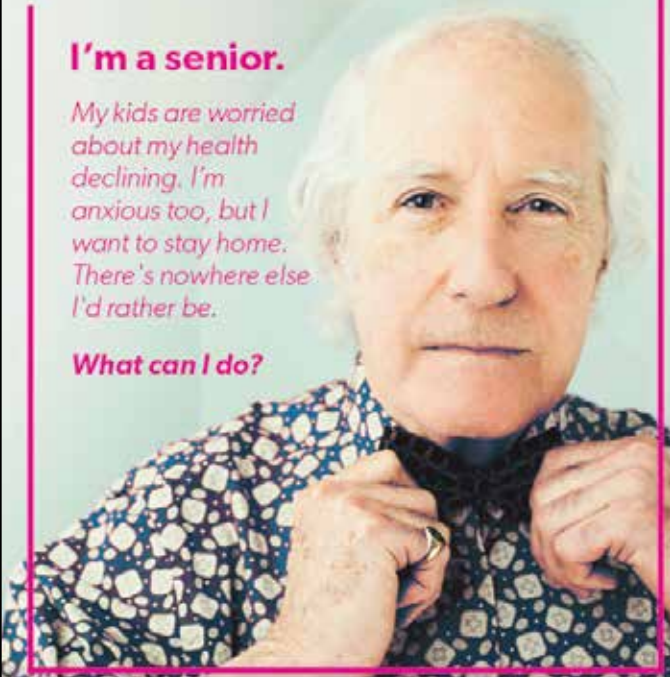


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# Travelling to the US? Big Brother Is Watching

BY KEN MIYAUCHI



While I have written on this topic before, it appears that there is still some confusion regarding U.S. laws, and how they apply to Canadian travellers.

First, let's review the maximum amount of time we are allowed to be in the U.S. In any 12-month period (not necessarily a calendar year), our maximum is "six months less a day," generally 182 days. Temporary absences (less than 30 days) still count and cannot be subtracted. The only travel exception is time spent in the U.S. in transit to a destination outside the U.S. If you are travelling to Paris via Boston, this time is not counted. Another way of calculating the maximum time is the Substantial Presence Test (SPT). Add the number of days in the U.S. in the current year, plus 1/3 of the days last year, plus 1/6 of the days two years ago. If the total is 183 or more, you have exceeded the limit.

On December 13, 2018, Canadian Bill C-21 received Royal Assent, and the U.S. and Canada are now sharing entry/exit data. When you enter the U.S. by air or sea, your passport scan creates an I-94 record. For now, land crossings do not generate an I-94. Use a calendar to track all days spent in the U.S., and check your entry/exits for the last five years, at the Department of Homeland Security (DHS) website, <https://i94.cbp.dhs.gov>.

If you regularly spend four months or more in the U.S., submit Form 8840 to the U.S. Internal Revenue Service (IRS). This form indicates that you are a Canadian citizen with closer ties to Canada. You maintain your permanent residence in Canada and pay Canadian taxes. The IRS will exempt you from paying U.S. taxes.

If you have bank accounts or stocks that earn income in the U.S., the U.S. companies are required to withhold 30% tax on this income. To avoid this, complete an IRS Form

W-8BEN which states that you are a permanent resident of Canada and exempts you from paying tax in the U.S.

Do you own and rent out a U.S. home? If so, you must file a U.S. Tax Return (IRS Form 1040-NR). Consider if the amount of income is worth the paperwork, cost of legal/financial fees and the bother of filing two tax returns.

The IRS is not the only one monitoring us. The DHS considers us foreign "aliens," and any attempt to overstay our maximum is met with interest, if not suspicion. Customs & Border Protection (CBP) is DHS' largest enforcement agency and their Border Patrol Agents have total authority as we enter the U.S. Never argue with the agent, no matter how frivolous or outrageous his comments or questions. If you are asked to prove that you are returning to Canada, a return travel ticket will suffice. For land crossings, a "Border Binder" containing proof of Canadian permanent residence (e.g. property tax statements, utility bills, bank statements) will demonstrate your intention to return to Canada. The border agent has complete authority to allow you entry, to reduce your stay in the U.S., or to completely deny your entry for up to five years. There is no court of appeal.

While Canada and many states do allow cannabis, not all border states are among them. Also, it is still a federal crime to import marijuana into the U.S. Executives of cannabis companies have been denied entry and some suggest that any association with a cannabis company (e.g. owning cannabis stocks) might lead to problems.

Have you noticed the privileged few who zip through a special lane at land border crossings or through an uncrowded special line and security screening at the airport? A Nexus Card is the solution. The cost is \$50 for five years, the application process is lengthy and an interview is required; however, once approved, you, too, can skip the tedious, slow lines. One note of caution is that any failure to follow customs declaration rules may result in a fine and loss of your card.

Travel to the U.S. is a privilege. By properly navigating the legal pathways, your safe and efficient travel is assured.



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# A Concept of Time?

BY ENID SANDERS



We have two dogs - one is eight years old, the other is nine. Both are female and have been raised in the same household.

However, as with our human children, they each have their own personalities. I am almost convinced that one of them, Stella, has a concept of time.

At 5:00 p.m. Stella will be sitting on the mat in our kitchen very impatiently waiting for dinner. Tyka is nowhere to be seen until she hears the sounds of dinner being prepared. Why the great difference in their behaviours?

Does Stella really know what time it is?

Humans have the ability to construct artificial measures of time such as the second, minute, and hour mainly because humans use episodic memory to tell time. Dogs do not perceive time in this way, however they are capable of being trained based on past events and taught to anticipate future events based on past experiences. This argues in favour of a kind of canine version of episodic memory according to research done by Dr. Thomas Zentall at the University of Kentucky.

The difference appears to be that humans can pinpoint when something happened in the past by relating it to other events. Dogs can only distinguish how much time has passed since an event has occurred (e.g., "My food bowl has been empty for six hours."). Of course, they don't need just memory to tell them this; a growling stomach says it all.

There is also research evidence for dogs' understanding of the concept of time based on changes in their behaviour when left alone for different lengths of time. Studies show that dogs display greater affection toward their owners if they've been separated for longer periods of time. As the amount of time away increases, so does the dog's excitement. This shows that dogs are capable of recognizing and responding to different spans of time.

Your dog may not look at the clock but most dogs do know when it is dinner time or time to go for a walk. How do they do this? It's biological.

All animals have a circadian rhythm. Circadian rhythms are the physical, mental and behavioural changes that follow a 24-hour cycle, responding to light and dark in the animal's environment. They may also be affected by other factors such as temperature and social cues. Humans, dogs, other animals and even plants have these rhythms. This internal mechanism that controls our regular activities is often referred to as our biological clock. Circadian rhythms and biological clocks enable us to recognize that, when it becomes light for instance, we begin to feel hungry or when daylight ends, we start to feel sleepy.

Dogs and humans have circadian rhythms and biological clocks, but we differ in our habits. Dogs are flexible in their sleep patterns and can very quickly be woken to go for a walk, even when they have been in a deep sleep. Most dogs are ready and willing to eat at any time, not just at meal times.

There have been many claims that dogs know when their owners are coming home and are there to greet them at the door. Perhaps one day we will know if dogs do have a true sixth sense, but for now we believe that they are highly attuned to our routines and environmental associations and triggers. Dogs know our routines often better than we do. Many dogs also know that they are about to be left alone as soon as you pick up your keys.

So while it is difficult to get a real sense of a dog's ability to gauge time, it is our job as responsible dog lovers to help teach our dogs to pass the time doing things they enjoy rather than things we don't like.



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# Enthusiast Photography

BY PAT WHITTINGHAM

With the immediacy and quality of smart phone photography, we are seeing a rise in the number of photos and videos taken but a significant decline in the number of printed images. Social media allow for free distribution and display on tablets and smart phones, however the skills needed in photo finishing, fine art printing and gallery-quality framing have not been largely recognized by the average photographer. And we don't print as many "snaps" to share with friends and family.

Yet there are still a small number of enthusiasts who want the enjoyment of crafting a superior image and the satisfaction of hanging extraordinary images on their walls. Today's latest interchangeable lens cameras continue to enable spectacular images that can be further enhanced with very simple-to-use but very capable digital image processing. Now the major camera makers (Canon and Nikon, for example) are bringing the image quality of film and digital bodies to the small screen, the electronic viewfinder. The best EVFs provide a large, bright sharp eyepiece for composition, even in low light, along with a preview of the creative effects and adjustments the enthusiast photographer can visualize.

So it is not surprising that large sensor (full frame) mirror-less (ML) cameras are now dominating the enthusiast market. Recently Nikon with their Z7 and Z6 variants along with Canon EOS-R have joined Sony, the industry leader in this segment. Soon Panasonic will enter the field.

FF ML has become the hottest segment of the enthusiast photography market. With resolution and detail similar to Medium Format during the film era, these new generation cameras are capable of the finest image creation. The resulting image makes for the sharpest group shots for that rare family reunion or the most spectacular landscape imaginable for the Frame TV that some of you have purchased after my article on this in a past issue.

The new Nikon Z6, for example, is an FF ML camera (meaning the sensor is about the same

size as a 35mm film frame) with image quality equal to the very best DSLRs in a smaller body.

Digital Single Lens Reflex cameras employ a flip-up mirror to direct the image between the optical viewfinder and the sensor. A mirror-less camera with electronic viewfinder provides a WYSIWYG experience showing you precisely the image striking the sensor as well as a replay of the shot taken allowing an immediate re-take if necessary without taking your eye away from the eyepiece.



Nikon Z7

Remarkably, many can be used in totally "silent mode." Their video performance also excels compared to traditional DSLRs.

The enthusiast ranks are small but passionate. I think myself lucky to have the technology to create those legacy images that will outlive me and the iPhone photos I share with family and friends.

Smart phone cameras are wonderfully convenient. But, for those enthusiasts wanting to use interchangeable lens cameras for longer reach or creative effects, these latest silent mirror-less cameras are an enjoyable option for advanced hobbyists or professionals and are worth a look.

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# The King's Landing Bar & Grill Stouffville

BY ALISON  
SCOWCROFT



I recently sat down with Justin Shim, the owner of King's Landing in Stouffville, a favourite spot for many Ballantrae residents. After spending time with Justin, it was apparent to me that his passion and enthusiasm for food, his employees, his parents and his business acumen in general were all responsible for making it such a special place.

Surprisingly, Justin has a finance background and a commerce degree from McMaster. He was geared up for a career in finance, and he did in fact work for some of the larger institutions, but then life got in the way. While a student at McMaster, he took a job at a restaurant to make spending money. He has worked and managed a variety of restaurants throughout his career, including Ontario's busiest Pizza Pizza located at Canada's Wonderland (when he was still a student),

as well as Jack Astor's and Canyon Creek. He also has had experience opening restaurants in BC for SIR Corporation. He got hooked on the food business and realized that working for a financial giant was not challenging enough. After some soul searching and with support and encouragement from his parents, he opened King's Landing.

Justin has always had a great love of food. He loved being in the kitchen with his mom and continues to enjoy trying different foods and flavours. Everything at King's Landing is made in-house—the burgers, sauces, breads and pizza are all freshly made.

An interesting starter, "Seoul" Poutine combines Justin's Korean background with a Canadian staple and incorporates ribeye, kimchi, cheese curds, spicy mayo, Korean barbecue and fresh cut fries. On a recent outing for dinner, I ordered the Buffalo Chicken Wrap, a delightful combination of crispy chicken, smoky bacon and ranch dressing. The menu includes a selection to satisfy everyone's cravings: burgers, wings, sandwiches, wraps, pizza and a whole lot more. Justin also offers entree specials on Friday and Saturday nights. Beyond the specials, there are daily deals: Mondays, select appetizers and domestic draft cost \$5; Tuesdays, wings are half price; Wednesdays, a pint of domestic draft, a pound of wings and fries cost \$14; Thursdays, stone-baked medium pizza and a pitcher of beer cost \$25; Monday to Friday happy hour includes mixed drinks and domestic bottle beer for \$4.

The chef, Rob Salviato, has had a long career in the restaurant industry and he and Justin have known each other and worked together for years. They collaborate on creating and tasting different dishes and come up with new ideas for the menu, which they update twice a year.

Justin recently opened a second franchised location in Hamilton, the city where his culinary career began.

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# Legendary Trail's Santa Claus Parade

This past December, the folks living on Legendary Trail created their own Santa Claus Parade, erecting 66 jolly blow-up Santas to the delight of Ballantrae residents. The "legend" continues as the concept began in 2016

when Bob Ross convinced most of his neighbours to put up snowmen on their front lawns. We wonder what next year's theme will be...



# Mind over Matter

BY DAYNA STODDART



I have had the pleasure of teaching Maureen Kensit for the past decade now. She is a voice of reason and wisdom and a source of inspiration, not only for the participants in my classes but for myself. She is a true role model.

For Maureen, age is just a number. She believes that you are only as young as you are today. Recent research indicates that most older adults feel 15 years younger than their chronological age. Maureen could definitely be the poster child for this. She challenges herself both in mind and body.

Maureen is positive, optimistic and resilient. She believes in owning her own mistakes and not being a victim. She chooses a proactive approach to manage/treat and cope with illness and injuries. Her positive state of mind has allowed her to heal and continue to stay active.

"Life is about choices," she says. You will not hear the words "I can't" in Maureen's vocabulary.

She is committed to staying physically active and is a regular participant in both Having a Ball and Body Balance classes here at the Recreation Centre. Maintaining strength, flexibility, balance and posture are priorities for her. These classes focus on movement and self-care using a variety of equipment from foam rollers to stability balls. The new buzz word or trend



for 2019 is Active Recovery which is exactly what these classes are. **Active Recovery** is programming that is essential to our overall health, recognizing that our ability to work out is limited by our ability to move.

As a seasoned participant in the above classes, Maureen has become an expert in demonstrating some key exercises to improving posture. As such, Maureen is the model demonstrating this exercise series in "The Power of Posture" article that was published in the *Journal on Active Aging*, July 2015 issue, written by Dayna Stoddart, BSCPT, Wellness Director and colleague Terry Eckmann, PhD and professor at Minot State University.

I shall end this with some words of wisdom from Maureen,

**"Trust the process...there is a big difference between hope and trust."** and **"Happiness is a fleeting moment; contentment is forever."**

## THE POWER OF POSTURE

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# Sleep Apnea

BY JAN RICHARDS



Sleep apnea is a serious sleep disorder in which episodic breathing is accompanied by loud snoring and erratic breathing delays. Continuous Positive Airway Pressure or CPAP is a mechanical treatment option for people who have sleep apnea.

Obstructive sleep apnea is the most common of all cases and occurs when the throat muscles are so relaxed that the airway narrows and blocks the flow of air to the lungs. When the body senses the lack of air, you wake up and return to normal breathing. Once you fall back to sleep, the cycle repeats itself and may occur from a few to several hundred times each night. During these events, the oxygen concentration level in your blood, normally in the 90 per cent range, drops significantly due to the weakened inhalations. You often wake with a dry mouth or a morning headache.

Researchers conclude that sleep is the key to your emotional, mental and physical health, therefore the consequences of sleep apnea are significant. This disorder has been associated with an increased risk of diabetes, stroke, heart attack, accidents and memory loss.

If you are fatigued or sleepy or irritable after a restless night's sleep or if your partner notices that you "stop" breathing while snoring, you should speak to your physician! Tests can be performed to determine whether you are at risk. For a doctor to make a clinical diagnosis of sleep apnea, you must have disruptive breathing occurring greater than five times in one hour.

The primary trigger for sleep apnea is excessive weight. Other factors known to increase the risk of this condition include: a narrow airway, nasal congestion, allergies, smoking, family history, being an older male, and extreme alcohol use.

Treatment may include lifestyle changes and/or use of a CPAP machine. CPAP machines use a constant flow of pressurized air to open the airway and to deliver a continuous flow of oxygen via a silicone nasal mask which is connected to a flexible tube and attached to a small bedside machine.

Despite some of the challenges of using a CPAP machine, treating sleep apnea is a very important aspect to your overall health. Government and third party insurance providers may pay or partially pay for the unit and replacement of masks, hoses, filters and humidifier parts.

By changing your diet and lifestyle you may be able to breathe more easily. But if you have any of the symptoms of sleep apnea it's important to take responsibility for your respiratory health by seeing your doctor.



# Weekend Brunch to Usher in Spring



Whether it's for Easter, Mother's Day, or to welcome back friends and neighbours after a long winter's break, brunch is a congenial way to entertain. But no one wants to get up at the crack of dawn to prep for brunch, so these recipes are designed to be assembled and prepped in advance, making entertaining a breeze!

## STRAWBERRY CHEESECAKE FRENCH TOAST

Bored with ordinary French toast? Try this yummy version stuffed with cream cheese and strawberries accented with lemon. Most of the preparation and even the cooking can be done the evening before if pressed for time. Refrigerate cooked French toast in a covered container. To reheat, place sandwiches on a parchment-lined baking sheet in a preheated 350°F (180°C) oven for 12 to 15 minutes or until heated through in centre.

### MAKES 4 SERVINGS

- ½ cup (125 mL)** cream cheese, softened
- 2 tbsp (30 mL)** plain Greek yogurt\*
- 3 tbsp (45 mL)** granulated sugar, divided
- 1 tsp (5 mL)** grated lemon zest
- 2 tsp (10 mL)** fresh lemon juice
- 8 slices** day-old egg bread (challah) \*\*
- 3 cups (750 mL)** fresh strawberries, sliced\*\*\*
- 3** large eggs
- ⅔ cup (150 mL)** milk
- 1 tsp (5 mL)** vanilla extract
- 2 tbsp (30 mL)** butter
- Icina sugar (optional)



1. In a bowl, blend cream cheese, yogurt, 2 tbsp (30 mL) granulated sugar, lemon zest and juice until smooth.
2. Spread a generous tablespoonful of cheese mixture over each bread slice. Layer half the bread slices with half of the sliced strawberries. Cover with remaining bread slices and gently press down. Place in a covered container and refrigerate overnight. Reserve remaining strawberries for serving.
3. In a shallow casserole dish, beat eggs, milk, remaining 1 tbsp (15 mL) sugar and vanilla until smooth. Dip each sandwich into egg mixture, turning to soak.
4. In a large non-stick skillet or griddle, melt 1 tbsp (15 mL) butter over medium heat. Cook egg-soaked sandwiches in two batches for 3 to 4 minutes per side, until golden brown. Place on a baking sheet and keep warm in oven when making second batch.
5. To serve, cut each sandwich on diagonal into halves and arrange on warm serving plates. Top with additional berries and sprinkle with icing sugar, if desired. Accompany with maple syrup.

\*Use vanilla flavoured Greek yogurt and reduce the amount of sugar used in filling to 1 tbsp (15 mL).

\*\*Order a square loaf of challah bread ahead from your favourite supermarket or bakery to ensure availability. Have bread cut into ½-inch (1 cm) slices. Use French bread (not baguette) instead if egg bread is unavailable.

\*\*\* You'll need a 1 lb (500 g) package of strawberries for this recipe. Or, use 2 cups (500 mL) fresh blueberries instead.

## HASH BROWN AND HAM BAKE

Our grandkids love this make-ahead dish for a special breakfast or brunch. To serve 8, double the recipe and bake in a 13 x 9 inch (33 x 23 cm) glass baking dish for about 40 to 45 minutes (10 minutes longer if refrigerated).

8-inch (20 cm) square glass baking dish,

well-greased

Preheat oven to 350°F (180°C)

### MAKES 4 SERVINGS

- 2 tbsp (30 mL)** vegetable oil
- 3 cups (750 mL)** frozen diced hash brown potatoes
- 1** onion, chopped
- 1** red bell pepper, seeded and diced
- 1 cup (250 mL)** finely diced ham\*
- ¼ tsp (1 mL)** dried Italian seasoning, oregano or thyme leaves
- 1 cup (250 mL)** shredded Fontina or Cheddar cheese
- 5** large eggs
- 1 cup (250 mL)** milk
- ¼ tsp (1 mL)** each salt and freshly ground black pepper

1. In a large nonstick skillet, heat 1 tbsp (15 mL) oil over medium-high heat. Cook potatoes, stirring often for 10 minutes or until nicely browned. Arrange in prepared dish.
2. Add remaining 1 tbsp (15 mL) oil to skillet over medium-high heat. Cook onion, pepper, ham and Italian seasoning, stirring for 5 minutes. Layer over potatoes and sprinkle with cheese.
3. In a bowl, beat together eggs, milk, salt and pepper. Pour over cheese layer. (Can be prepared the day ahead; cover and refrigerate.)
4. Bake in preheated oven for about 30 to 35 minutes (5 to 10 minutes longer if refrigerated) or until top is golden and a knife inserted in the center comes out clean. Transfer to a wire rack and let stand for 5 minutes before serving.

\*Instead of ham, cook 8 oz (250 g) pork or chicken sausages (casing removed and meat chopped) in a nonstick skillet over medium-high



heat, breaking up meat with back of a spatula, for 5 minutes, or until lightly browned. Drain meat on paper towels. Finely chop and layer over potatoes.

## CREAMED EGGS WITH SMOKED SALMON

Serve this easy-to-make dish with toasted bagels, cream cheese and preserves.

### MAKES 4 SERVINGS

**8 large** eggs

**¼ cup (60 mL)** milk

**½ tsp (2 mL)** salt

**¼ tsp (1 mL)** freshly ground black pepper

**2 tbsp (30 mL)** butter

**2 oz (60 g)** smoked salmon, cut into thin strips

**3** green onions, sliced

**¼ cup (60 mL)** goat cheese or cream cheese, cut into cubes

**1 tbsp (15 mL)** chopped fresh dill or 1 tsp (5 mL) dried dillweed

1. In a bowl, beat together eggs, milk, salt and pepper.
2. In a large nonstick skillet, melt butter over medium heat. Cook eggs and green onions, stirring, for 2 minutes or until eggs are partially set.
3. Stir in cream cheese and smoked salmon. Cook, stirring for 1 to 2 minutes, or until eggs are almost set but still moist. Sprinkle with dill and serve immediately.

## GREENS WITH ORANGES AND AVOCADO



This is a favourite salad to serve for brunch as it features mild flavours and the sweetness of fruit – in this case oranges, but sliced grapefruit or strawberries are wonderful too. Everything can be prepped the night before except for the avocado – just assemble and add dressing at the last minute to prevent the salad from wilting. Gently rinse the Boston lettuce under cold water and use a salad spinner to remove excess moisture.

Refrigerate the greens in salad spinner until ready to use. Select an avocado that is still quite firm but yields gently to pressure for easy slicing.

### MAKES 6 SERVINGS

**¼ cup (60 mL)** extra-virgin olive oil

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

**2 tbsp (30 mL)** fresh orange juice

**1 tbsp (15 mL)** red wine vinegar

**½ tsp (2 mL)** ground cumin

Salt and freshly ground black pepper

**1** head hydroponic Boston lettuce

**4 cups (1 L)** lightly packed baby arugula

**3** seedless oranges, such as Cara Cara or Navel, peeled and sectioned

**1** large avocado, peeled and sliced or diced

**½** small red onion, cut into thin round slices and halved

1. In a bowl, whisk together oil and mustard until smooth. Whisk in orange juice, vinegar and cumin. Season with salt and pepper to taste. Transfer to a squeeze bottle or jar.
2. To serve, tear Boston lettuce into bite-size pieces and arrange on a large shallow serving bowl or platter. Top with arugula, orange sections, avocado slices and onion. Drizzle or spoon dressing over salad and serve immediately.

## CHOCOLATE PECAN HEALTH BARS WITH CRANBERRIES

In anticipation of the upcoming Summer Games and getting back into shape this spring, we included this high-fibre health bar that provides a boost of energy whether golfing, swimming, or on the courts. It's a favourite recipe of Ballantrae resident, Millie Stoykoff, who got the recipe from her nutritionist to enjoy as a wholesome snack with brunch.

13 x 9 inch (33 x 23 cm) metal baking pan, bottom and sides lined with a large sheet of parchment paper

Preheat oven to 350°F (180°C)

### MAKES 27 BARS

**½ cup** coconut oil or cold-pressed canola or grapeseed oil

**¾ cup (150 mL)** liquid honey

**1** large egg

**1 tsp (5 mL)** vanilla extract

**1-½ cups (375 mL)** large flake oats

**¾ cup (175 mL)** whole-wheat flour

**¼ cup (60 mL)** ground flax seed

**¼ cup (60 mL)** pumpkin seeds

**½ tsp (2 mL)** baking soda

**1 tsp (5 mL)** ground cinnamon

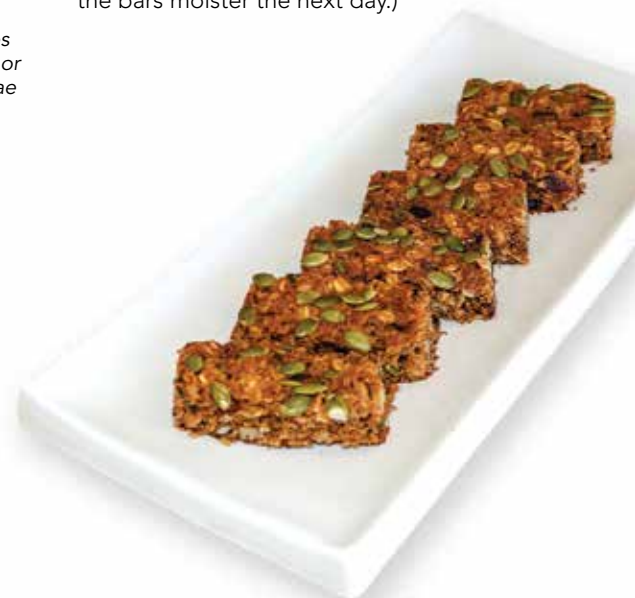
**¼ tsp (1 mL)** salt

**1 bar (100 g)** dark (70 or 78 % cacao content) Lindt chocolate, cut into small chunks

**½ cup (125 mL)** dried cranberries, chopped if large

**½ cup (125 mL)** pecans or walnuts, coarsely chopped

1. In a bowl using an electric mixer, beat coconut oil and honey for 1 minute or until creamy. Beat in egg and vanilla until blended.
2. In another bowl, stir together rolled oats, flour, flax seed, pumpkin seeds, baking soda, cinnamon and salt. Add to egg mixture and stir until combined. Fold in chocolate, cranberries and pecans until evenly distributed.
3. Spread mixture in prepared baking pan and smooth top. Bake in preheated oven for 16 to 19 minutes or until top is just set when touched in centre. Let pan cool on rack.
4. To cut the bars easily, place pan in freezer for at least an hour to firm. Lift ends of the parchment paper to remove bars from pan and place on a cutting board. Using a long sharp knife, cut into 1-1/2" x 3" (4 x 8 cm) bars. Place in a covered container. (The honey makes the bars moister the next day.)





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# Ladies' Christmas Luncheon

BY LYNNE GAULD

The 2018 Ballantrae Ladies' Christmas Luncheon was held at Meadowbrook Golf and Country Club. There were 95 ladies in attendance and many favourable comments were received about the venue and the food. Guitarist Svetlan

entertained us with lovely music and the Ballantrae Pharmacy donated chocolates for those attending. Thank you to everyone who helped to make this a successful event.








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# BGCC Social Committee Dinner Dance

December 8, 2018 was a magical evening orchestrated by the dedicated members of the BGCC Social Committee. The Recreation Centre was once again transformed by numerous beautiful Christmas decorations. Tables were set in seasonal red and white with a sparkling miniature Christmas tree as each centrepiece. Hors d'oeuvres followed by plated dinners and dessert were served to perfection by O'Malley's Catering.

During dessert, we held draws for more than 30 door prizes, generously donated by our many corporate sponsors. Thank you to our main sponsor, Ballantrae Pharmacy that supports many of our events. Thank you also to Boston Pizza, Card's Appliances, Coach House Pub, Frank's Wexford Service Centre, Inside Out Decorating Centre Stouffville, Kelly & Sons Roofing, Metro, No Frills Stouffville, Ruby Lippett, Stew Cannon, Stouffville Garage Doors, Stouffville Hyundai, Stouffville

Nissan and The Toronto Blue Jays (Ron Sandelli) for your ongoing support of the dinner dance. If you happen to see any of our sponsors, do thank them and tell them how much we appreciate their participation.

The evening entertainment was provided by "The 45s". This four-man band kept the dance floor packed all evening with a variety of great tunes from the 50s and 60s.

The Christmas Dinner Dance was a very successful event enjoyed by over 150 residents. Any surplus dollars have been donated to the Food Bank and Rose of Sharon. We are so blessed to have a community full of supportive and generous people who really know how to party!!

Thank you everyone for your support.

Jenny Gould  
Chairperson, BGCC Social Committee







# Ballantrae Choir Christmas Concert

BY PAT WOOD

As a member of the choir for several years, I think we may have had our best year yet. Rehearsals were fun, but with an added spirit of camaraderie. Lisa Kyriakides, our director, was her normal inspiring self but more so. It may have been the music, which was challenging but fun to sing.

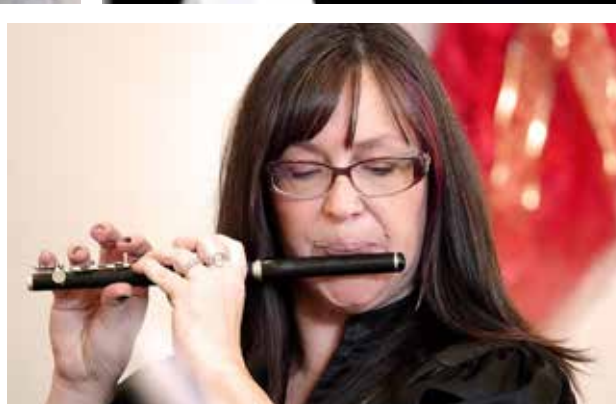
For whatever reasons, we all had a really good time. I'm always concerned when we have a few stumbles at the dress rehearsal, but we pulled it together for the

two concerts that were so well supported by our community here. As well as several talented musicians enhancing the show, our old neighbour, Bob Breckles, added his own unique stamp to The Twelve Days of Christmas.

Our choir dinner was well attended and scrumptious, and finished with carolling and good wishes. If you like to sing, you really should consider joining us in September. Thanks to everyone for their efforts in making it such a banner year.







*"Strummin' on My Ol' Banjo..."*



## Keeping Pace with the Pacemakers BY KAREN CLARK

The birth of the Pacemakers started back in 2010 with Ray Stadnick strumming on his banjo. With a love of music, but no formal training, Ray would entertain the Ballantrae group that played golf at Mill Run. He did have an early "professional stint" playing the organ in a hotel lounge in Tweed, Ontario, and during his career as a teacher he used guitar and movement to music to engage his students. His mandate is still to encourage people to join in his sing-alongs and have fun.

Tom Clarke did just that...

As one of the regulars of the Mill Run golf group, Tom was encouraged to sing with Ray. As the monthly serenades continued, Tom decided to take up the bass guitar. "I had never picked up an instrument until I was 75 years old!" The group was growing. Along came Bob Ross.

Bob was drawn to the stage during the continued sing songs. His self-taught musical experience consisted of picking up his brother's guitar, learning a few chords and playing by ear on a

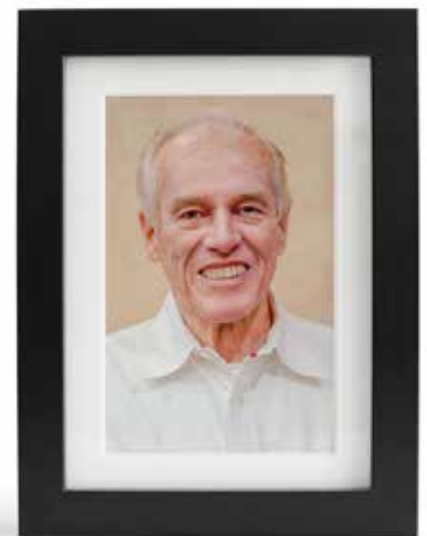
keyboard his wife had bought for him. Bob volunteered to tickle the ivories on a regular basis. Now they were a trio!

Needing a name, a name-the-group contest was held with the Mill Run golf group and hence the *Pacemakers* were born.

Not to be forgotten was the fourth member, Wayne Corlett. He was an integral member of the group adding a smooth baritone voice while strumming the



Ray Stadnick



Tom Clarke





*Performing at Sleepy Hollow in 2017*

guitar. Unfortunately, Wayne lost a battle with prostate cancer, but continued to perform up until the month he died. As fate would have it, Bob was also fighting this disease. "Wayne became a close friend and the music and camaraderie was a diversion and sedative for us both during this trying time," says Bob. The Pacemakers had an appropriate *adieu* for Wayne by performing his favourite numbers at his memorial service.

Then Sam Guadagnolo joined the group. Recently retired, Sam was paired with Bob one morning in the BGCC Men's Golf League. As the round progressed, so did their discussion about hobbies and life in Ballantrae. Bob's participation with the Pacemakers intrigued Sam. Proficient on six instruments, playing in a rock band since age 15 and growing up with a musical family, he came to a practice and met "the guys." With his strong musical background, Sam took over the keyboard role and started arranging all their music. The rest is history. "They are like a second family now."

The Pacemakers started performing at several outside venues, including retirement homes, church events, the legion and our own Ballantrae Recreation Centre. When encouraging members of the audience to come up, someone shouted, "Al can sing." Enter Alan Gillan.

Al didn't play any instruments, but after several guest appearances, he became a permanent crooner with the group. "Singing with a group was not part of the retirement plan at age 71," he laughs.

Weekly rehearsals in a soundproof music room in Sam's basement have elevated their little rag-tag band to a very professional level. Their first-ever Sock Hop last October was a sold out hit! True to Ray's vision, the Pacemakers inspire all to have fun, to join in and to let the good times roll.

To see more of the Pacemakers performing their Christmas Sing-a-long, visit [www.ourbgcc.com](http://www.ourbgcc.com) HOTG...MORE page.



*Hello Baby - The Big Bopper!*



*Bob Ross*



*Sam Guadagnolo*



*Al Gillan*

# Flings & Wings

## Spring is the premier time for birders

BY FRANK  
ALLISON



Now is the best time to get out and observe birdlife in their finest breeding plumage. We have a three-month window of opportunity with the return of our migrants to join our resident birds for the breeding season. Many other migrants drop by en route to their nesting grounds further afield.

The selected photos support a spring cycle of **attraction, courtship, nesting, and care for the young.**

Males are very active in their efforts to impress females with birdsong, nest building, exotic displays, etc. For example, a tactic used by terns and kingfishers is "the offering" whereby the male will deliver a fish to the female. Acceptance is just that, refusal is rejection. On the front cover a female Belted Kingfisher is hopefully indicating "acceptance."

Seabirds come to land only to breed; the rest of the time they are out at sea. If you have never visited a seabird colony, I would recommend Bonaventure Island in Quebec. It's the largest seabird colony in the western Atlantic. Spotting a pair of Northern Gannets displaying their mating ritual is impressive; seeing 50,000 along with other species, plus the diving for fish is SPECTACULAR and should be on every birder's bucket list.

### Happy Birding!



### INDIGO BUNTING

Sparrowsized, the male in bright sunlight shows as brilliant turquoise blue, otherwise he appears black. In fact, Indigo Buntings have no blue pigment; they are actually black, but the diffraction through the feathers

makes them appear blue. The female is a drab brown. The song is a rapid warble, each phrase repeated—not the best song but full marks for trying as he sings

constantly. This male is displaying in a prominent position to attract a mate or announce nesting and feeding territories. Preferred habitats are bushy slopes, woodland clearings and fields with scrub. The compact nest is a woven cup of grass and leaves placed in a sapling close to the ground in thick vegetation.

This attractive bird is beneficial to the farmer and fruit grower as it consumes insect pests and weed seeds.



### ATLANTIC PUFFIN

The Atlantic Puffin has to be one of the most beloved and recognized birds on the planet, mainly because of its colourful beak that only lasts for the

breeding season. Puffins shed the outer colourful part of the beak in the fall, leaving it smaller and duller in colour. In their courtship ritual, a male and female stand head to head and press the sides of their bills together. They are indulging in a puffin hug and kiss. The beak also acts as a pickaxe for burrowing by the male on the high, grassy, rocky cliffs. The burrow is lined with grass and seaweed where a single egg is laid. Puffins are expert divers and swimmers, and like penguins, fly in the water using their wings. They use their webbed feet for steering only. They feed on small fish, shrimp and shellfish. After breeding, they head off to sea for months.



### NORTHERN FLICKER

The Northern Flicker is a bit of an oddball in the woodpecker family when compared to its tree-drumming kin. Spending a great deal of time on the ground, the flicker searches



for insects and fallen fruit. It consumes more ants than any other North American bird thanks to a tongue that extends three inches from its beak, ideally suited for this purpose. It can lay up to 14 eggs in a cavity eight to one hundred feet from the ground. It has an impressive courtship display: head up with tail and wings spread to expose all its striking colours. The beak moves in a figure-eight motion. Oddly, this display is also used to defend territory.



### BARRED OWL

"Who cooks for you, who cooks for you all?" is the most commonly heard call of the Barred Owl. It also has a vast repertoire of vocalizations that include all sorts of squeaks and squawks, screeches and barks. A night hunter, the Barred Owl is seldom seen but often heard.

Its daytime roost can be given away by mobbing of smaller birds in its preferred habitat—wooded swamps and forests. It feeds mainly on mice but also on small mammals, birds, frogs and snakes. It lays two to four eggs in a natural tree cavity or in an old nest of a crow, hawk or squirrel.



### CAROLINA WREN

This wren sings in a voice so loud it eclipses the songs of all other birds in the neighbourhood. It sings all year round, morning to night no matter what the weather. Both male and female defend their territory with vigour to chase trespassers away.

The Carolina Wren's nest is a cup of grass, stems and bark often built in manmade objects with four to eight eggs. Carolina Wrens are southern non-migrating birds, but unknown pressures have caused them to move northward for our enjoyment. Unfortunately, a severe winter can wipe them out. Being non-migratory, they don't instinctually turn southward; unfortunately they stay and perish.



### RAZORBILL

This seabird closely resembles a penguin. Deep divers, razorbills have been caught in fishing nets as far as 60 feet underwater. They spend their time in the open ocean and nest on cliffs and rocky shores. A razorbill does not build a nest but lays a

single egg usually on a narrow ledge. Incubation by both parents lasts 34-39 days. A young downy leaves the nest two weeks after hatching and swims out to sea with its parents. Food is mainly fish, shrimp and squid.



### BROWN-HEADED COWBIRD

This unlikely villain and the Bronzed Cowbird are the only North American song birds that are brood parasites, laying their eggs in the nests of other birds and leaving them to the care of the

foster parents. The females will lay a single egg in five different nests, often evicting one or more of the host eggs before laying their own. The host bird will rear the chick as one of her own. The cowbirds are known to lay eggs in 200 other species' nests and are not popular because of their impact on bird count.



### NORTHERN GANNET

This handsome seabird nests on towering coastal cliffs in large colonies. It only lays one egg in a large nest. The Northern Gannet is famous for its posturing with its mate, beak to the sky and beak fencing.

They hunt shoals of fish from 100 feet in the air, swooping down in spectacular dives and entering the water at 100 mph to snag the fish. They mainly mate for life, although some divorces have been reported, and they return to the same nesting site. After nesting, they leave and fly out to sea until the next year.



# A Trip of a Lifetime

## TO VERTICAL NEPAL & HAPPY BHUTAN

BY  
JOHN  
CRIPPS

In October, 2018, my wife, Arienne and I accompanied our daughter, Kristin, on an overseas trip thereby checking off another item on my wife's bucket list. Our youngest child loves to travel but doesn't like to visit "routine locations." When my beautiful bride suggested Bhutan our daughter jumped at the chance to treat us. Kristin also wanted to spend some time hiking in Nepal.

We began our visit by flying into Kathmandu, Nepal, and enjoyed the culture of a country which is 80.6% Hindu, 10.7% Buddhist, 4.2% Muslim and 3.6% indigenous Kirant faith. Surviving a taxi ride from the "wild west" airport, Tribhuvan, to our hotel was an experience. Motorcycles were everywhere, traffic lights were non-existent, horns blared incessantly, face masks were in prominent use to filter the choking dust and pedestrians zig-zag across any major road with no concerns. Witnessing how all these people, cars, bicycles, motorcycles, oxen-pulled carts and buses managed to negotiate a six-way traffic circle, it was remarkable we saw no one killed during our forays to tourist sites. Luckily, we were unaware of police statistics of six deaths per day in road accidents.

Although some of the temples built in the 13th century were heavily damaged by the 2015 earthquakes, many survived. Temples and ancient sacred sites were everywhere allowing observations of interesting rituals. Witness the cremation of Hindus and Buddhists, performed in the open by monks along the banks of the Bagmati river. Life is different here; people were bathing just 100 metres downstream from

where the ashes of the deceased were placed in the river during the ceremonies.

No discussion of Southeast Asia would be complete without reference to the three parallel ranges of Himalayan Mountains stretching 2,400 km while passing through the nations of India, Pakistan, Afghanistan, China, Bhutan and Nepal. When considering Nepal and Bhutan, the former is the better-known of the two countries because of trekking tourism and mountain climbing. Eight out of 14 of the world's highest mountains are in Nepal; all peaks over 8,000 metres including the most famous - Mount Everest at 8848 metres (29,028 feet).

We flew from Kathmandu to Pokhara to begin our five-day trek in Nepal that I can best describe as beautiful but brutal—challenging climbing, cold and windy, yet spectacular views that no pictures or words can truly express. Temperatures on the treks varied from -5C to +15C, winds were relentless, and we climbed and descended thousands of "steps" most days. "Steps" must be a Nepalese term for irregular stones, often loose, of irregular height and frequently off-camber. We listened carefully for clanging of bells on donkey and mule trains, because if we didn't move aside, these rascals, loaded down with propane tanks and food for the trekking cabins, would bump us off the trail. There was a reason most hikers looked like super-fit world travellers as young or younger than our athletic daughter. Luckily, when we felt exhausted,



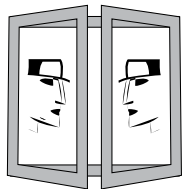
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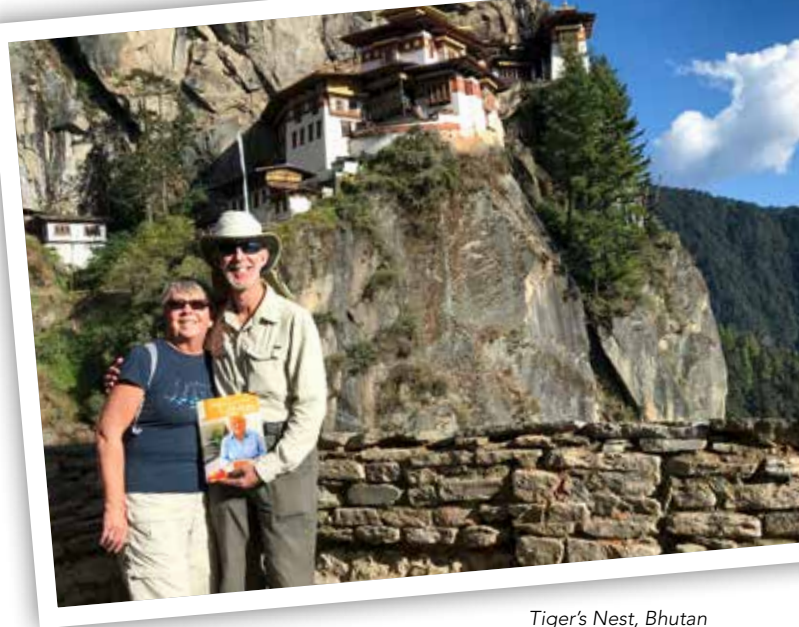
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or sorry for ourselves, skinny porters would float by with graceful ease, while carrying 35-45 kg loads on their backs, all the while supporting the weight on their foreheads alone! A namaste, a friendly gesture of hello with an element of respect, frequently expressed in Nepal, seemed to ease the burden of our journey. If you are physically and mentally up for a challenge, this is life-changing. I would strongly recommend the Ghorepani Poon Hill five-day trek – bring hiking poles!

After returning to the hustle and bustle of Kathmandu and attempting to recover for a day after our trekking, we flew to Paro, Bhutan. Getting off the airplane was like being hugged by a warm friendly teddy bear; it was so peaceful and quiet it was unreal. Bhutan is approximately 75% Buddhist, 23% Hindu and 2% other. India, surrounding Bhutan on three sides, is mainly Hindu; open borders make Indian tourists the most common visitors to this unique place. Young King Jigme Khesar Namgyel Wangchuck is the fifth and present “Druk Gyalpo” or the “Dragon King” of the Kingdom of Bhutan since December 9, 2006. Along with his wife, Queen Jetsun Pema and young son Prince Jigme Namgyel Wangchuck, the royal family are adored by the approximately 800,000 inhabitants of this small landlocked country. The current king succeeded his father Jigme Singye Wangchuck, who formally renounced the throne in 2006 in favour of his son. 2008 was a milestone year in Bhutan, marking the coronation ceremony, 100th anniversary of the monarchy, introduction of the first constitution and launching of a parliamentary democracy.

The Dragon King, who signed a new friendship treaty with India in place of the 1949 treaty, is a strong proponent of democracy and strives to achieve improved standards in civil service, education, healthcare and business sectors. His father, King Jigme Singye Wangchuck, introduced a concept of Gross National Happiness (GNH) in 1972 providing a less materialistic way to measure success than Gross National Product (GNP). GNH is so important to the Bhutanese culture they have a minister of Gross National Happiness. GNH is a balanced and holistic approach to development based on the conviction that man is bound by nature to search for happiness, and that it is the single most desire of every citizen. Its four pillars include: good governance; sustainable socio-economic development; preservation of culture; and promotion of environmental conservation. GNH is apparent after spending two weeks in this country, observing the quiet and gentle nature of the people, never hearing anyone honk their horn and observing mutual respect among young and old. As a bonus, seniors receive extra special respect the older they become. I imagine the Bhutanese have no concept of millennials. The World Health Organization (WHO) now holds regular conferences hosted by Bhutan to learn and incorporate GNH on the world stage – awesome!

After spending hours driving on “new highways” with sheer drop-off cliffs, while averaging about 15 kmh, our kidneys may have shifted location or so it seemed. We visited a lot of dzongs (fortified buildings incorporating both administrative and monastic institutions), watched colourful Buddhist celebrations and enjoyed the outstanding flora and fauna



*Tiger's Nest, Bhutan*

of the different regions. We often entered blind corners on roadways only to be met by cattle, wild horses, gray langurs, feral dogs or women on foot carrying huge loads of red rice or food on their backs for the cattle after hand-cutting branches with machetes at the side of the road.

We learned to love “chilis and cheese.” Red chilis, seen everywhere drying on tin roofs of most buildings, are mixed with cheese. This food brings tears to your eyes, but you quickly become addicted to it. Locals eat red rice at all meals and add organic vegetables and occasionally some meat. All workers, including our guides, are required to wear the traditional gho for men, a knee-length belted robe worn with wide white cuffs, and the kira for women, an ankle-length wraparound dress, centuries old. Most Bhutanese always wear these traditional clothes.

We finished our tour of Bhutan by climbing the famous Tiger's Nest, built around 1692, and destroyed by fire in 1998. In 2005, the Fourth King of Bhutan commissioned the rebuild of this monastery and temple complex at a cost of more than two million USD. As the story goes, Guru Rinpoche, Bhutan's “Precious Master” (the one who brought Buddhism into Bhutan) had flown to a cave here on the back of a flying tigress in the eighth century, hence the name. The trail starts about six miles north of Paro town, located at 2,250 metres (7,382 feet). Tiger's Nest Monastery is located on the side of a Himalayan mountain at 3,120 metres (10,236 feet), about 900 metres (2,953 feet) almost straight up, hovering over a sheer cliff. If your friends tell you this is easy, then you might want to establish new relationships! Overall, the wide dusty trail is steep in parts requiring good soled shoes and hiking poles—most helpful on the long descent. Just when you think you can reach out and touch the temple your body must climb down and back up approximately 700 steps. Thankfully, inside the monastery no electronics of any kind are allowed; peaceful indeed. How your body will react to altitude is unpredictable therefore take your time and allow six to seven hours round trip including a stop at the cafeteria half way down. It is truly an experience not to be missed.

My final thoughts on Bhutan: visit this last “Shangri-La” before other encroaching civilizations ruin the heart of Gross National Happiness. You will not be disappointed.






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**Tuesday, May 7, 2019**

**TIME:** Noon

**Location:** Ristorante Orsini  
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**Contact:** Kathy McLeod, 905-640-7351  
mcleod.kathy@rogers.com

## JOIN THE PACEMAKERS For another fabulous Sock Hop!!

**Wednesday, May 22, 2019**

### LOCATION

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

**Tickets: \$10.00 per person  
with a snack included**

**For tickets please contact:**  
Judy Rose, 905-642-2735  
Lynne Gauld, 905-591-4144

## Annual Fallsview Casino Trip

**Thursday,  
May 23, 2019**

**TICKETS:** \$20 per person  
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### FOR TICKETS PLEASE CONTACT:

Kathy Billington via email:  
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**Monday, July 1, 2019**

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# BGCC Tennis

The BGCC Tennis Club will start the 2019 season with registration at the Recreation Centre from 10 a.m. to 1 p.m. on Saturday April 27. The registration fee for 2019 is \$60 per person; this fee is voluntary for anyone 80 or over in 2019.

The Club organizes activities for its members, including Drop-ins, Mixed Ladder, Men's and Ladies' Intermediate Leagues and an Inter-County Over 55 competitive team, as well as social events that combine tennis with food and refreshments. Drop-ins will start on May 6 and other tennis activities will start later in May once the activity directors have received applications. The Opening Social and Round Robin will be held on May 18. Since the courts are due to be resurfaced in the spring, these dates may be delayed if a late spring holds up the resurfacing.

Club activities are open to Club members, but any BGCC resident who is interested in joining is welcome to participate in up to three drop-in events to "test the waters" before joining. All new members are assigned a mentor to help them meet fellow players and be welcomed to the Club.

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

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

## Save the Date! Stratford Trip

**Thursday, September 22, 2019**

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Ron Brewing, 905-640-8836  
[busybeeron@gmail.com](mailto:busybeeron@gmail.com)

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**When: 1st, 2nd and 4th  
Tuesday of every month**

#### **LOCATION:**

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Recreation Centre

#### **TIME:**

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**ALL LADIES AND GENTS  
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#### **FOR INFORMATION:**

Call Jay Adams, 905-640-2843  
or Susan McKay, 905-591-2557



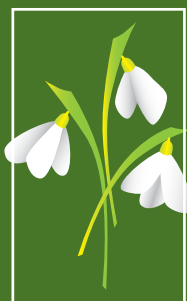


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## PICKLEBALL NEWS

BY DENNIS CARTER, STOUFFVILLE PICKLEBALL PLAYERS' COORDINATOR

Whether you spend the winter locally or go south, you have probably heard about the sport that is sweeping the country, pickleball. Every week you hear that new courts are being built and some communities are converting tennis courts into pickleball courts. This is what the Town of Stouffville did last summer. The town took two of the tennis courts on the 9th Line near the hockey arena and lined the courts with eight pickleball courts.

The Town of Stouffville has been working with the Stouffville Pickleball Players for the last five years to get dedicated courts in Stouffville. The town has indicated that they are committed to building these dedicated pickleball courts in 2019 and that they will be ready for use in 2020. The pickleball community stakeholders are working in collaboration with town staff to identify the specifications and needs of the group prior to the construction of the facility. The new pickleball courts will be built in Memorial Park near the new Leisure Centre in Stouffville.

From May to the end of September the town will have a self-directed drop in program at the pickleball courts on the 9th Line.

**Times of play will be:** Tuesday, Wednesday, Thursday, Friday and Saturday from 10:00 a.m. to 1:00 p.m.

Monday and Wednesday evenings from 5:30 to 8:30 p.m.

Free pickleball lessons will be available in May and June. If you have never tried it, or are just beginning, come and take a lesson. If you know how to play, come join us for a fun-filled summer of pickleball. We have all levels of players. Pickleball makes you laugh and laughter keeps us young. Join the young at heart and play pickleball.

Pickleball also helps you to develop and to maintain a good level of fitness. It helps with your coordination, balance, and agility. After all, three million players can't be wrong!

During the fall, winter and spring months the town has dedicated times to play pickleball indoors at the Leisure Centre six days a week. See the Town Recreational guide for times

Warning: This sport is addictive. So if you come out, be prepared to hear yourself say, "How about one more game?"

**For more information:**

See the Stouffville Pickleball Players web site at: [www.stouffvillepickleball.weebly.com](http://www.stouffvillepickleball.weebly.com) or contact Dennis Carter at [dwcarter@rogers.com](mailto:dwcarter@rogers.com)

## Ballantrae Summer Games 2019

### OPENING DAY: AUGUST 17

Opening day will be all about how we senior folks can still enjoy and share tons of fun with our kids, grandkids and even great grandkids.

There will be no parade this year.

However, there will be myriad fun events and the medals for these opening day events will be presented to all members of winning families. Our kids, grandkids and great grandkids will be going home that night wearing gold, silver or bronze medals that they shared with their grandparents.

For those of us who do not have kids and grandkids and for those of us whose kids and grandkids cannot be here that day, it will still be one fabulous occasion.

We will be sending out more updates about Opening Day and all info will also be posted on ourbgcc website.

The entire week of the 2019 Ballantrae Summer Games will be as exciting and as much fun as always. There will even be some new events added this year.

**Call the kids now to save the date and make sure they bring their phones to take lots of pics that we all can share!**

**Participate! Have fun! Be Amazing!**



Wayne & Phil  
Co Chairs 2019 Ballantrae Summer Games



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# Golf, Golf & More Golf

## LADIES' NO STRESS GOLF LEAGUE

The Ladies' No Stress League plays Tuesday mornings at the Royal Stouffville Golf Club executive nine-hole course on Highway 48.

Once a month an away game is arranged at another nearby golf course. Emails will be sent in advance with the details.

We hope to see all of our previous members return and we welcome NEW members regardless of skill level. It's a great way to get some exercise, hone your golf skills and meet old and new friends in a no-stress atmosphere.

### COFFEE MEET & GREET

**Tuesday, April 30, 10 a.m. at the Royal Stouffville Club House.**

Cost is \$10. to sign up. Please put your fees in an envelope with your name and email address on the front.

Opening Game: Tues. May 7, 9:00 a.m.

### Further information:

tuesnostress@aol.com or contact  
Jeanne Christie, 905-640-5948  
Lynda Wyse, 905-642-5948  
Susan McKay, 905-591-2557

**Looking forward to seeing familiar faces and hopefully a lot of new ones!**

## BALLANTRAE MEN'S GOLF LEAGUE

The Ballantrae Men's League will kick off its 2019 season with the opening meeting on Tuesday, April 30 at the Recreation Centre at 1 p.m.

**The season will run every Tuesday from May 7 to September 24.**

If you are new to the community and would like to join us for some great fun and to meet your fellow neighbours, please arrange to attend the meeting.

If you happen to still be in sunny climes at that time you can contact me, Jay Adams at 905-640-2843.

### Other committee members are:

Bob Craig, 647-955-2062  
Norm Bresser, 416-706-9542  
Bill Hewitt, 905-591-1861  
Derek Johnston, 905-640-7989

## THURSDAY NINE & DINE GOLF LEAGUE

Weather permitting; we will start golfing in early May. Tee times start around 4 p.m.

This fun get together encourages golfers of all levels to meet other residents of Ballantrae. We play a nine-hole scramble on alternate Thursdays with dinner afterwards in the clubhouse restaurant. Singles are welcome to join.

I am inviting both new and returning members to **contact me** at [liz.jenkins@outlook.com](mailto:liz.jenkins@outlook.com) or 905-640-8216 with contact info (email, address & phone numbers) so that I can update my records.

## BALLANTRAE LADIES' GOLF LEAGUE

**Our league is open to ladies of all abilities who like to play 18 holes. We play every Monday morning from May 6 to September 30.**

Coffee and registration for the 2019 season is April 29 at 10 a.m. at the Recreation Centre. If you are not available for the registration, or have any questions, you may call or email. Come and join the fun.

**BLGL Co-ordinator**, Sandy Hinch, 905-591-3552; cell: 416-522-5364; [sandyhinch@hotmail.com](mailto:sandyhinch@hotmail.com)

## MONDAY NINE & DINE GOLF

The Monday Nine & Dine group will start on May 13, weather permitting, with our first nine-hole scramble of the year. In the event of poor weather, all scheduled players will attend the "Dine" portion of the event.

Although we have a full roster of regular golfers, we welcome those who may want to be on the "spare" list. Spares get to play frequently. We will be playing (or at least dining) on 11 occasions, every other Monday, with the last game scheduled for

September 30. On this last date, all attendees get a prize based on a lottery draw. Each player gets to pick the best prize left on the table.

If you are interested in joining us for a no-pressure evening of fun, **give us a call at 905-640-5775** or send an email to [ronbettystatham5775@yahoo.ca](mailto:ronbettystatham5775@yahoo.ca). We will add your name to the "spare" list and send you the relevant information.

We look forward to seeing you for another great season of golf (scramble format), fellowship and good dining.

Betty and Ron Statham,  
Coordinators

## SUNDAY NINE & DINE GOLF

We play nine, nine-hole games, every second Sunday afternoon and dine together afterwards. The focus is on fun golf with all prizes awarded through a random draw.

Last year we had a full roster of 36 regular players and our spare golfers had at least six opportunities to play during the season. We need more spares, so if you would like to join our congenial group, **contact Ken Miyauchi** at [kenmiyauchi@rogers.com](mailto:kenmiyauchi@rogers.com) with your name, address and telephone number.

For our season-ending event, we played "Scramblemania," a game where the rules of golf change on every hole. The team of Maureen Morris, Scott Morris, Erma Dominico, and Ken Miyauchi were the 2018 Sunday Nine & Dine Challenge Cup champions. Our thanks go to Porcupine Management (John McLellan and Tanya McGee) for the provision of prizes.

The 2019 season will soon be here and we are looking forward to another year of good company, good food and sometimes good golf. Welcome back to our returning golfers. New players are most welcome.



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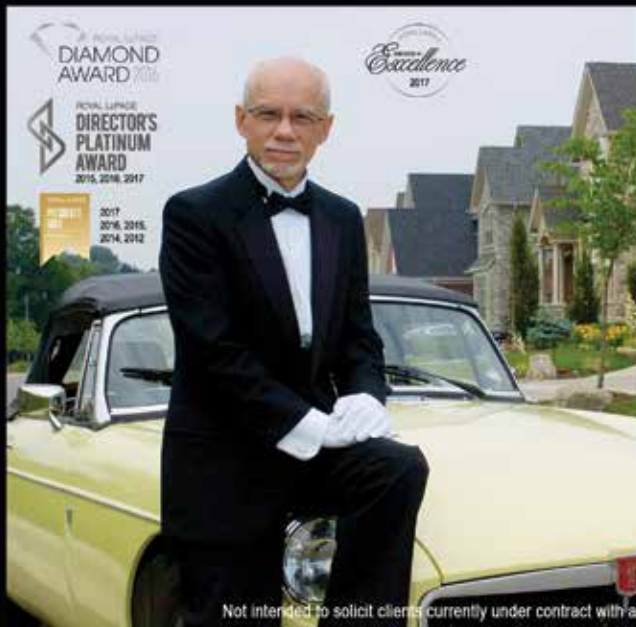
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# profile BY KAREN CLARK



With Joe Carter after celebrating 1000 RBI milestone.



John Olerud recognized for having won the 1993 batting title in the American League.

## Kelley Richards...*Up to Bat!*

### Q&A WITH KELLEY RICHARDS

#### HOW DID YOU GET STARTED IN THE SPORTING GOODS INDUSTRY?

Growing up in Scarborough I loved playing baseball, hockey and golf. A high school friend's father owned the local sporting goods store and through that connection I had a summer job at A.G. Spalding, a golf and baseball manufacturer. Upon completion of Grade 13 at R. H. King Collegiate, I attended the University of Guelph in hopes of pursuing a degree in Physical Education and eventually teaching. Unfortunately, I broke my back playing hockey and had to transfer to Toronto to receive medical care. Upon graduation from U. of T., I was hired by Cooper Canada and my wife, Jan, and I moved to Ottawa to begin my career as a

salesman in Northern Ontario and Quebec. I spent many hours driving the back roads of the province calling on sporting goods stores in small towns. This invaluable work experience became the foundation of my knowledge of the sporting goods industry and understanding the equipment needs of minor and major league athletes.

#### WHERE DID ALL THAT GRASS ROOTS TRAINING TAKE YOU?

Upon my return to Cooper's head office in Toronto, I held a variety of management positions which eventually led me to the position of Overseas Sales Manager. This opportunity allowed me exciting





Joe Carter and Roberto Alomar receiving the Silver Slugger Award,

travel assignments in Europe, Asia and Russia where I developed relationships with dealers and senior professional athletes. Working at a variety of sporting goods companies - Adidas, Louisville Slugger, Easton, Toronto Blue Jays, CCM and Reebok – offered me unique experiences in the world of sports.

### WHAT WERE SOME OTHER HIGHLIGHTS OF YOUR CAREER?

One of the many highlights of my work life was attending Major League Baseball spring training. Working for Louisville Slugger Baseball, the official bat supplier of the Major Leagues at that time, I would spend the early spring in Florida with the Grapefruit League teams and in Arizona with the Cactus League teams working with the ball players and equipment managers taking orders for their customized bats and ball gloves in preparation for opening day of ball season.

### YOU MUST HAVE A LOT OF INTERESTING STORIES WORKING SO CLOSELY TO THE PLAYERS.

#### CAN YOU GIVE US YOUR FAVOURITE?

Joe Carter and I became good friends over the years and when I saw Joe at batting practice before the start of the 1992 World Series, I was wearing my Louisville Slugger leather jacket. Joe commented on how much he liked my jacket and asked how he could get a jacket like mine. I jokingly stated "win the World Series!" Guess who called me at home that winter.....Joe Carter, asking me, "Where is my jacket?" Joe did receive his jacket that year in time for spring training! Joe had just signed a three year \$20 million contract with the Toronto Blue Jays but was still very eager to wear that jacket!

Joe Carter used a Louisville Slugger bat to hit the World Series winning home run in 1993. After the



series I asked Joe why he chose a Louisville Slugger to hit that World Series winning home run in the bottom of the ninth. Joe had used competitor's bats at his previous four trips to the plate. Joe said to me, I went to the bat rack and said to myself, "Joe, what bat got ya here" and I selected a Louisville Slugger! What a marketing slogan for Louisville Slugger Baseball! "The bat that got me here!"

That bat is displayed in the Cooperstown Baseball Hall of Fame in Cooperstown, New York.

### WHAT BROUGHT YOU AND JAN TO BALLANTRAE?

While working for Easton Sports in Montreal, I became seriously ill and needed to move back to Toronto to seek medical treatment. Jan and I lived in downtown TO for 10 years before we decided to enjoy a more relaxed and peaceful lifestyle. We visited Ballantrae on an August weekend in 2007 and returned a week later to purchase our home. We are truly blessed to be able to enjoy our life here. Ballantrae is country, close to the city and we try to take advantage of both lifestyles!

To read more about the Louisville Slugger bats, visit [www.ourbgcc.com/HOTG...MORE](http://www.ourbgcc.com/HOTG...MORE) page.



Autographed replicas of the bat used to win the World Series in 1993 together with authentic World Series balls.

# Recreation Centre News (#1202)

Members of the Board of Directors have been working to confirm the scope of work and seeking multiple quotes to improve acoustics in the Centre as well as to re-surface the tennis courts. The timing of these projects is dependent on several factors.

The Board appreciates residents' patience with the longer than anticipated repair of a leak in the women's change room. As you know, when you begin looking for the trouble spot, it often turns out to be much worse than expected. By the time you read this article however the problem should be resolved.

The Board of Directors is discussing ways and means of increasing residents' participation in the Wellness and Fitness programs by introducing more complementary group programs. Details will be in the Spring Lifestyle Guide. Enhanced communication is one area that is being pursued to ensure all residents are aware of the many and varied programs/events being offered at the Recreation Centre.

The Board is very grateful to the Social Committee members who creatively change the Recreation Centre décor to reflect the season or holiday. Their efforts certainly provide a welcoming feel to our Centre.

We are always open to suggestions or new ideas that could enhance your use of the Recreation Centre. All ideas will be considered by the Board within our fiscal responsibilities. Please contact [Olivia.Claveau@fsresidential.com](mailto:Olivia.Claveau@fsresidential.com).

2019 is the year of the Ballantrae Summer Games. Let's participate and have fun!

**HAPPY SPRING,**

David, Fergus, Phil, Sue, Wayne.  
Your #1202 Board of Directors

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

### Name Tags Available for \$10 each

Are you new to Ballantrae Golf & Country Club? Do you need a replacement name tag?

**Please contact: Elaine Teillet 905-591-2089**

### Licence Plate Frames

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# More Good Reasons to Visit [www.ourbgcc.com](http://www.ourbgcc.com)

BY PETER SIMS, WEBMASTER



## REDESIGN UPDATE

At the time of writing (mid-February), the redesign phase of our website is well underway. The first draft pages will be ready just after this article has been completed. We are targeting April for the new site to go live.

One thing we can share now is that the new website can be reached through three addresses. The current address (URL) [www.ourbgcc.com](http://www.ourbgcc.com) will redirect you to the new website once it is ready. You will also be able to get to the new site by entering [www.homeonthegreen.ca](http://www.homeonthegreen.ca) or the shorter [www.hotg.ca](http://www.hotg.ca).

To stay on top of developments, why not subscribe to our monthly one-page Newsletter? Just send an email to [ourbgcc2@outlook.com](mailto:ourbgcc2@outlook.com) saying "Add me." You can, of course, unsubscribe at any time.

## HELP WANTED

In order to offer additional features, we will need your help. Our current "staff" of three volunteers will need to be augmented. As our project evolves we can provide a clearer idea of what roles will be available. Almost certainly, it will involve event coverage and photography. In the meantime, do think about being a part of this enhanced service to our community. Previous website experience is not required. The current Webmaster did not have any.

## FILLABLE FORMS

Fillable forms are especially designed so they can be filled out on your computer or tablet. The completed form will be typewritten and easy to read.

THE BASIC INSTRUCTIONS ARE AS FOLLOWS: Download the form and save it to a convenient location where you can find it later. Open the saved file with Adobe Reader, complete the form and save it. You can now print it and deliver it to the Recreation Centre Office or attach it to an email and email it to your property manager. For most forms, an actual signature is not required as long as the form is emailed from your email address of record.

## FREQUENTLY ASKED QUESTIONS

For additional information click/tap on FAQs (located at the bottom of every page). The first three FAQs are about fillable forms.

Please note the special instructions for tablets and for Condominium Authority of Ontario forms.







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~ Hal Borland ~



## MADE IN CANADA

# The Sweet Syrup of Spring

BY JAN RICHARDS

The Algonquins of eastern Canada were the first to recognize the dietary value of the xylem sap from the red, sugar and black maple trees. These trees store starch in their trunks and roots during winter and in early spring the starch is converted to sugar which rises in the sap. Maple trees are tapped by drilling holes into their trunks and collecting the exuded sap, which is then processed by heating to evaporate much of the water, leaving the concentrated syrup.

For generations indigenous people used maple sap as a source of energy and nutrients. European settlers brought iron and copper pots to their new homeland and used the large kettles to boil sap transforming it into syrup and maple sugar which became staples in colonial homes.

Maple syrup is an unexpected source of essential minerals, including calcium, zinc, potassium and magnesium which is important for bone health and brain and nerve function. Maple syrup also acts as good gut bacteria and aids in maintaining healthy digestive and immune systems.

During the Second World War, homemakers were encouraged to stretch their sugar rations by sweetening food with maple syrup and maple sugar and many recipe books offered maple syrup as an alternative natural choice.

The sweet syrup of spring has become big business. Canada produces 85 percent of the world's pure maple syrup, of which 91 percent is produced in Quebec. There are close to 11,000 maple farms in Canada. Today Canadian maple syrup is exported to approximately 50 countries. The top export destinations are the United States, Germany, Japan, United Kingdom, France and Australia. The latest statistics posted on the Canadian government website ([agr.gc.ca](http://agr.gc.ca)) state that the gross export value of all maple products - including maple sugar, maple butter and maple syrup - is 490 million sweet Canadian dollars!

Each maple harvest season, the sugar trees are tapped in slightly different areas, thus preserving the health of the trees and enforcing the sustainable growth as set down by Canadian law. The Canadian "Preservation of Agricultural Land and Agricultural Activities Act" forbids cutting down an entire maple grove in an agricultural zone to protect this natural resource.

Maple syrup is graded based on its density and translucency. Grade A syrup must have a uniform colour and be free of sediment; if the syrup does not

meet this standard then it is labelled processing grade. If for any reason, the maple syrup does not meet the processing grade standards, then it is classified as a substandard grade. Golden and amber grades of syrup typically have a milder more delicate flavour than dark and very dark grades.

New advances have modernized the evaporation process and improved the quality of the syrup. Now large-scale operations have vacuum pumps which move sap through the plastic tubing systems that stretch from tree to sugar shack and reverse-osmosis machines remove water from the sap before the boiling process begins. Large storage containers enable greater capacity and pre-heaters prevent heat loss.

Maple syrup can be used as a condiment for pancakes, waffles, French toast, oatmeal and porridge. It can also be used to sweeten fritters, ice cream, fresh fruit, sausages, granola, baked beans, applesauce and tea.

A stack of pancakes just would not be the same without maple syrup! Enjoy this rite of spring by visiting a sugar shack or a maple sugar festival and savour one of Canada's sweetest resources.

## MAPLE SALAD DRESSING

1/3 cup (75 mL) Extra virgin olive oil  
 2 tbsp (30 mL) Maple syrup  
 1 tbsp (15 mL) Red wine vinegar  
 1 tsp (5 mL) Dijon mustard  
 1/2 tsp (2 mL) Dried oregano leaves  
 Salt & freshly ground black pepper

In a bowl, whisk together oil, maple syrup, vinegar, mustard and oregano. Season with salt and pepper to taste. Store in a covered container and refrigerate. Toss with salad ingredients just before serving.





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# A List for AGING WISELY

**1** It's time to use the money you have saved.

Spend it and enjoy it. Don't just keep it for those who may have no idea of the sacrifices you made to earn it. Remember there is nothing more dangerous than a relative with big plans for your hard-earned money. This stage of life is also a bad time for new investments, even if they seem risk-free. Investments this late in life only bring problems and worries. Enjoy some peace and quiet.

**2** Stay healthy without a lot of physical effort. Do moderate exercise, like going for walks every day, eat well and get plenty of sleep. It's easy to become ill, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs.

**3** Stop worrying about the finances of your kids and grandchildren, and don't feel bad about spending your money on yourself. You've taken care of them for years and you have taught them what you could. You gave them an education, food, shelter and support. It is now their responsibility to earn their own money and provide for themselves. They will be OK on their own.

**4** Always buy the best and most beautiful items for your significant other. The reward of enjoying your money with your partner is priceless. One day one of you will miss the other, and the money will not provide any comfort then, so enjoy it together while you can.

**5** Don't stress over the little things in life. You've already overcome so much. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the present day. Small issues will soon be forgotten.

**6** Regardless of your age, always keep love and romance alive. Love your partner, love life, love your family, love your neighbour, love your cat or dog. Always remember this quote: "A man is not old as long as he has intelligence and affection."

**7** Be strong and proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well-stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

**8** Don't lose sight of fashion trends for your age but keep your own sense of style. There's nothing worse than an older person trying to wear what the youngsters are wearing. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

**9** **ALWAYS** stay up-to-date. Read newspapers, surf the internet and watch the news. Make sure you have an active email account and try to use one of the social networks. You'll be surprised what old friends you'll meet. Keeping in touch with the people you know is important.

**10** Never use the phrase, "In my day." Your day is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you. Have fun and enjoy life. You have a lifetime of experiences and knowledge that can be shared with anyone that is willing to listen and learn.

**11** Do not surrender to the temptation of living with your children if you have a financial choice. Being with family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (my deepest condolences), and don't want to live alone, then find a person to move in with you and help out.

**12** Accept invitations, even if you don't feel like it. Try to go to baptisms, parties, graduations, birthdays, weddings and conferences. Experience something new or something old, but don't get upset when you're not invited. Some events are limited by resources and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums or take a walk through a park. Get out there.

**13** Pain and discomfort go hand-in-hand with getting older. Try not to dwell on it but accept them as a part of the cycle of life we're all going through. Try to minimize the pain and discomfort in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

**14** If you've been offended by someone – forgive them. If you've offended someone – apologize. Don't be resentful. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said, "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

**15** Respect the younger generation and their opinions. Hopefully, they will return the respect. They may not have the same ideals as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

**16** Embrace your golden years, don't become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people and your days will be much better. Spending your time with bitter people will make you older and harder to be around.

**17** Don't abandon your hobbies. If you don't have any, make some new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some time having fun with it.

**18** Be a conversationalist. Talk less and listen more. Listen first and answer questions, but don't go off into long stories unless asked. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things and people have a low tolerance for hearing complaints. Always find some good things to say as well.

**19** If you have a strong belief, savour it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

**20** Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humour in your situation.

**21** Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!



## REMEMBER:

"Life is short...Live, Love, and Laugh."

*This article was submitted by Enid Sanders; author unknown.*





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