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BALLANTRAE GOLF & COUNTRY CLUB



In This Issue:

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to your Door

Shape Up for the
Summer Games

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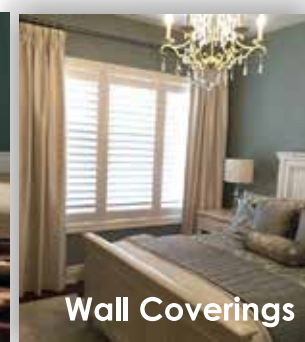
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HOME ON THE Green

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

**A magazine for and about the residents of
The Ballantrae Golf & Country Club Community.
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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. *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 PUBLISHER



By the time you are reading this, summer will be in full swing and you will be getting ready for the Summer Games. The Games are certainly shaping up to be the best yet with lots of new activities and even more social events. We are already hard at work at both the magazine and website to provide you with outstanding coverage of all the fun.

I hope you will check out our new and improved community website. Key features include a fresher look and feel, greater ease of navigation for the user, enhanced features such as video capability and interactive event calendars, along with improved “back end” capabilities for the contributors. Importantly, the site will be relaunched as hotg.ca bringing the website and magazine even closer together (all users will be automatically redirected from ourbgcc.com to the new site). For more information on the new site, see Peter Sim’s column on page 50.

I also want to take this opportunity to say good-bye as publisher. It has been five wonderful years

and I have enjoyed the role immensely. I plan to stay actively involved with both the magazine and website through my involvement on the Board of Directors.

It is a pleasure to announce Helen Hunt will take on the role of publisher. Helen has a strong background in sales and client relationship management and is currently a Realtor with Remax Hallmark York Group Realty. Her strong leadership skills, combined with her proven track record in various businesses will serve her well in the publisher role—especially when surrounded and supported by our exceptional team of volunteers.

Donna Clark

A handwritten signature in black ink that reads "Donna Clark".


WELCOME HELEN HUNT

I would like to recognize and thank Donna Clark for her five years as publisher. Donna and the *HOTG* team have made the transition very smooth and welcoming. I am looking forward to being part of the *HOTG* team and this professional magazine.

Helen Hunt

A handwritten signature in black ink that reads "Helen Hunt".





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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



TOWN PERSONNEL MATTERS

I generally leave it to the local news media to keep residents informed on many of the happenings around town. This time, however, I will comment on two significant changes in senior staff positions so that you may know the story behind the media story.

Two years ago, council was able to convince a gentleman named Roman Martiuk after his retirement from another community, to join the town as CAO and assist with bringing stability to the senior staff. Over the past two years he has proven to be exactly the right person and up to the challenge. He recently indicated to council that we should find his replacement to steer the ship through the coming years. Roman will be leaving us by the end of summer and we wish him well as he continues his journey into his well-deserved retirement.

For the past three years Stouffville residents have benefited from the services of Richard Renaud as our Fire Chief. Changes we saw during those three years included the implementation of a ten-year Fire Master Plan and the transition to a 24/7 service at the Ballantrae Fire Station. He allocated the necessary funds for this purpose in his 2019 budget and it was given approval by council. Richard's family lives in the Burlington, Ontario area and he is moving on to the much larger Burlington Fire Services as a Deputy Chief.

PROPERTY TAX MATTERS

I believe that at the start of each new term an elected body should set goals and objectives for the areas they represent. Once set, it must find a way to pay for not only the new objectives, but also for those which constituents have enjoyed over the years. Although developers and other levels of government are called upon for grants and donations, the residential taxpayers provide most of the funds to pay these costs.

One way I have ensured we are fair in the charges made to homeowners is to monitor our taxation rate (rate applied against the appraised property value to calculate your realty taxes) against that of other surrounding communities. This is not the only benchmark but one that does provide guidance when like-sized communities are compared. The town annually measures our tax-rate against a total of 27 other GTA municipalities. In 2018 our rate was the 21st lowest of all 27.

As positive as this is, one of the challenges facing Whitchurch-Stouffville is the reliance on a disproportionately high residential tax base. Many communities such as Orangeville, Markham and Vaughan are blessed with a much greater industrial/commercial

tax base that pays a significantly higher tax rate. For many years, our ratio has been approximately 92 per cent residential and 8 per cent industrial/commercial. Correcting this disproportion is a challenge that the mayor and council are aggressively addressing. In the first six months of our current mandate we have made some headway. With new commercial development announced and scheduled for Highway 48 at Stouffville Road and opportunities being proposed for the Gormley area, we will eventually see the split change. A realistic goal would be to move the tax towards an 85 per cent to 15 per cent split.

As Mayor Lovatt mentioned at a recent dinner, "Let's have our residents stay in town with a ten-minute commute rather than 80 minutes each way on the GO train."

In 2016, Stouffville added an Economic Development Officer position for the sole purpose of business retention and expansion. The role of this person is not just to attract new businesses, but to promote and hopefully expand those already active, including tourism and agriculture, in our community.

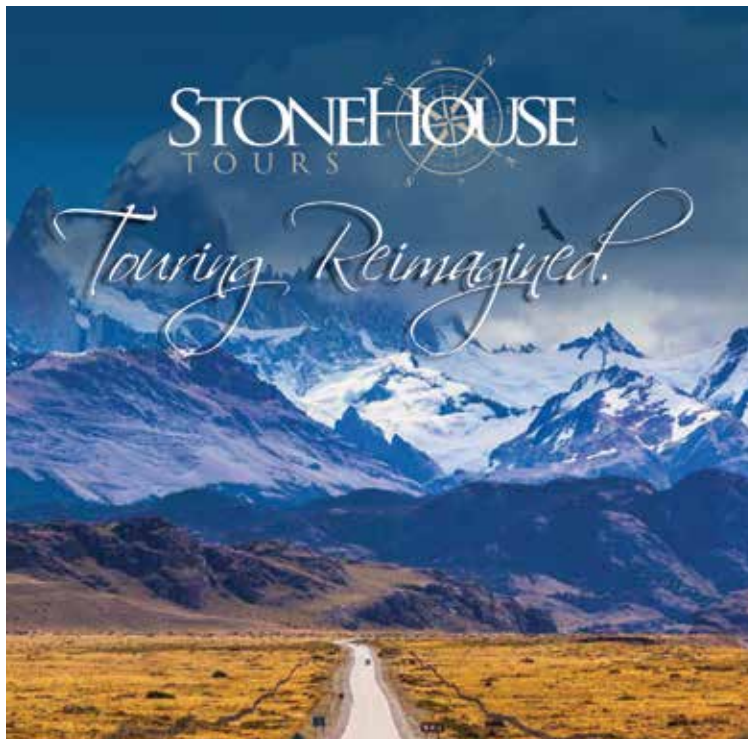
ON THE ROAD MAGAZINE (OTR)

In order to assist and promote businesses, the town initiated a monthly magazine called *On The Road*. (OTR). Some of the lesser known businesses that have been featured in OTR include Dynamic Green Wheatgrass Juice, Teardrop Trailer, Maui North and The Senior Touch. A number of these are thriving businesses shipping to international destinations from Stouffville.

OTR is delivered free to your mailbox. When in need of a specific item or service, please consider patronizing the companies featured therein.

*Pictured: David Tuley, Editor.
Photo Credit: Julie Williams, Pretty in Pictures.*





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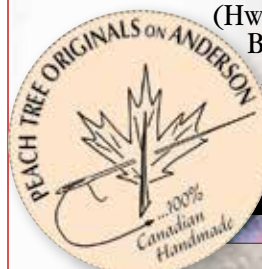
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Just Do It One More Time

BY PAT WOOD



August is fast approaching and with it the seventh Ballantrae Summer Games. Who knew when John Graham brought back from Florida the idea of a Ballantrae Olympics that things would develop into the upcoming extravaganza?

We soon found out we couldn't call them the Olympics, but that did not detract from those first wooden medals fashioned by Stew Cannon in his basement. Today's awards are fancy and just as cherished. I even have a couple myself, but they've been swallowed up by the many hubby has hanging on a hook downstairs that are resurrected every opening day.

There won't be a parade this year. I've watched a lot and rode on the wagon a few times, always feeling a bit silly waving to my neighbours but making sure to sit as far as possible from the horse's tail. This August there will be a family theme opening day so we can show our grandkids what fun we have in our own little utopia.

As each Games got bigger and bigger, I think they just got better and better. For the 2017 games, I was somewhat jaded and a little tired of the Games, but the marquee tent and the music made them my most fun Games ever.

The organizers have made participation the focus, so you just have to buy a shirt to support your condo

and not enter anything. Don't be fooled by this. Competition is still alive and kicking. Just ask Colin how the sedentary trivia group turned on him as quiz master when he strayed from general knowledge questions. There were the usual polite disagreements over cards and of course the fighting spirit at the slow pitch diamond. Unfortunately, that activity is a shadow of its former self as most of the players have got (dare I say it?) old. I'm hoping enough new neighbours will shore up the lineups this year.

That's why we now have a whole slew of new "sports" and card games that allow for weaker knees and shallower breaths. Kudos to the organizers for nurturing our competitive spirits.

Speaking of organizers, who can or should resist the enthusiasm of Wayne Burgess, last Games' chair and this year's co-chair with Phil Bannon. Wayne really upped the sponsorship, increasing revenue for all activities. He was there every night wearing his custom-made shorts with all the condo colours. Phil Bannon showed his organizational skills with the Food and Drink Festival he held for many years, so we have two supermen at the helm. Is Phil getting shorts made?

And what about the food! Bonnie and Lowell Dennis and Mary Freedman with an army of volunteer Ballantrae servers did a fabulous job of feeding us. The bargain of the century is that for \$35 you can eat supper for seven days. Even on the "duck" day, I enjoyed my baked potato while hubby ate his breast and mine. Thanks to Terry Chapman, we had great live music to eat by.

When you sign up, you even get a costume to wear which cuts down on any delay for fashion choices. The hoodies (for a small additional fee) are warm and cozy for the evenings. Active activities may necessitate a daily wash of the tee shirt, but sedentary participation can stretch out the laundering, except if there is a mini slop from the ice cream truck. Oh, I do hope they will still have that treat.

So that's all the "rah rah" for now. If you are an old guard Ballantrite, you really don't need my urging to compete. This article is really for our newer neighbours. Running and jumping if you can, thinking and drinking if you want, singing and dancing, eating, talking and mostly laughing. Seniors are good at these things. Get in the Games. **JUST DO IT!!**



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Red Sales in the Sunset

BY KEN MIYAUCHI



Our Ballantrae lifestyle has many advantages but there are downsides. One is the inevitability that the time will come when BGCC no longer suits our lives. When it is your sunset time, one of the biggest tasks is the sale of your home. Here are some cheap (and I do mean cheap) tips that will help to sell your home faster and may even get you a better price.

Let's start with the exterior. A good first impression is a must. Painting your front door, hanging a seasonal wreath and decorating the front porch with a few potted flowers will invite people into your home.

Once inside, the buyer first sees the foyer. Remove all clutter and empty the closet. Ensure that the floor is gleaming and add a picture or two to complete the scene.

The most important room is the kitchen so give it special attention. Make the counters shine and remove small appliances to make your kitchen seem more spacious. If your cabinets are dated, new handles will freshen their look. Make all appliances gleam, inside and out. If you have bar stools, remove them if they block the passage way.

The second most important room is the bathroom. Ensure that the toilet flushes properly and leave the cover down. If there are dripping faucets, fix them. You might consider updating the faucets and cabinet handles. Again, a bright and gleaming washroom signals that this house is being cared for.

The great room should look inviting and spacious, but not overly personal. Remove personal "tchotchkes" and photos. Remove or rearrange furniture to create a warm and spacious look.

Does your dining room china cabinet look cramped? Remove items to make it and the room look more spacious. Decorate the table with a tablecloth, a few place settings, and a seasonal decoration. Otherwise, a runner and flowers will dress it up.

The bedrooms should look restful and laid back. Remove personal items. Leave only a few decorations. De-clutter

the closets until they are half empty so they will appear huge. Arrange shoes in a neat row, or better yet, in a shoe rack.

What has been discussed already equally applies to the finished part of the basement. It's the crawl space that will likely require the most work. Ruthlessly clear out those "special" items that are covered in dust. They are cluttering your basement, and you likely won't have room for them in your next place.

What follows are general tips that apply to the whole home:

- Thorough cleaning cannot be over stressed. Hire a house cleaner if the job is too daunting.
- Touch up window sills and frames, especially if water-stained. Rooms that are especially tired may need repainting. Remove all wallpaper at the same time.
- Remove personal items to enable the purchaser to see your home as his. Pay special attention to the fridge, table tops, and fireplace mantles. The photos, children's artwork, holiday cards, and trophies are special only to you.
- Restore sightlines and improve traffic flow. You have become accustomed to your placement of furniture, but it may be hindering passage. Ensure that nothing is blocking the sight line from the front door to the back, and that there is a comfortable pathway for people to walk.
- Pay attention to smells. Your garlic-laced spaghetti sauce may not appeal to everyone. If you have pets, follow your nose and eliminate all pet odours and stains. Hide all pet beds, toys, etc. as not everyone likes animals. On the plus side, a few drops of vanilla extract on a cooking sheet, in a warm oven, will add that fresh baked aroma to your home.
- Maximize the lighting by opening all drapes and changing bulbs to increase the brightness of your rooms. Consider upgrading your fixtures.
- If you are feeling overwhelmed, hire a professional to stage your home. Also, rent a storage unit to temporarily house your overflow.

Nothing sells better and faster than a home that has a well cared for appearance. While we will be sad to see you leave, we hope that your transition is smooth and your next adventure exciting.





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Hidden Danger!

BY DR. BRIAN LAING

As a veterinarian, my focus had always been on preventing Lyme disease in dogs. I had thought that when a tick crawls onto a dog it posed little risk to the owner.

I was wrong! Ticks can be dangerous to humans too.

A mother and her daughter went for a walk with their dog. Afterwards, while having coffee in their kitchen, the daughter noticed a bug crawling on a chair, then another on the wall. They were ticks that had come from the dog. They checked Scruffy and found another two ticks imbedded in the skin behind his ears. This is when I got involved. I removed the ticks. They were deer ticks, the kind that carry Lyme disease. This was a real danger.

I had always assumed that a tick, once it grabbed hold of a dog's fur and climbed aboard, would waste no time in latching on; but two ticks had spent part of the walk and the car ride home wandering over the dog and then fallen off in the home. Why had they not attached to the dog?

I did some research. Ticks are programmed to attach around the animal's head, neck, and ears where the skin is thinner and the dog has more trouble grooming so that there is less chance of them being removed. They cement themselves in place so, unlike a flea that bites and moves, a tick is committed to the spot it selects. This means that after a weekend walk in the woods, a dog could pick up ticks and drop them in the owner's car or home.

These ticks or nymphs are then free to attach themselves to the people in the home or car. They can crawl up the unsuspecting person's neck and attach in the hairline where they are difficult to detect. Undetected, they could pass Lyme disease onto the owner. Many owners are unaware of this huge risk.

WHAT CAN YOU DO?

Apply a tick treatment to the dog that repels and kills ticks on contact so that they do not climb aboard the dog. If they do climb on the dog, they come in contact with a pesticide ensuring that if they drop off in the house they will die and not pose a danger to the home owners. The topical we recommend will kill a tick in less than three hours if it spends just ten minutes on the dog. Another solution is to carry a lint roller in the glove compartment and run it over the dog before getting into the car. This will pick up the tiny nymphs and adults.

Ticks don't care who or what they bite, so it is important that we do all we can to prevent our families from being bitten.

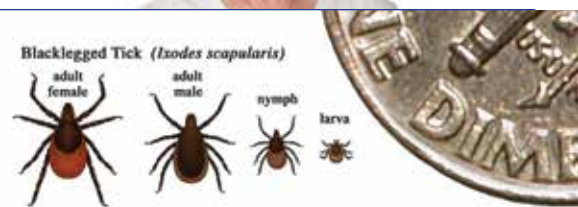


Image from Centres for Disease Control and Prevention Ticks and the danger of Lyme

THINGS TO KNOW ABOUT TICKS:

- 1 Only the blacklegged tick or "deer tick" carries Lyme disease.
- 2 Deer ticks come in three sizes - larvae, nymphs, and adults. This means that they can be difficult to find especially as they crawl under clothing and latch on in hard-to-see places.
- 3 Ticks crawl up, they don't jump or fly or fall from trees.
- 4 You have 24 hours to find and remove a deer tick before it can transmit Lyme disease, so early detection is key.
- 5 Ticks can be active even in winter.

HEALTH OFFICIALS RECOMMEND THAT CANADIANS BE AWARE OF THE RISKS OF LYME DISEASE AND TAKE THESE PRECAUTIONS.

- 1 Cover up with light-coloured clothing so you can spot ticks more easily.
- 2 Wear closed-toed shoes.
- 3 Tuck your pant legs into your socks to prevent ticks from crawling up your legs.
- 4 Tuck in your shirt to prevent ticks from getting on to your skin.
- 5 Use insect repellents that contain DEET or Icaridin.
- 6 Shower or bathe within two hours of being outdoors to wash away loose ticks.
- 7 Do daily "full body" checks for ticks on yourself, your children and your pets. Use a lint roller.
- 8 If you find a tick on your skin, remove it within 24 to 36 hrs.
- 9 Apply a tick repellent to your dog so that he/she isn't a source of entry into your home for the ticks.

Without a product that repels or kills ticks on contact, your dog could be bringing a danger."

While internal and topical tick preventatives do an equally efficient job of protecting your dog, **only a topical** can prevent a tick from being transported into your house by your dog, falling off, and potentially biting you or your family.

If your dog frequents areas with a high risk of ticks, it is my recommendation that you use a topical tick preventative.

Enid Sanders, who regularly writes Ballantrae Tails, invited Dr. Brian Laing, DVM, Bsc. at Town and Country Animal Hospital to submit this timely article.

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Tips on Improving your Sports Performance

BY DR. GREG MCCAIN



WHY IS IT IMPORTANT TO EXERCISE?

Many recent epidemiological studies have shown a link between regular exercise and longer lives in men and women. A recent study published in the *Mayo Clinic Proceedings* (March 2019) indicated that playing tennis added 9.7 years to your life. Soccer added 5.0, biking 3.7 and running 3.2.

- 1 REST.** It is important to go to bed early. Try to get an extra hour and take a 20-minute rest period before the activity. This will increase your energy level and reduce stress.



- 2 HYDRATION.** Drink at least 32 ounces of water a day and drink a bottle of water two hours before the event. Sports drinks do not take the place of water as the sugar content makes you sweat and dehydrate faster.



- 3 DIET.** High quality carbohydrates are important. It is best to start your day with a whole grain cereal low in sugar. Fruits, such as bananas, apples and oranges are good. Remember a single orange is better for you than 12 ounces of orange juice.



- 4 STRETCHING.** Always stretch the muscle group you will use for 10 minutes before an event. You are no good if you either fatigue or tear a muscle and always remember to passively stretch in the cool down period.



- 5 PHYSICAL AND MENTAL PREPARATION.** Practise your sport one hour per day. Stay focused and optimistic. Do your best; winning isn't everything, but by being prepared and by participating you will be a winner and maybe just increase your enjoyment of the sport as well as your life's longevity.

Good luck to all with the approaching Ballantrae Summer Games.



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Do I Need a Soundbar For My TV?

BY BRIAN FREEDMAN



The short answer is a resounding YES! Today's ultra-thin and virtually frameless TVs leave very little space to fit the speaker components necessary for delivering sound. And with such limited real estate to work with, the speakers are most often tiny and weak. To make matters worse, they are typically positioned at the bottom of the TV, facing downwards or pointing away from you at the back of the TV, further reducing sound quality and intelligibility.

Indeed, one of the most common complaints about TV sound today is not being able to properly hear the dialogue, especially when it is mixed in with background effects and/or music. Our high ceilinged, open concept homes here in Ballantrae only serve to compound this problem. Let's face it; at times it is even difficult to hear each other. And while some things are deemed to get better with age, this is surely not one of them!

A soundbar, sometimes referred to as a speakerbar, is a long, typically thin enclosure containing multiple speakers that is placed below (sometimes above) the TV. It can sit freely on a cabinet or be mounted on the wall, along with the TV. Its function is to produce the full, crisp and intelligible sound that today's TVs cannot accomplish on their own. These are easy to set up and connection to your existing TV is a snap.

At the very least, soundbars point their speakers directly towards you. That, in itself, is a big step over TV audio. Most decent soundbars also come with a separate speaker, called a *woofer*

or *subwoofer*, which is placed on the floor to deliver the deeper base frequencies, essential to overall fidelity. These woofers are most commonly wireless, making them easy to tuck away into a relatively inconspicuous space.

Soundbars range in price from under \$150 to over \$2,000. Those priced in the \$300 range are the ones I most commonly recommend. Most in this price range will deliver substantially enhanced TV audio and will include some available controls for fine tuning the sound. Several models in this price range will also contain circuitry similar to that used in hearing aids to help isolate and enhance dialogue, separating it from the background music or "noise."

For even more versatility, most soundbars today will include a built-in Bluetooth receiver so you can connect your smart phone, iPad or tablet. With literally thousands of both free and subscribed internet radio stations and music services now available, you can use the soundbar, together with your WIFI connected mobile device, to fill your home with your favourite music all day long while your TV remains off.

Whether you go it alone or seek assistance from one of the community experts, adding a quality soundbar to your existing TV setup is guaranteed to substantially enhance your overall TV viewing and listening experience.



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Passing the Torch

BY PAT WHITTINGHAM

This will be my last article for *HOTG* as Eleanor and I will soon be moving to Burlington to be near family. We have enjoyed our 15 years here where we have made so many friends. Our association with the community, web and magazine has brought with it some of the most enjoyable and memorable activities in our lives.

HOTG is a great example of what a group of dedicated volunteers can accomplish to produce and distribute a community magazine that achieves professional standards in featuring our residents.

As a board member of *HOTG*, seeing the web site, ourbgcc.com and *HOTG* working ever more closely has been very satisfying. With Peter Sims joining the board we will see a closer integration of these vital and synergistic components of our social life in Ballantrae.

My passion for all things technical and especially photographic will continue. I have enjoyed helping so many of you with picture restorations, family portraits, photo book production and slide transfers. For a brief period, we conducted a Photography Club where I met a number of enthusiastic camera buffs, some with exceptional talent. Among this group was Frank Allison, the "Birdman of Ballantrae" whose photos have graced the cover of many *HOTG* issues. Ian White, along with Brian Freedman, helped me run the club and entertain/inform attendees.

Brian Freedman, our Ballantrae Geek and *HOTG* photography coordinator, continues to be a key component of the success of our magazine where his creative photography has increasingly been evident. Our tech-savvy team of Brian and Al Moldon who run the Computer Club will allow a venue for periodic presentations of photographic advances and techniques. I would point out that Marna Moldon is a wonderful photographer in her own right and contributed her beautiful images to *HOTG* for many years.

I was pleased to assist many of you with using your digital cameras and Smartphones and in particular help to produce the tenth anniversary

book distributed to residents five years ago. I purchased an extra copy so that one can remain for the couple buying our home and the other will come with us.

In this farewell article, I wanted to identify Ian White as an avid photographer with the technology and ability to carry on with many of the photographic services that I have provided to residents. Whether scanning old slides or shoebox prints or taking shots of family get-togethers, insurance photos, portraits or producing large fine art prints, Ian is available to take up where I have left off. He may be contacted at ian@whitepixels.ca. Ian is planning a *HOTG* column called Kamera Korner and he promises that it will be a "little different."

As a parting gift to you all, I want to leave you with a link to my most iconic shot of Ballantrae (shown below). You may access the link to this photo on our new website. I gift it to the community in perpetuity. A beautifully framed canvas print of this will grace the walls in our new home to remind my wife and me of this beautiful community and the many friends we have made here.

Warmest regards and fond farewell,
Pat and Eleanor.



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The Cardiac Pacemaker

BY JAN RICHARDS

A heart pacemaker is a medical device that generates an electrical stimulus to contract the heart muscle and maintain a constant heart rate. Today millions of cardiac patients around the world benefit from this pocket-size technology.

In the 1950s, Dr. Wilfred (Bill) Bigelow, a Canadian heart surgeon at Toronto General Hospital and his research assistant, Dr. John Callaghan, were studying how hypothermia or extreme cooling of a patient might be used in medical procedures. Dr. Bigelow theorized that cooling patients' bodies during an operation would decrease the need for oxygen and slow the circulation of blood, thus allowing for longer and safer time to access the heart during surgery.

After considering this concept, the problem Dr. Bigelow recognized was how would he safely "rewarm" patients and restart the normal rhythm of the heart after surgery was completed.

John Hopps, an electrical engineer at Canada's National Research Council, was approached to find a solution to Dr. Bigelow's problem. Mr. Hopps had been experimenting with radio frequency "rewarming" to pasteurize beer! His knowledge

of radio frequency led to a prototype of an external pacemaker stimulator. The electrical charge came from a toaster-sized cabinet with wires inserted into the heart to kick start the muscles after surgery.

This achievement by Mr. Hopps generated an international wave of research into biomedical engineering and placed Canada in the forefront. The leap of technology from a large external pacemaker for use in surgery to a small implantable pacing device became a reality in the 1960s.

When I worked at TGH in the 1960s, Dr. Bigelow was revered by all the staff. His book, *Cold Hearts*, described his research and he received many awards that recognized his contribution to cardiovascular surgery. He was director of the Audubon Society and Nature Conservatory of Canada and in 1981 was made an Officer of the Order of Canada. He was also inducted into the Canadian Medical Hall of Fame.

John Hopps, who was known as the "Father" of biomedical engineering in Canada, eventually needed to have his very own cardiac pacemaker implanted. Engineer, heal thyself!

Photo credit: Courtesy National Research Council of Canada

John Hopps testing world's 1st Pacemaker (1946)



Two New Programs at the Recreation Centre Can Improve Your Mindfulness

BY DAYNA STODDART



Mental fitness is just as important as physical fitness, especially as we age. It should not be neglected. Mind/body programs take into account the physiological, psychic, and spiritual connections between the state of the body and that of the mind.

Two new programs at our Recreation Centre allow us to practice mindfulness (gaining awareness of changes in physical sensations without attaching meaning to them and becoming fully present within each moment) - a technique gaining huge popularity and proving very beneficial for those prone to anxiety or panic-related disorders. Mindfulness will help improve mental focus and concentration and reduce stress.

Drums Alive and Qigong are both examples of this type of program and are both offered on Wednesdays.

Drums Alive® is the original and only evidence-based drumming fitness, health, and wellness program that provides a "whole brain & whole body" workout. It promotes physical, social, emotional, and cognitive health. Using patterning and rhythms, it's a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Experience the joy of music, movement and rhythm. Join us on Wednesdays from 6 p.m. to 7 p.m.

Linda Varnam is a certified Qigong instructor who loves sharing the Qigong as it is so easy to learn and so beneficial for health and wellness. Since she has been teaching at our Recreation Centre, she has been told that Qigong is a great way to improve a golf game!

Here are five things to know about Qigong (pronounced Chee-Kung) and possibly improving your golf game:

- 1 Qigong is a mind-body practice. Movements of Qigong are practiced slowly and intentionally, helping to improve focus and concentration.

Golf requires focus and concentration.

- 2 Regular practice of a moving form of Qigong, such as the 18 movements of Tai Chi Qigong Shibashi, can improve balance and co-ordination.

Golf requires balance and co-ordination.



- 3 The movements of Tai Chi Qigong Shibashi are gentle, flowing and weight bearing, therefore benefitting the musculoskeletal system by maintaining and improving strength, flexibility and range of motion.

Golf requires all three.

- 4 The concept of the "Qi follows the Yi" refers to the fact that where the mind goes the energy will follow. Practicing with intention can have positive results for emotional control.

Intense emotional outbursts will not improve your game. Keep a level head and remember to have fun.

- 5 Practicing Qigong can help to clear energy blockages, restore depleted energy and calm overactive energy. Begin and end your game with energy.

JOIN LINDA FOR THE QIGONG SESSIONS
ON WEDNESDAYS FROM 1:30 P.M. TO 2:30 P.M.



Foods That Enhance Your Brain

BY JAN RICHARDS

Consider putting these five brain foods in your grocery cart next time you shop as they offer serious nutritional and cerebral power!



SALMON

Choose wild salmon rather than farmed fish as it contains omega-3s which help nourish your brain. Omega-3 fats fight depression and anxiety; can improve eye health; improve risk factors for heart disease; can fight inflammation

and autoimmune diseases; fight age-related mental decline and Alzheimer's disease; reduce fat in your liver; improve bone and joint health and may improve sleep. This super food, rich in omega-3 fatty acids, is vital for optimal health.

BLUEBERRIES

These berries are rich in brain-healthy flavonoids. Flavonoids are responsible for the vivid colour in fruits and vegetables. Blueberries are low in calories but high in nutrients and are considered the king of antioxidants. Antioxidants are substances that protect your healthy cells from free radicals (unstable molecules). Blueberries boost heart and brain health.



DARK CHOCOLATE

Yes, chocolate makes you smarter! Regular chocolate consumers achieve better results on performance tests. Dark chocolate is one of the best sources of antioxidants on the planet and raises HDL (good cholesterol) and protects LDL (bad cholesterol) from oxidation.



Chocolate is one of the few foods that tastes awesome while providing significant health benefits. Look for dark chocolate with 70% or higher cocoa content.

WALNUTS

These nuts are packed with vitamin E, an antioxidant that helps keep your mind sharp and protects your brain from damaging inflammation. When it comes to having optimal brain performance, nuts play an important role. Walnuts provide healthy fats, fiber, vitamins and minerals and are significantly higher in omega-3 fat than any other nut giving this nut the advantage – it even looks like a brain!



PINEAPPLE

This tropical fruit is a juicy source of potassium and folate that boost blood flow to the brain. Pineapples are low in calories and rich in vitamin C and manganese. Pineapple nutrients have been linked to impressive health benefits, including improved digestion, a lower risk of cancer, relief of arthritis symptoms and improved recovery after surgery and strenuous exercise. Pineapples are loaded with healthy antioxidants.



These super foods not only nourish your brain but feed your soul. It's a dietary no-brainer!

Celebrate the *Best of Summer!*

BY JOHANNA BURKHARD



Finally! Summer is here.

There is no better way to make the most of the warm weather than by entertaining outdoors where the food always seems to taste better.

GOAT CHEESE AND ROASTED RED PEPPER SPREAD

This colourful spread takes advantage of local fresh herbs available at outdoor markets or in your garden. Serve with toasted baguette slice and pita crisps as well as vegetable dippers, such as baby carrots, cucumber spears and cauliflower florets.

MAKES 1-½ CUPS (375 ML)

½ cup (125 mL) roasted red pepper*
(see tip)

8 oz (250 g) soft goat cheese

4 oz (125 g) feta cheese, preferably goat's milk, crumbled

1/3 cup (75 mL) chopped fresh herbs such as basil, oregano, parsley and chives

Freshly ground black pepper to taste

1. Rinse roasted pepper under water and pat dry with paper towels. Remove any charred bits. Coarsely chop and measure to make ½ cup (125 mL).
2. In a food processor, puree pepper, goat and feta cheeses until smooth. Transfer to a bowl; stir in herbs and season generously with pepper. Cover and refrigerate for up to 5 days.

**Buy a small jar of roasted red peppers or purchase peppers from the olive bar in supermarkets.*



LAYERED SHRIMP DIP WITH TOMATOES AND AVOCADO



Variations of this layered shrimp dish are always popular at summer gatherings. Here's my updated version with a vibrant topping of tomatoes, avocado and cilantro.

MAKES 12 SERVINGS

8 oz (250 g) pkg cream cheese, softened

½ cup (125 mL) plain Greek yogurt

1 to 2 tbsp (15 to 30 mL) minced seeded fresh or pickled jalapeño peppers

3 green onions, thinly sliced

1 cup (250 mL) shredded Monterey Jack or Havarti cheese

¾ cup (175 mL) mild seafood cocktail sauce

1 package (12 oz / 340 g) frozen small Northern shrimp, defrosted, well-drained* (see tip)

2 firm but ripe tomatoes, finely diced, drained

1 avocado, peeled and finely diced

¼ cup (60 mL) pitted Kalamata olives, cut into slivers

1/3 cup (75 mL) coarsely chopped fresh cilantro ** (see tip)

1. In a bowl, blend cream cheese with yogurt until smooth; stir in jalapeño peppers and half of the green onions.

Spread in a 10-inch (25 cm) shallow round serving dish, quiche dish or pie plate.

2. Spread evenly with seafood cocktail sauce; layer with cheese and half of the shrimp. (Can be assembled earlier in the day; cover and refrigerate.)
3. Just before serving, sprinkle on tomatoes, avocado, remaining green onions, remaining shrimp, olives and cilantro. Serve with tortilla chips.

**Small frozen Northern shrimp (harvested from the North Atlantic) is preferred, but 2 cans (113 g) small wild shrimp, rinsed and well drained can be substituted.*

***Fresh cilantro lasts only a few days in the fridge before it deteriorates. Swish cilantro in cold water to remove any sand and spin dry in a salad spinner; wrap in dry paper towels. Place in a storage bag in the refrigerator.*

GRILLED ASIAN FLANK STEAK

This is one of the simplest ways to prepare beef on the barbecue, especially for a crowd. I love flank steak for its leanness and flavour. It becomes more tender when marinated several hours or even a day ahead of grilling. To serve, cut grilled flank steak into thin diagonal slices against the grain to ensure tenderness.

MAKES 6 SERVINGS

¼ cup (60 mL) hoisin sauce

2 tbsp (30 mL) soy sauce

2 tbsp (30 mL) fresh lime juice

2 tbsp (30 mL) canola or avocado oil

3 cloves garlic, finely chopped

2 to 3 tsp (10 to 15 mL) Sriracha (Asian chili sauce)

1½ lbs (750 g) flank steak* (see tip)

1. In a small bowl, whisk together hoisin sauce, soy sauce, lime juice, oil, garlic and chili sauce. Place flank steak in a large zip-lock plastic bag and drizzle with marinade until evenly coated. Refrigerate for at least 8 hours or up to 24 hours, turning occasionally. Remove meat from refrigerator 15 minutes before cooking.
2. Preheat greased barbecue grill to medium-high.
3. Remove steak from marinade, discarding marinade. Grill steak for 6 to 8 minutes per side or until medium-rare. Transfer to cutting board and cover loosely with foil; let stand for 5 minutes. Thinly slice against the grain. Pour any juices over meat before serving.

**Thick-cut top round steak (leaner than bottom round) can also be marinated and grilled in the same way as flank steak.*

LEMON TIRAMISU WITH FRESH BERRIES

This rich, no-bake dessert makes a perfect finale for an outdoor party. Best of all, it can be made a day ahead.

Shallow 13 X9-inch (33 by 23 cm) serving or baking dish

MAKES 12 SERVINGS

LEMON SYRUP

3/4 cup (175 mL) water

1/4 cup (60 mL) granulated sugar

1/3 cup (75 mL) frozen concentrated lemonade, undiluted

LEMON CURD

1/2 cup (125 mL) granulated sugar

1 tbsp (15 mL) cornstarch

1/2 cup (125 mL) fresh lemon juice (about 3 lemons)

1 tbsp (15 mL) grated lemon zest

2 egg yolks

1 cup (250 mL) 35% whipping cream

1 container (450 to 500-g) mascarpone, at room temperature

1/4 cup (60 mL) granulated sugar

4 cups (1 L) strawberries

1 pkg (200 g) ladyfingers

Cocoa powder or 1 oz (30 g) grated semi-sweet chocolate (optional)

1. **LEMON SYRUP.** In a saucepan, stir water with 1/4 cup (60 mL) sugar and place over medium-high heat. Bring to a rolling boil for 1 minute. Remove from heat and stir in concentrated lemonade. Refrigerate until lukewarm.

2. **LEMON CURD.** In a medium saucepan, stir 1/2 cup (125 mL) sugar with cornstarch. Whisk in lemon juice, zest and egg yolks. Cook, whisking constantly, over medium heat until mixture just comes to a boil and thickens, about 5 minutes. Remove from heat. Pour into a bowl. Place a piece of plastic wrap directly on surface to prevent a skin from forming. Refrigerate until lukewarm, about 25 minutes.

3. **TOPPING CREAM.** In a medium-sized bowl, beat whipping cream with an electric mixer until soft peaks form when beaters are lifted. In a large mixing bowl, beat mascarpone with lemon curd and 1/4 cup (60 mL) sugar until combined.

Using a spatula, gently fold in whipped cream until no white streaks remain.

4. **ASSEMBLY.** Set aside half of the smallest strawberries for topping. Slice remaining strawberries. Using half of ladyfingers, quickly dip each in lemon syrup, then line bottom of a shallow serving dish. Spread with half of lemon-cheese filling, then half of the strawberries. Repeat with remaining ladyfingers and filling to form a second layer. Dust top with cocoa powder or grated chocolate, if desired. Cut remaining strawberries into halves and arrange on top layer. Cover tightly with plastic wrap and refrigerate for at least 4 hours or up to one day ahead. Top with strawberries.



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FARMSHARE DELIVERIES TO YOUR DOOR

On May 27, the BGCC Social Committee invited Ballantrae residents to an information meeting at the Recreation Centre to introduce a **Farmshare Program** offered by **Zephyr Organics**.

Farmshare is a new Initiative allowing our residents to buy wholesome organic produce delivered right to their doors!

Zephyr Organics is a third-generation, family-owned farm near our community that sells organic produce wholesale to grocers in the GTA as well as directly to consumers through Farmshare.

It's not too late to sign up for summer and fall weekly or biweekly home delivery of produce baskets. Visit www.zephyrorganics.com for more details.

Additional information is also available at www.hotg.com



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Dave Parsons and his Quintet had Rhythm!

BY MARILYN PARSONS

Dave Parsons Quintet's spring Gershwin concert on April 14 at the Ballantrae Recreation Centre was a hit. Dave played piano, Sam Carothers was on bass, Rick Faye on drums, and Marshall Olchoway on clarinet and tenor sax. The vocalist was Lisa Levy.

Marshall opened with *Strike Up the Band*. The group followed with many numbers, such as *I Got Rhythm*, *Lady Be Good* and *Love Walked In*. Throughout the concert Dave related details of Gershwin's life and career.



A fall concert featuring Cole Porter will be in October. Please join us!



Come From Away

BY GAIL KNAGGS



A full bus load of Ballantrae residents headed off to see the hit musical, *Come From Away* on Sunday, April 28. Many had been waiting for months for a chance to see it. There were several though who were returning to see it again because they enjoyed it so much.

All were united in their praise of the play's portrayal of the way Newfoundlanders came together to support all the people diverted to Gander on 9/11. The music and the dynamic characters combined with lots of Canadian humour to keep everyone entertained.

Irene Sankoff, daughter of our own Ballantrae resident, Rocky Sankoff, and David Hein are the creative team behind the production. They are currently writing the screenplay so we will be able to enjoy it again on the big screen in the near future.

Still interested in seeing it?


Mirvish just announced that *Come From Away* has been extended until December 22.



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The Pacemakers At The Hop

BY MARILYN PARSONS

A sell-out crowd of 144 attendees rocked and bopped at the very entertaining Sock Hop on May 22 at the Recreation Centre. The regulars—Bob, Ray, Tom, Sam and Al were rocking and rolling to our favourite hits of the 50s and 60s. Elvis, with his trademark long sideburns, made a surprise appearance wearing a full jumpsuit. Guest performer Blair Tullis brought us back to our high school sock-hop days with a great rendition of *Mustang*

Sally. The *Achy-Breaky-Heart* line dance got many of our friends and neighbours up on their feet.

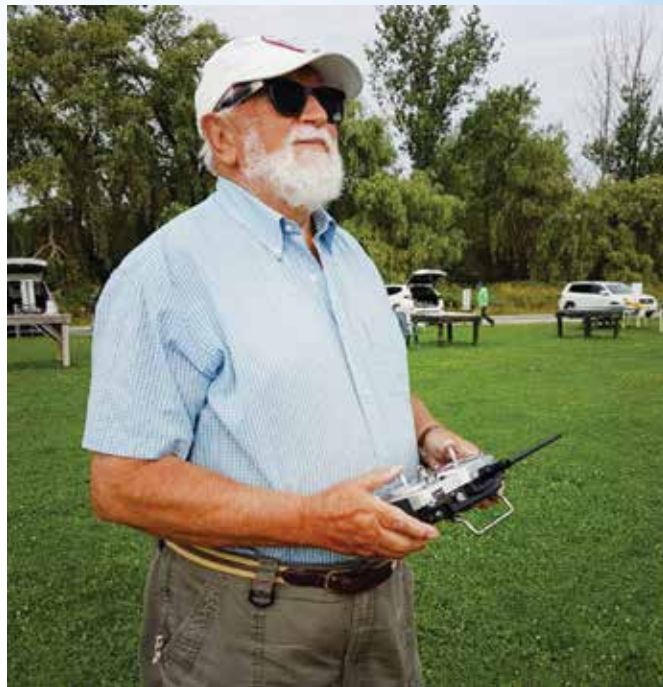
We enjoyed a delicious assortment of pizzas from Nonno Crupi. Revera Retirement Living donated butter tarts and two very nice draw prizes.

Many thanks to the Social Committee for all their hard work.



An Amazing *Adventurer*

BY LYNNE BALFOUR



Recently I interviewed Dr. John Cocker who has many talents and hobbies and an adventurous past.

Currently, he shares a hobby of model airplane flying with fellow Ballantrae residents Craig Campbell, Andy Chong and Barrett Greenough who belong to one of 47 model airplane clubs in York Region. On most good-weather days, they congregate at a field at Stouffville Sideroad and Kennedy to fly their various model planes, then dine "elegantly" at Subway and solve world affairs. The social side is a definite plus!

The members used to make balsa wood or foam-board planes, but lately have purchased Chinese-made foam models as they are smart-looking and inexpensive. In the 1970s and '80s, model planes were noisy, oily and gas-powered. Now, all are quiet and battery-powered, controlled by a transmitter (which is transferable from plane to plane since each has an individual receiver). The group enjoys flying many types of planes, often with four-foot wing spans. When flying one of his six gliders, John's goal is to try and keep it airborne as long as possible. Others race their models. Some fly their planes from floats off

Musselman's Lake! One contest, using inexpensive foam planes with hanging streamers, requires maneuvers that cut off the opponents' streamers. From building models to flying them, it's all a matter of skill.

John Cocker is a true adventurer. As a child, he made balsa wood planes as part of an Air Cadets' program. Service in the Canadian Forces led him to become a flight surgeon. He gained his pilot's license at that time and owned his own airplane (not a model). Over time, John built five full-sized airplanes, starting with a wooden one in his basement! In 1975, he built an ultralight plane, but it had a very limited range. Then he heard about a rare 4-place Taylorcraft plane that had crashed in the Arctic. He obtained the carcass of that plane, refurbished it and it is now in the Canadian Bushplane Heritage Centre in Sault Ste. Marie. He next built an all-aluminum, high performance RV6 plane, which had 14,000 rivets, which he flew around North America and to the Bahamas.

In between flying and building airplanes and publishing *Stitches*, a humour magazine for physicians, John and his wife Monica sailed for four years, across the Atlantic and Mediterranean. From 2000 to 2002 John skippered a 74-foot sailboat around the world with twelve crew/passengers. Now they enjoy winters in Costa Rica and look forward to the challenges of flying model airplanes with good friends from BGCC and York region.

Featured On The
Cover of Canadian
Flight Magazine





John's High Performance RV6



John With One of His Gliders



Andy Chong (Right) Don Kirkpatrick cutting planes from styrofoam insulation!



Craig Campbell (Left) and Jim Spence showing off their planes



John With His Ultralight Plane

To read more about Dr. Cocker's sailing adventure, go to www.hotg.ca and see HOTG, Back Issues, December 2017, page 22. **Storm at Sea.**

Willowtree Farm

Port Perry

BY ALISON SCOWCROFT



Left to Right - Alyson, Jordan, Alex, Kelty and of course Roddie

Willowtree Farm is a family run business dating back to 1969 whose original owners were Rod and Marlene McKay. Rod, who always dreamed of being a farmer, began growing cash crops and dairy farming. He met and married Marlene, who grew up on a strawberry farm, and naturally she brought with her a passion for strawberries. They planted four acres of strawberry plants and Marlene began selling them on the side of the road from a wagon.

Skip forward 50 years. Sadly Rod and Marlene have passed away, but their sons and spouses have continued the business. Jordan, Alyson, Alex and Kelty (along with grandchildren, Ian and Roddie) now own and run the farm. On their 150 acres they raise 35 different fruits and vegetables, beef cattle and sheep.

Willowtree Farm is a destination everyone should put on their "to do" list. It's a lovely country drive to the farm, where you will be greeted with an authentic Farm Store that sells all their produce, beef products, baked goods, their own maple syrup and apple cider, along with gifts made by local artisans. Take the time to appreciate the building that houses the Farm Store. It was built in 2016, and the attention to detail is impressive. Egg baskets have been re-purposed as lamp shades, the wood is original, and many other pieces come from the original building that housed their store.

They also have an in-store café where you can enjoy soups, meat pies, deli sandwiches, wraps, hand-made burgers and the above-mentioned home baked goods. Every week they host burger and fry Fridays. They also feature live music every Sunday, beginning the Sunday after Mother's Day. They run a variety of events throughout the year. For example, in November they have a Bacon, Brussels Sprouts and Brews event where you can sample a taste flight of courses paired with ciders and local craft brews.

Along with the Farm Store, the McKays also offer a Community Supported Agriculture Farm Share or CSA. Weekly you can have fresh fruit and vegetables delivered right to your door, or you can choose to pick them up at the farm. Their meat share provides a monthly basket including a variety of their top-quality meats that are pasture raised, hormone and antibiotic free.

The McKays are very proud to have won the provincial Agro Innovation Award for how they grow garlic, as well as in 2018, the Ontario & Canada Outstanding Young Farmers Award. Their love and passion for their business is apparent from the moment you arrive. Everything is immaculate and beautifully displayed. Delectable aromas surround you, while the produce, baked goods, meats and flowers are a feast for the eyes. It really is worth the drive to Port Perry!



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You can "Dig us on Social Media" at: willowtreefarm.ca

Whistling Straits AND THE All American Dream AT Destination Kohler

BY ANITA DRAYCOTT



Kohler Design Centre



The Winery Bar at The American Club

Whistling Straits - Lakefront

"The ardent golfer would play Mount Everest if somebody would put a flagstick on top...golf is not a fair game so why build a fair golf course."

Those are the "fighting words" of feisty golf architect Pete Dye, a gentleman renowned for his brilliant and challenging golf tracts worldwide.

I am playing Dye's Whistling Straits course in Kohler, Wisconsin, host of the 2020 Ryder Cup and the first public course to host this event in 29 years.

In this case, Dye put 18 flagsticks on 70-foot bluffs rising above Lake Michigan. But it feels like a links course in Ireland. That's exactly what plumbing



River Wildlife Fly Fishing



Kohler Waters Spa

magnate, Herb Kohler, asked Dye to create when he hired him back in 1988.

By the time Pete Dye was done conjuring the flat landscape, employing forty years of cunning and experience, an armada of earth movers, and 13,000 truckloads of sand imported from area farms, his masterpiece was still above the shores of Lake Michigan, but it looked as if it were perched on top of the Irish Sea.

To enhance the Eire illusion, Kohler imported a flock of blackface sheep that roam the golf grounds along the lakeshore. He also decreed the course would be walking only—carts would be about as welcome on this property as waterfalls, spurting fountains and flowerbeds. This was meant to be the antithesis of a typically cushy resort course.

"He told me he wanted a walking course, and I thought he was crazy," recalls Dye. But Kohler turned out to be a trendsetter for North American courses (Bandon Dunes and Cabot Cliffs, for example).

Kohler, when walking the lakeside landscape in ultra-blustery conditions during construction, noted that the wind was whistling through the bluffs, with whitecaps breaking on the rocky shoreline, or straits, of the lake—hence the name Whistling Straits.

"DYE-R" STRAITS

So here I am, trudging along the bluffs with my caddie, Andrew, a gust of wind sending my visor airborne, trying to do battle with Whistling Straits,

At first glance it appears Whistling Straits is as much sand as it is grass. With more than 1,000 bunkers, the first-time player will wonder where to aim. Noted architecture critic Ron Whitten commented that the bunkers are "scattered about like laundry in the aftermath of a tornado." Bunkers and wind are two good reasons why you need a caddie.

Dye refuses to single out a signature hole at Whistling Straits. Number seven, called Shipwreck is a memorable par-three overhanging the shoreline and protected by several bunkers. After putting three balls in the water,

John Daly threw his iron into the lake. Playing 645 yards from the tips, the par-five eleventh, Sand Box, will tempt you to pull out the driver but with fairway-lined bunkers, your aim had better be accurate. Dye's wife, Alice, purportedly designed Pinched Nerve, a brutal par-three where chances are excellent that either bunkers or the lake will gobble up your Titleist. There's no reprieve on the 18th, aptly named Dyeabolical. Even though the approach is downhill on this par-four, the hole demands a forced carry over Seven Mile Creek, usually accompanied by swirling winds.

Back in the clubhouse I find myself in need of some liquid refreshment. A frosty Spotted Cow craft beer provides some solace to the triple digit score. The state of Wisconsin, known as "America's Dairyland," is famous for dairy products, especially cheese.

But Wisconsin is also home to the Kohler Company and most of us are familiar with their brand of toilets, tubs, sinks and faucets. In fact, Whistling Straits, near the Village of Kohler, is but one of four golf courses and myriad attractions located in what is called Destination Kohler. These include two more Dye-designed courses at Blackwolf Run, a spa, tennis courts, trap shooting, fly-fishing and a bunch of boutiques. There's something here for everyone, including non-swingers.

THE MULTI "FAUCETED" WORLD OF KOHLER

It all began back in 1872 when Austrian immigrant John Michael Kohler built a factory that made farm implements near Sheboygan, Wisconsin. In 1883, an enamelled cast-iron hog scalding/water trough was sold as a bathtub—Kohler's first plumbing product. Kohler eventually needed to recruit immigrants from various countries abroad to work in his factory.

By 1918, his son, Walter Kohler, who believed that "a worker deserves not only wages but roses as well," undertook an ambitious project to house these immigrants. For a fee of just \$27.50 per month, his men received a private room, laundry services, a bowling alley, pub and barbershop. In the spirit of patriotism, the American Club, as it was named, also offered lessons in American citizenship and English language.

Decades later when the American Club had outlived its original purpose, Herbert V. Kohler Jr. (John Michael's grandson) conceived the idea of turning it into an elegant village inn. In 1981 the American icon was reborn as the world-class Destination Kohler complete with hotel rooms, restaurants, shops, spa, tennis, trap shooting, fly fishing and four award-winning championship golf courses. Recently Golf Digest named all four of the Pete Dye-designed golf courses (two at Whistling Straits and two at Blackwolf Run) to its list of the Top 100 Public Courses.

I take the shuttle from Whistling Straits back to the Village of Kohler and after checking into my room at The American Club, I head downstairs to the Immigrant Restaurant, housed in what was the laundry room back in the 1800s. Mr. Kohler believed in giving his employees a safe, clean, comfortable environment and feeding them well. His only rule — “Clean your plate.”

Far from basic boardinghouse fare, today's menu offerings at the AAA four-star dining room are upscale and downright decadent. My *torchon* of *foie gras* is liberally laced with shavings of black truffles. The Wagu beef barely requires a knife to cut it. And the sommelier cautions me to leave room for a mind-boggling selection of Wisconsin cheeses.

The Immigrant Restaurant is one of nine dining establishments spread around Destination Kohler. The following morning I fortify myself with a buffet breakfast in the Wisconsin Room and hop the 25-minute shuttle past cornfields and contented cows back to Whistling Straits. After The Straits course opened in 1998, Herb Kohler commissioned Pete Dye to design a second links-style tract, The Irish, in 2000. Located just inland from Lake Michigan and the shore-hugging Straits, The Irish features grassland, slightly less imposing dunes and four meandering streams. Although it's a bit easier on the ego than Straits, The Irish is no walk in the park. Water hazards come into play on ten holes. There's no lack of bunkers either, especially on Mulligan's Watch (number six) with its “island” green surrounded by a humongous bunch of sand. You may forego a caddie and take a cart on The Irish, but for the ultimate experience, I suggest you walk it with someone shouldering the bag who might knock some numbers off of your scorecard.

Another suggestion – after walking 36 holes, do your body a favour and book a massage at the Kohler Water Spa, then chill out under the waterfall in the indoor swimming pool.

Just a block or so from the American Club, visitors can check out the Kohler Design Center featuring the company's latest innovative kitchen and bath designs. The lower level houses a Heritage Museum where you learn about how the company started and where it's going. For example, its Water Mission project helps supply clean water to Haiti and other hurricane-



Whistling Straits - 12th Hole



The American Club

ravaged countries. And those sleek tiles you see in “The Bold Look of Kohler” ads are made from recycled toilet bowl dust.

Beyond plumbing, the Kohler Company continues to innovate and expand. It now owns The Old Course Hotel and The Duke's golf course, both in St. Andrews, Scotland.

Before the upcoming 2020 Ryder Cup, consider a trip to Destination Kohler. Head out to Whistling Straits and discover for yourself what all the fuss is about. As Pete Dye says, “I should say this with some degree of modesty. In my lifetime I've never seen anything like this. Anyplace, period.”



Irish Golf Course

2020 Ryder Cup ticket registration is now open at [RyderCup.com](https://www.RyderCup.com).

For more information about Destination Kohler and golf packages check out www.americanclubresort.com

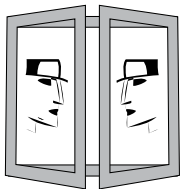
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Ballantrae Men's Golf League

BY JAY ADAMS

The Ballantrae Men's Golf League held their annual opening meeting on Tuesday, April 30 and had a record turnout of over 100 golfers.

The luncheon was provided by Amica Newmarket and Aurora. We thank them for once again providing us with sandwiches, desserts and several draw prizes.

The Men's League plays every Tuesday (weather permitting), from May 7 to September 24 this season. On the last Tuesday of each month we have a luncheon at the Recreation Centre.

If you would like to join your neighbours for some not too serious golf, please contact one of the people listed below:

Jay Adams	905-640-2843
Norm Bresser	416-706-9542
Bob Craig	647-955-2062.



Ballantrae Ladies' Golf League Registration

BY SANDY HINCH



On Monday April 29, 2019 the ladies of BLGL met for coffee and registration to set off the 2019 season of fun, fellowship, and golf. We welcomed 15 new members who will be joining our enthusiastic returning members. If you enjoy 18 holes of golf, remember all ladies are welcome to join.

For more information contact:

Sandy Hinch
sandyhinch@hotmail.com

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BGCC Tennis

BY JOHN PERZ

The BGCC Tennis Club held its Registration Day at the Recreation Centre on April 27. At that time 78 members signed up, with a couple dozen more expected as members return from extended winter vacations. We are now planning our traditional Canada Day celebration, Monday July 1, which combines fun tennis with good food and refreshments.

A new feature this year is a ball machine, purchased by the club, to help players practice and tune their games. Club members will be charged a small fee for the use of the machine for the whole season.

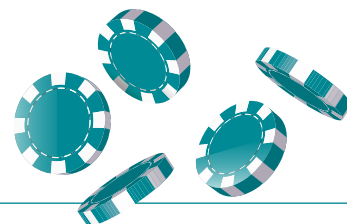
It is never too late to join the club, and we especially encourage new residents to join. If you are new to the game, or returning after a long absence, our club pro can provide instruction. All new members are assigned a mentor to help them meet fellow players and work their way into our club.

For complete information and registration forms please see the "BGCC Tennis" listing under "Activities" at www.ourbgcc.com or pick up a brochure at the courts.



Fallsvew Casino Trip

BY KATHY BILLINGTON



On May 23 as we bussed to Fallsvew Casino, the grey skies opened but the lights from the slot machines beckoned.

Al Moldon performed his magic once again making time speed by with a TV trivia quiz. Winners of the game had a little extra cash for lunch or betting.

Al also gave us roulette and blackjack tips for winning big. The results were mixed, naturally.

But the biggest winners were Jack and Marie Storey who lucked out when their daughter, Ellen, came for a visit from nearby Smithville. Money isn't everything, right?





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FOR FURTHER INFORMATION CONTACT:

Jeanne Christie 905-640-0560

Susan McKay 905-591-2557

Lynda Wyse 905-642-5948

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Hosted by the Social Committee

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Sign up at the Recreation Centre so that the committee knows how much food to provide.

Come out and join us for a game of pickleball!

BY DENNIS CARTER, STOUFFVILLE PICKLEBALL PLAYERS' COORDINATOR

WARNING: If you do learn to play pickleball, beware! It is addictive and soon after you will be saying, "How about one more game?"

Pickleball is a combination of tennis, badminton and table tennis. It is a low-impact sport that's easier on the body than some other sports.

Most active communities in Florida and Arizona have dedicated pickleball courts and many communities are converting tennis courts into pickleball courts.

My wife and I live in an active adult community in Arizona over the winter. The sport is so popular that by the end of 2020 our community could have 44 pickleball courts.

What makes pickleball so popular? It is easy to learn and it can lower your risk of heart disease (one hour of playing pickleball three times a week can reduce blood pressure and increase cardio fitness). You will get hooked on exercise and cut your risk of depression. You will socialize more as it is fun and you laugh a lot. What could be better?

The Town of Stouffville has created eight temporary pickleball courts on the Ninth Line, near the hockey

arena. The Town has indicated that they are going to build dedicated pickleball courts in 2019 that will be ready for use in 2020.

WHERE AND WHEN CAN YOU PLAY?

From May to the end of September, the Town will have a self-directed drop-in program on the pickleball courts located at 12483 Ninth Line.

TIMES OF PLAY WILL BE:

Monday, Tuesday, Wednesday, Thursday, Friday and Saturday: 10:00 a.m. to 1:00 p.m.

Sunday: 2:00 p.m. to 5:00 p.m.

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

Monday evenings are dedicated to an organized ladder programme for which you sign up each week.

FOR MORE INFORMATION:

See the Stouffville Pickleball Players website at: www.stouffvillepickleball.weebly.com or contact Dennis Carter at dwcarter@rogers.com

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MAY CONTACT:**

Elaine Gorman 905-642-0861

Choir Registration

**Rehearsals resume
Tuesday, September 3, 2019**

JOIN THE BGCC CHOIR.

Registration starts at 6:45 p.m.
with a brief information meeting
at 7:00 p.m.

Rehearsal begins at 7:30 p.m.

Please bring a \$50 cheque
to cover costs of
music and instruction.

Save the date:

Tuesday, December 3, 2019
for the annual Christmas Concert.

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AT THE BGCC RECREATION CENTRE

Wednesday Oct 2, 2019

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CONTACTS:

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

Ron Brewing,
905-640-8836 or
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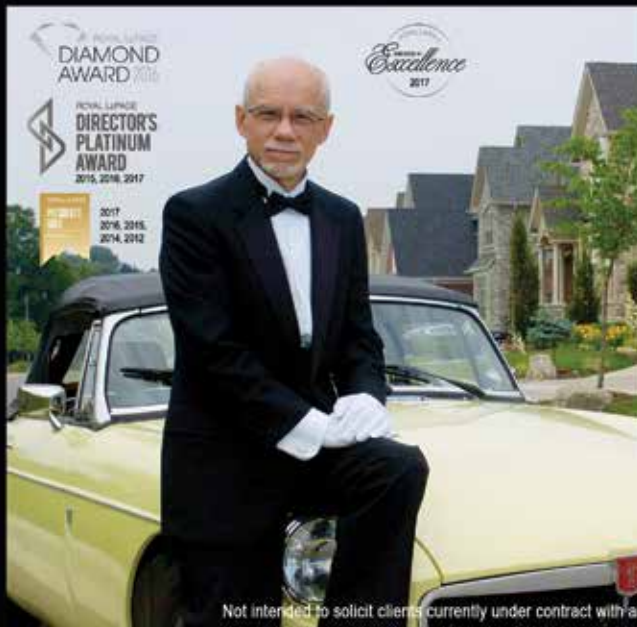
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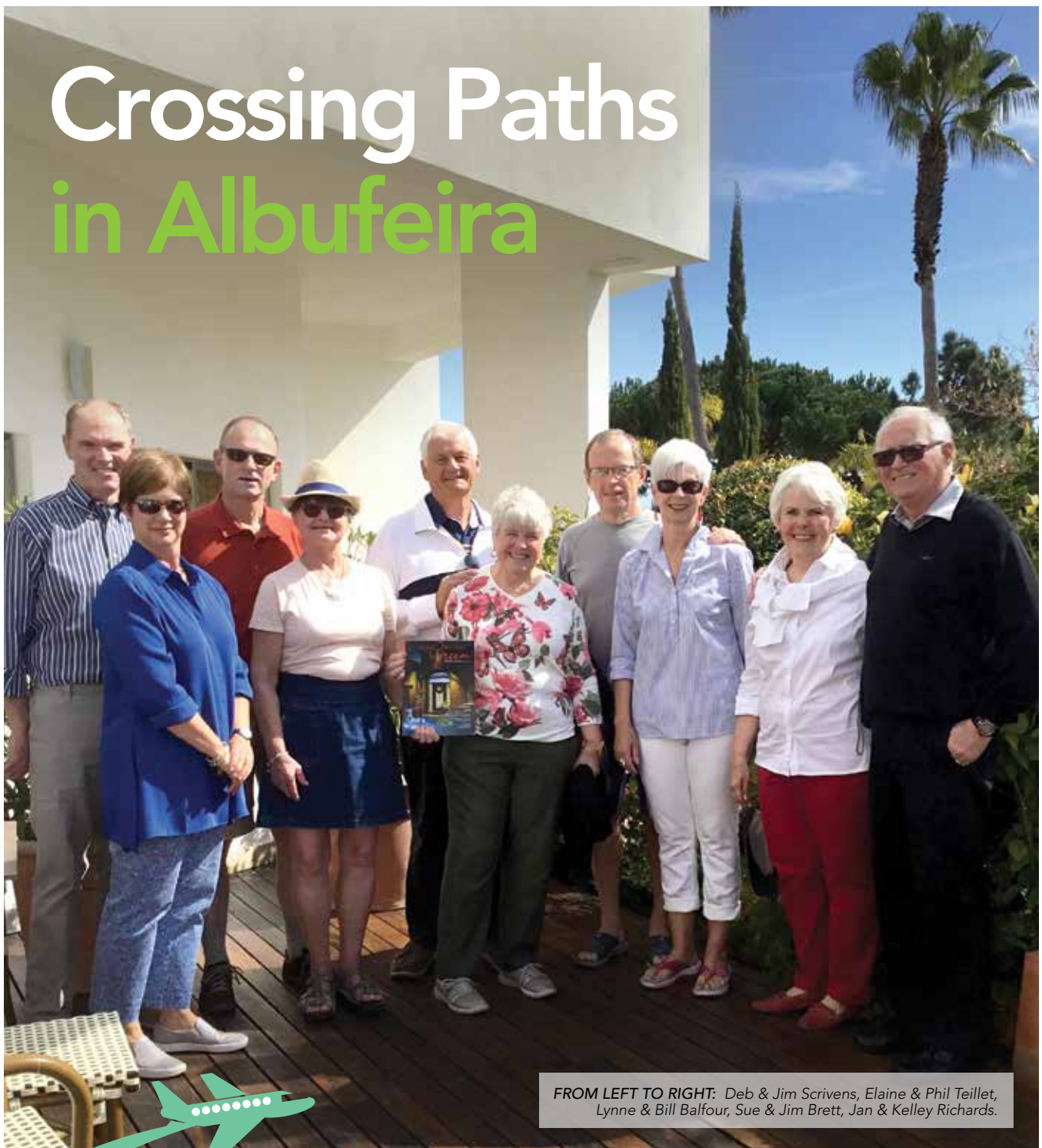
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Crossing Paths in Albufeira



FROM LEFT TO RIGHT: Deb & Jim Scrivens, Elaine & Phil Teillet, Lynne & Bill Balfour, Sue & Jim Brett, Jan & Kelley Richards.

Albufeira, Portugal

HOME
ON THE
GREEN

GOES GLOBAL

BY JAN RICHARDS

This past winter the paths of six Ballantrae couples, Deb & Jim Scrivens, Elaine & Phil Teillet, Lynne & Bill Balfour, Sue & Jim Brett, Jan & Kelley Richards and Barb & Harry Renaud crossed in the southern Algarve region of Portugal. We were all within a short distance of the quaint town of Albufeira, a former fishing village with

a lazy unhurried lifestyle and temperate sunny days. We enjoyed fresh fish dinners and delicious Portuguese custard tarts and had fun exploring the narrow streets while walking on the patterned paving stones (calcada) that are common throughout Portugal. Some of the best beaches (praia) in Europe were an easy walk away.



Fishing Village of Olhos de Agua



Narrow Streets of Albufeira

Sue Brett Enjoying Vinho Tinto!



Barb & Harry Renaud



The Recreation Centre News

BY SUSAN LAROSA

The #1202 board has representation from each of the five residential condo corporations and works on behalf of all Ballantrae residents.

The #1202 board would very much like to accomplish many more projects in a timely manner, but it is conscious of its fiscal responsibilities. It was evident in the survey that residents do not support an additional levee to upgrade some aspects of the Recreation Centre. The board is working on the priority list with fiscal prudence.

Since this fiscal year began in February, the board has addressed the leak issue in the change rooms by replacing the showers and upgrading the floor to a non-skid tile.

In the saunas, the benches and walls were sanded and the floors painted to give them a fresh look.

There have been questions about the stain on the bottom of the pool. The board has been assured that it has no impact on the cleanliness of the pool. The last

estimate we received to address it was in the hundreds of thousands of dollars.

One priority on the survey was the acoustic challenge in three rooms. The board has interviewed four companies and the acoustics and a new microphone system will be addressed prior to the summer.

The fob system at the Recreation Centre will be upgraded at the same time as a new system is installed at the gates.

Thank you for supporting the many programs and events hosted at your Recreation Centre.

Please feel free to contact Olivia Claveau, the property manager of #1202 if you have suggestions or questions: Olivia.claveau@fsresidential.com

See you at the Summer Games,

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.

CALL US FOR:



PHONE: 289-800-2540 (leave a message) or **EMAIL:** help4residents@gmail.com

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

MEDICAL EQUIPMENT now available FOR LOAN
See BGCC website: www.hotg.ca Lynne Balfour, 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.hotg.ca

BY PETER SIMS, WEBMASTER



REDESIGN UPDATE

We hope you will enjoy the changes to our new website.

The address of the new website is www.hotg.ca. You can also reach the website through www.homeonthegreen.ca. In the short term, entering the old address (URL) www.ourbgcc.com will redirect you to the new website. Whatever method you use, please make a new Bookmark/Favourite by clicking/tapping on the star symbol on the top line of your web browser.

MENU

If you are looking at the website on a desktop computer or laptop, you will see the classic menu across the top of your screen. If you are using a device with a smaller screen, the menu has been replaced by a small three horizontal bar symbol at the top right of your screen.

Tap on the symbol and the same menu will drop down. Tap on the down arrow and a further list of pages appears. Tap on the 'X' and the menu disappears.

Although some of the titles may be different, essentially all the content from the old site has been transferred to the new site.

CALENDAR

One of the exciting new features is that Events, both inside and outside our gates, can now be seen in a calendar format. On the Events page, a full month can be seen at a glance. Hover your mouse over an entry and see a preview. Click on the event to open the full description.

This is a new feature for us, so please have patience if a particular link is not working. But do drop us a line so we can fix it.

ON EVERY PAGE

On the right side of each page (except the Home page) you will see four "widgets" - current weather conditions and forecast, a find-it-fast list of popular pages, a search box and a smaller version of the events calendar.





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*Gérard de Nerval
(French poet)*

Ballantrae Book Clubs

BY SHEILAGH MACDONALD AND HELEN MITCHELL

Looking for a good read? Favourites from the members of several book clubs in Ballantrae may give you some ideas. Members meet regularly—some at our Recreation Centre and some in homes. They have donated many volumes to our Recreation Centre library which welcomes fiction and non-fiction donations published in the last 10 years.

AUTHORS, BOOKS & CHAT

(Betty Ann Jarvis)

Camron Wright, *The Rent Collector*

Hyeonseo Lee, *The Girl with Seven Names*

Richard Wagamese, *Indian Horse*

Charlotte Gray, *Sisters in the Wilderness*

Emma Donoghue, *The Wonder*

Bill Browder, *Red Notice*

BOOKIES

(Denise Casey)

Amor Towles, *A Gentleman in Moscow*

Anthony Doerr, *All the Light we Cannot See*

Bill Browder, *Red Notice*

Richard Wagamese, *Indian Horse*

Kristin Hannah, *The Nightingale*

Ursula Hegi, *Stones from the River*

READERS' COMPANION

(Sheilagh MacDonald)

Jan-Philipp Sendker, *The Art of Hearing Heartbeats*

Daniel James Brown, *The Boys in the Boat*

Rachel Joyce, *The Music Shop*

Kate Quinn, *The Alice Network*

Amor Towles, *A Gentleman in Moscow*

Richard Wagamese, *Indian Horse*

THE BOOK BABES OF BALLANTRAE

(Margaret Lunn)

Kristin Hannah, *The Nightingale*

Padma Viswanathan, *The Toss of a Lemon*

Plum Johnson, *They Left us Everything*

Amor Towles, *A Gentleman in Moscow*

Richard B. Wright, *Clara Callan*

Markus Zusak, *The Book Thief*

THE PAGE TURNERS

(Alma Boyd)

Thrity Umrigar, *Everybody's Son*

Tara Westover, *Educated*

Karen Hamilton, *The Perfect Girlfriend*

Kate Quinn, *The Alice Network*

Bill Browder, *Red Notice*

Mark Sakamoto, *Forgiveness*

WINE, WOMEN & WORDS

(Sharon Pearson)

Christina Baker Kline, *The Orphan Train*

Fanny Flag, *The All-Girl Filling Station's Last Reunion*

Ronald H. Balson, *Once We Were Brothers*

Patrick D. Smith, *A Land Remembered*

Kate Quinn, *The Alice Network*

Kristin Hannah, *The Great Alone*

WORDS, WINE & WOMEN

(Alison Scowcroft)

Bill Browder, *Red Notice*

Tara Westover, *Educated*

Ronald H. Balson, *Once We Were Brothers*

Mark Sakamoto, *Forgiveness*

Tara Conklin, *The House Girl*

Caroline Moorehead, *A Train in Winter*

NOTE

Because of Ontario Provincial Government cuts to library programs, inter-library book loans have ceased.



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Retarded Grandparents

SUBMITTED BY SHELAGH HALL

After Christmas, a teacher asked her young pupils how they spent their holiday away from school.

One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa.

They used to live in a big brick house but Grandpa got retarded and they moved to Byron Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck centre, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on.

At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out.

And, they eat the same thing every night --- early birds.

Some of the people can't get out past the man in the doll house.

The ones who do get out, bring food back to the wrecked centre for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.



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