

# HOME ON THE

# Green

COMMUNITY LIFE IN THE  
BALLANTRAE GOLF & COUNTRY CLUB

## In This Issue:

### Profiles:

Artist Josie Schwarzli

Athlete & Entrepreneur  
Phil Jones

10 Reasons Why Wine  
is Good for You

Ballantrae  
Quilting Club's  
Christmas Project



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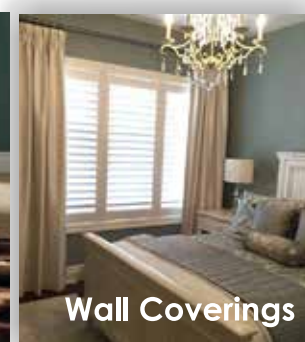
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# HOME ON THE Green

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

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

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**Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in WORD format only to [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com). Home on the Green reserves the right to accept, edit or reject any submitted article. All such contributors are deemed to have consented to the publication – either in print or online – of any information submitted by them.**



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## MESSAGE FROM THE PUBLISHER



Happy holidays! It feels like just the other day I was writing the spring publisher message and here we are nearing the end of another eventful year.

The volunteers at *HOTG* have been kept busy and I wanted to take this opportunity to thank them for all of their hard work and dedication. The editorial team, led by Anita Draycott, deserves special mention as this group of writers, columnists, photographers and proofreaders keep putting out four interesting and gorgeous issues each year. They are able to do this due to the outstanding efforts of our sales team, led by Elaine Saksons. Each year this talented group delivers the revenue that enables us to bring *HOTG* to you. In turn, our advertisers deserve a huge thank you. Many have been with us for years and I encourage you to continue to show your support for all of them. Rounding out the magazine team are the production, finance and distribution folks. We are so fortunate to have all of them as part of the *HOTG* family.

Our big news this year is the expansion of our *HOTG* family to include the community website, [www.ourbgcc.com](http://www.ourbgcc.com). We welcome them to the team in a bigger and more formalized way. Peter Sims, our webmaster, is joining the *HOTG* board and now the board will have responsibility and oversight for both the magazine and website.

For a more detailed description of what exciting changes the website will be undertaking, see Peter's column on page 50.


We continue to look for volunteers, especially photographers. Photos are the most liked element of both the website and the magazine. Whether you are a "shutterbug" or a more casual smartphone photographer, we would welcome your contributions and help. Pat Whittingham has kindly offered to run a couple of sessions to strengthen your photography skills. See his column on page 15 for more information. And if you are interested in volunteering in any capacity, please contact us at [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com).

I will sign off with a favourite holiday quote: "May your walls know joy, may every room hold laughter and every window open to great possibility." (*author unknown*).

Here's to a happy and healthy 2019.

Donna Clark





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# A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



## FOUR MORE YEARS

Jane and I have lived in Ballantrae Golf & Country Club for 15 years. They have been the best and most interesting of our long lives together. I have been the local Town Councillor, representing the BGCC area for the past four years. In October I was again given an overwhelming mandate for the next four years. There are many people to thank for this privilege but first and foremost are the residents of the BGCC community who make up a large section of the ward.

However, the responsibility of the position requires that I represent the needs of many others including the farming community and local business owners, as well as the residents of Musselman's Lake and other sections of Ballantrae. I love the job and assure you that I will work with the elected team to the best of my ability. Thank you all.

## NEW RETAIL IN BALLANTRAE

I was recently introduced to the manager of the coffee shop to be opened in the plaza under construction at Aurora Road and Highway 48. For you BGCC "snowbirds" it will be up and running by the time you return from your winter hiatus. The manager, pictured, is Subash.



Filling the other spaces in the plaza is coming along very nicely. The second floor will be a complete medical centre with three doctors and a dentist having confirmed with signed leases. The main floor will have a large drug store and more.

## FIRE AND EMS SERVICES IN BALLANTRAE

As reported in my last *Home on the Green* article, a ten-year Fire Master Plan for all of Whitchurch-Stouffville was approved during the previous term of council. I am a supporter

of the plan which will have a profound and lasting effect on fire and emergency services for the northern part of the W-S community.

I have spoken many times about the need for 24/7 EMS services within our local community. The challenge to me was always how to provide them in a cost effective,

prudent manner. It meant far more than just hiring a fleet of fire fighters. The Fire Chief and his staff accepted that challenge and now have a plan that we, as tax-payers and bearers of the costs, can live with. There will be a cost passed along to our tax base, but be assured it will be fair and spread out over the next number of years as we progress towards this full service.

Staffing needs in fire prevention and training will begin in early 2019. Next will be the forming of a steering committee (on which I will volunteer) to oversee implementation of required renovations to our local station. Thank you for your patience over this long process.

## BALLANTRAE HOUSING CONSTRUCTION

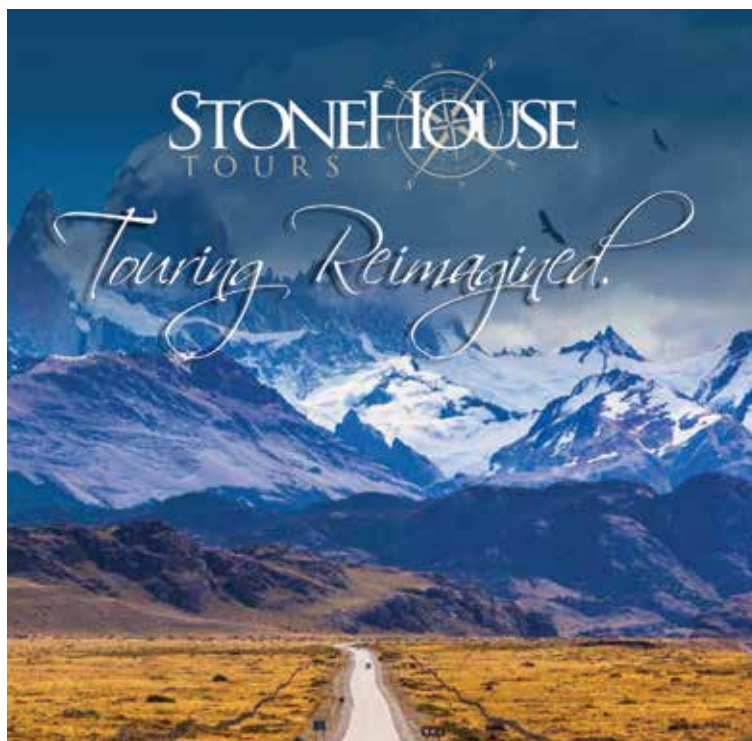
It has been decided to extend Greenan Road east across Highway 48 to form the entrance to the Ballymore sub-division. This roadway will be the only entrance to the project. There will be an exit onto Pettet Road which will be constructed to be available in the case of an emergency.

Another project coming to Ballantrae will be located on the 5.5 acres on the south-west corner (immediately adjacent to the Fire Station) of Ballantrae Road and Highway 48. No official plan has been received by the town but I have met with the owners of this property to discuss the matter. It is their intention to have the property sub-divided to conform with the other 1.25 acre properties in that section of Ballantrae. The project still faces many obstacles and I suspect it will be two or three years before construction begins on the site.

## LEISURE CENTRE IN STOUFFVILLE

During my last term I was happy to represent council on the Building-Expansion Committee for the town-owned Leisure Centre located in Memorial Park. The project was brought in slightly under budget and is a gem of a gathering place for all Stouffville residents. Memorial Park is located between Main Street and Hoover Park Drive. Access can be gained from Park Drive that runs between these two streets.

The facility now contains a completely rebuilt 30,000 square foot library, an in-door pool, an expanded fitness centre, craft and meeting rooms, a sound studio and a fantastic gymnasium. There are many programs geared to seniors including dedicated pickleball times over the winter. I encourage you to check it out.



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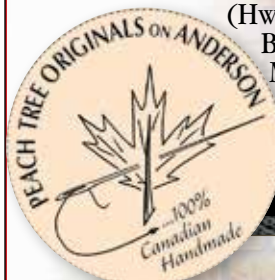
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# A Love of Christmas Music

BY LYNNE BALFOUR



Don't you love Christmas music? The classical pieces have great depth and emotion. Although the popular songs are played in malls and stores too early and too often, many carols are part of our heritage. We would certainly miss *Silent Night* or *The First Noel*.

Residents of Ballantrae Golf & Country Club are fortunate to have a variety of choices for enjoying live music locally.

On Tuesday, December 4, our BGCC choir presented two concerts. The annual sold-out events contained favourites as well as beautiful

pieces new to our ears. Lisa Kyriakides, who has been the choir director for more than ten years, is both personable and innovative. These concerts are always a pleasure.

In addition, on Wednesday, December 12, from 4:00 to 6:00 our own Pacemakers will present their annual Christmas Sing Along at the Recreation Centre.

Many residents attend a York Symphony Orchestra Christmas concert. Held Saturday, December 22 (3:30 and 8:00 p.m.) at Aurora's Trinity Anglican Church, where the acoustics and ambiance are wonderful, it is an annual event for many of us. They also perform an evening concert December 14 at St. Mary's Anglican Church in Richmond Hill.

Stouffville is fortunate to have two renowned choirs: the men's choir, Men of Note and a women's choir, Bach to Blues, both of which perform Christmas concerts.

We grew up with the music of the *Nutcracker Suite* performed every December by the National Ballet of Canada. We were amused by our young granddaughter, who was more impressed by the mouse that scooted across the stage (not real, part of the show) than the dancers or costumes. Children always see things differently. Hopefully the music was absorbed subliminally!

Locally, in Markham's Flato Theatre, Canada's Ballet Jorgen will perform the *Nutcracker* in a smaller but great theatre on December 30. At Stouffville's Nineteen on the Park, the Motus O dance company perform their version of *A Christmas Carol* on December 22.

Of course, Handel's *Messiah* is a great favourite, whether in part or whole. The Toronto Mendelssohn Choir and Toronto Symphony Orchestra perform it every year in December as does Tafelmusik.

Parades, parties, and family gatherings are all part of the season but the music is certainly irreplaceable.



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# Family Holiday

BY  
PAT WOOD



I think I've driven to Florida for the last time. This past September, Hubby and I decided to join our son and his family in Daytona for some family bonding at the beach.

We hadn't driven south for four years. OMG I think they moved the place. Three seven-hour days on the way down were worse than a 14/7-hour two-day return. No music or talking books could help dispel the agony of getting out at the rest stops.

What had happened to us? That's a rhetorical question, for which we all know the answer. We used to make the trip yearly, sometimes driving right through as our son does now. Although we've always stopped over in recent years, I used to enjoy the drive as part of the holiday.

We still load up the car with sandwiches and snacks on the off chance there might be a food shortage on the roadside. I think this had more to do with Hubby's proclivity to get the bit between his teeth like an old horse and head full steam to his destination. If the gas tank and our bladders were large enough, I'm sure we'd go without any stops at all.

But things change, don't they, and you know how much I like that! Hubby used to be the most immaculate packer, with everything in an assigned place. Now he has fallen into my style of throwing everything in and hoping for the best. Not so good when you have to find and retrieve anything.

Nevertheless, we arrived safely, albeit somewhat stiff and grumpy. We stay at a "mom-and-pop" motel, right on the beach, because our son likes it there. Clean and simple, the place has a water slide and programs for the kids. Like a good grandma, I even played bingo one day (I hate bingo). I did not, however, chance the slide. I watched a few other chubettes do the deed and hit the water like they were fired out of a cannon, so in spite of much family coaxing, common sense prevailed.

I spent my days poolside, looking at the sea, reading, chatting, swimming in the pool and sipping my drink. The drink of the day and every day was a Cuba Libre, (rum and coke with a lime in it), tasty under any circumstances, but especially enjoyable in my shady spot.

Every morning after breakfast and the crossword, Hubby and I would load up the equipment and head to the pool.

We like our own more comfortable chairs, the umbrella, the beach bag and the rolling cooler filled with drinks, nibbles and maybe a sandwich. Duly lathered up with sunscreen, we'd go about ten when the pool was mostly empty and stay 'til four or five. Then back to our room for a shower and a light dinner. We did go to the dog races one night, and bought and cooked up some fresh shrimp, but otherwise just lazed around. I still can't figure out how you get so tired doing this.

We had a fabulous time with our son, his wife and our three grandkids. It's lovely to float around with your granddaughter, hugging and chatting and enjoying each others' company. The one-on-one time with each of them was special. Hubby had a great time with the kids in the ocean, even though getting bashed in the surf left him with more aches and pains than it used to.

The hotel is pretty lenient with rules so sometimes there was even a swim-up bar poolside in the late afternoon for me and my daughter-in-law. Yes, I still managed to climb the steps to get out of the pool.

So, all in all, the drive was worth it. Arriving home on Thanksgiving, we stopped at Swiss Chalet for the festive special and returned to our nest in Ballantrae. I love my nest. And I have a sneaking suspicion I won't be leaving it as often. That long drive out to Wyoming I've always wanted to take is probably off the table. Having said that, I was only home one day and Betty Shukster signed me up for a travel talk!





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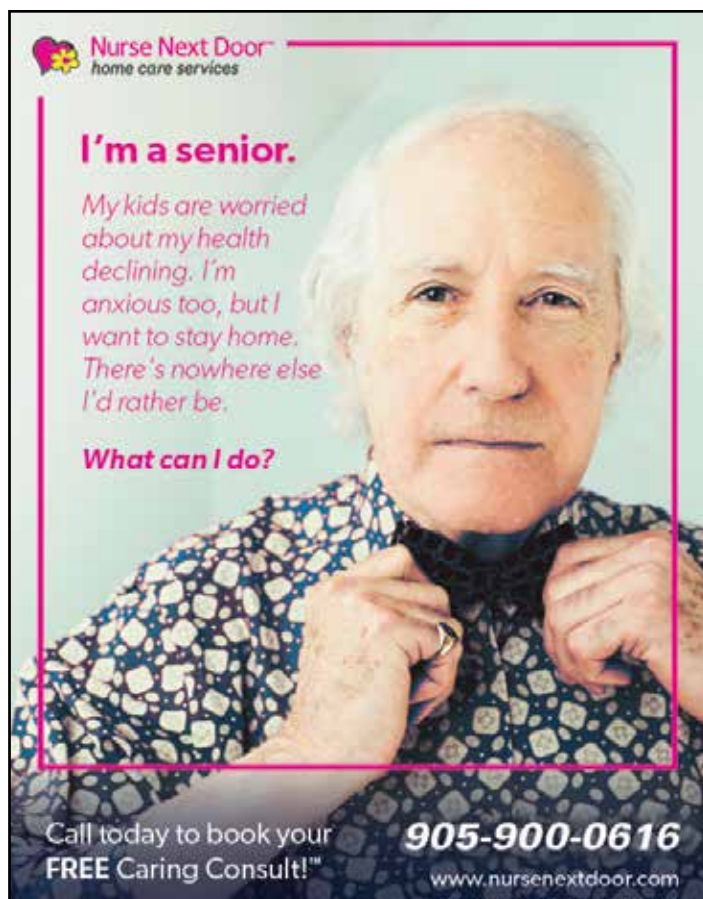
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# The Art of the Deal; Buying a Car (Part 2)

BY KEN MIYAUCHI



Negotiating is a learned “art.” With a little training and practice, anyone can become a successful negotiator and buying a car becomes a lot of fun. Let’s discuss the techniques that make it fun.

Some like to send emails to dealerships to troll for a good deal. I prefer the face-to-face method as this enables me to see their “body language” to assist my negotiations. Perhaps a combination of the two might work best.

Experts suggest that the best times to negotiate are during the winter (particularly during or just after a snow storm), on a Monday evening, near the end of the month (when a salesperson needs your sale to achieve a bonus) or around closing time. Other good times are the beginning of a month when the manufacturers announce new specials and at the beginning of a new model year when last year’s model will be discounted to clear out the remaining inventory.

Take all of your research, put on your best poker face and remind yourself that you are in control. Before starting negotiations, ask to meet the manager who will be accepting the offer and size him up. Let him talk and convince you that he is ready to deal. Look around the office for sales contests or other information that might help in the negotiation.

Never make the first offer. Insist that the salesperson offer you a good price. Your first counter offer should be very low so that it is rejected. If you have a trade-in, don’t mention it until your first offer has been rejected and you know the dealer’s next counter offer. Sources

such as the Canadian Black Book will identify the average value of your trade-in. By negotiating them separately, you will know the cost of the new car and the separate value of your old one. If acceptable, factor this into your next offer. If the trade-in value is too low, consider selling the used vehicle privately.

From this point on, it is a back and forth process of counter offers. If price becomes a stumbling block, try “bundling” by including other options instead of lowering the price. Ask about “dealer invoice pricing” (e.g. dealer invoice cost plus \$100) as another option but be aware that this is not the true dealer cost.

Keep the discussion light and business-like. A “win-win” negotiation keeps everyone engaged. Silence is your ally. Pauses and hesitation are uncomfortable, especially if the salesperson thinks you’re about to walk. Time is your best friend. The longer the salesperson and dealer spend with you, the more they will be unwilling to let you walk away and leave empty handed.

Once you have agreed on the deal, the contract is binding. It is final and there is no cooling off period.

When picking up your new vehicle, you will be directed to the financial manager to discuss financing and dealer options. Dealer options are rarely good deals. You can often find the same items elsewhere, for half the price. Sometimes you can do a little “horse trading.” I once accepted a loan for one week and received three dealer options in return. In this case, the dealer had a financing quota and was most anxious to have me finance my car, no matter how short the term.

The final step is to receive your new car. Inspect it thoroughly and ensure that the salesperson demonstrates and sets up the car’s features.

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# I am NOT a Christmas Present!

BY  
ENID SANDERS



What happens when your favourite grandchild is begging for a new pet, Christmas is just around the corner and you would love to become the favourite grandparent?

It would be so easy to fall into the trap – go to a rescue society or a proper breeder and bring home that beautiful puppy, wrap it up with a big bow and place it under the tree. Can you just picture the happiness on that child's face? Can you just see the despair on her parents' faces?

Please think again. There are many reasons why a pet does not make a good present.

The holidays are already a busy time for families. Do you really want to make them more hectic with the addition of a new pet? Imagine how frightening it is for a new puppy or kitten suddenly to be surrounded by squealing children who all want to hug and kiss it. The time to introduce a new pet to the family is when everyone has been prepped for the addition and is ready and willing to give the pet the time and attention it needs.

Choosing a pet should be a joint family decision and should definitely not be chosen by the giver of the proposed gift. A family has to decide what type of pet they want, if they can afford the costs associated with owning a pet, and if they have time to properly train and take care of the pet.

This is not a decision to be made lightly. Many dogs and cats live 12 to 15 years so adopting a pet is a long-term decision and should not be made by an outsider.

The poor puppy or kitten that has been given as a gift, only to find out that the family cannot take care of it, suddenly ends up in a shelter or even worse, is abandoned.

One should never give a pet as a surprise – you must always ask first. It is important to avoid impulsive decisions. It is so easy to go to a shelter and see that beautiful kitten with the big eyes that just seems to be begging to come home with you. Now take it home and give it to your best friend's child as a gift and wait for the happiness on the child's face to change to sadness when the parents say that she cannot keep this kitten. You are no longer the good guy.

It is best to wait until the holidays are over. Then you can take the time to make a proper decision and adopt the pet that is right for whomever you want to give it to. That person needs to be part of the decision making.

Small children may unintentionally harm animals when they think that they are playing. It is important to remember that puppies, kittens, bunnies, or any baby animals are especially vulnerable to harm.

Remember, children always think that they want a puppy or kitten, but children often lose interest when they discover that this pet is not just for playing, but that it involves a great deal of work as well.

Animal shelters are filled beyond capacity with homeless animals, many of whom were former pets that for one reason or another didn't fit into someone's lifestyle. No matter how much they would like to, many people who receive animals as gifts find that they are unable to make the lifelong commitment to care for their new companion and guess where that poor pet ends up?

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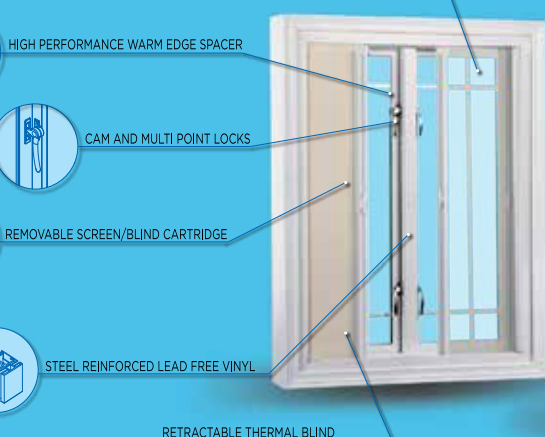
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# Calling all “Luminaries” and “iPhonographers”

BY PAT WHITTINGHAM



This magazine depends on high-quality images taken by a very small group of volunteer photographers with various kinds of cameras. Many more of our residents have recent iPhones that are capable of taking photographs which, if used carefully, are well suited to our community website and at times the magazine. The capabilities of smart phones expand with each generation.

Pictures for the magazine are often optimized before publishing to remove shadows or background confusion, to eliminate flare/blown highlights and to adjust exposure/colour.

*HOTG* needs a few good photographers to support the publication and our community website so we may all enjoy seeing timely images of our extensive activities. To encourage your photo participation as a volunteer, I am announcing two initiatives to commence this winter and to continue through late spring.

First is the *HOTG* “Luminary” mentorship program for enthusiast photographers. We have several members of the Photography Club who purchased the extraordinary Sony RX10 III and

RX10 IV cameras. For those owning these cameras, I will conduct hands-on workshops and one-on-one tutorials to help you master this camera and to assist in developing your creative skills. For those of you who aspire to join these tutorials and do not possess such a camera, the magazine is considering the purchase of one loaner camera with external flash, thus allowing you to develop your skills to carry out assignments. Those completing the program will be referred to as the *HOTG* Luminaries and they will take on the most demanding assignments. The program will provide copies of advanced operation manuals for

these cameras. Training will be tailored to your availability. I am also prepared to conduct similar training for other suitable cameras when numbers justify the investment in time.

Second, for those with iPhones willing to take on assignments in support of our community social activities, I will conduct a number of workshops to enhance your skills in using the iPhone as a photographic tool. A condition of attending is your willingness to shoot for the community for a year. Suitable instruction material (e.g., *Enthusiasts Guide to the iPhone*) will be provided in electronic form.

It is with sadness that Eleanor and I will be departing Ballantrae next year as we move to Burlington to be nearer our grandchildren. Having shot and edited for the magazine for more than ten years and having supported our website with content from its inception, I want to use some of my remaining time here to pass along my photographic knowledge.

If you are interested in either program, please contact me at [p.whittingham@rogers.com](mailto:p.whittingham@rogers.com).

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# New Gadgets

BY ALEX FLOW

## APPLE WATCH 4

Al Moldon has worn an Apple Watch for some time and is an enthusiastic supporter of the new Apple Watch 4 that he demonstrated at the last meeting. The display has narrower borders to enable a viewing area that's over 30 per cent larger. Curved corners precisely match the radius of the case, creating a more continuous appearance. The new infographic watch face can accommodate up to eight features, so you can see more and do more at a glance: i.e., air quality index, UV index, heart rate, activity, music, workout, breathe, weather. It delivers up to 18 hours of battery life on a single charge. For an enhanced version of Siri, just raise your wrist. Apple Pay lets you charge purchases to your credit or debit card simply by holding your watch up to the checkout reader. Stream anything from Apple music and Apple podcasts directly from your wrist. The Walkie-Talkie app lets you communicate in a fun, new way with anyone who has an Apple Watch. Just press to talk. Let go to listen.



Built-in cellular keeps you connected no matter where you go; you can take calls, send texts, listen to voicemail. You use your regular cell phone number.

Apple Watch 4 regularly monitors your heart throughout the day, so you can check your heart rate anytime and keep track of your heart's performance. What's more, if it detects unusually high or low heart rates, it alerts you. All your heart data, as well as information from your health and fitness apps, are collected in your iPhone Health app. Activity, sleep, and nutrition are highlighted there in one snapshot.

With the new accelerometer and gyroscope, Apple Watch 4 can detect that you've fallen. If this occurs, a hard fall alert is delivered and you can easily initiate a call to emergency services or dismiss the alert. If you're unresponsive after 60 seconds, a call to 911 will be placed automatically and a message with your location will be sent to your emergency contacts.

Some folks may consider these Apple Watch 4 new features an important option if they are considering

getting or replacing the alert pendants they currently wear. The pendants usually require the person to tap a button after a fall and the service can cost \$30 to \$50 per month. The Apple Watch with cell capability costs \$10 per month.

## FOR YOUR CAR

Al demonstrated some items that can enhance your car capabilities, particularly if you don't have a brand new vehicle. The item that most impressed me was a Detuosi Wireless Car Charger, available from Amazon.ca for \$56.99. This unit attaches to your dashboard/windshield or to your air vent. It provides one-hand installation – tap the button on the side, place the phone on the pad and the arms lock in place. The package also includes a car adapter. Get all iPhone capabilities hands-free.

Al also recommended using Waze, a navigational aide for drivers, providing real-time traffic alerts from actual humans, and routings that can more intelligently direct you around backups such as accidents, items in the road, and law enforcement activity. When you're out of town, it's useful to see the speed limit right on the screen. Your actual speed is shown as well as a red alert when you're exceeding the limit.

## SPEED UP YOUR COMPUTER

Finally, Al discussed the problem some of us are having with computers that are slowing down. With the increasing size of Windows 10, the installed hard drives slow down and defragmentation only helps marginally. Al's solution is to replace the current hard drive with a Solid State Drive (SSD). This speeds up the computer significantly, but does require some complicated installation. You are advised to call Al or Brian about this process. Al's suggested replacement is the WD Blue 3D NAND 500GB PC550-SATA 2.5," available from Amazon for \$109.99. There is also a 1TB version available (\$199.99).

If you are thinking about purchasing a new computer you might want to consider an upgrade to an SSD.



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# Active Aging

BY DAYNA STODDART



For the 10<sup>th</sup> consecutive year Active Aging Week (September 24 to October 3) was a huge success. More than 300 Ballantrae residents attended workshops facilitated by 26 experts. We also offered free trial classes to new fall programs this year.

The objective of this annual health promotional event is to give as many older adults as possible the opportunity to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles.

## THIS YEAR'S EXPERTS ARE LISTED BELOW.

**Ashley Kwong,**  
Memory and Company

**Vicky McGrath,**  
Nurse Next Door  
Home Care Services

**David Kiernan,**  
Cardiac Rehabilitation  
and Prevention at  
Southlake Hospital

**Dr. Brandy Pridham,**  
Naturopathic Doctor

**Michelle Davis,**  
Community Engagement  
Specialist at Tweed Inc.,  
Medicinal Cannabis

**Beata Blajer,** Registered  
Dietician and Certified  
Diabetes Educator,  
Southlake Hospital

**Yasmin Visram,** District  
Stroke Coordinator for  
York at the District Stroke

Centre, Mackenzie Health  
York Region Paramedics  
**Dorothy Ratusny,**  
Certified Psychotherapist  
& Meditation teacher

**Dr. Meagan Lynch,**  
Chiropractor

**Herb Rempel** who led  
a panel of experts:

**Eric Tappenden, Bob  
Herbert, Ian Ross Pelman  
and Robert Davies**

**Outi Leis,** Health and  
Exercise Practitioner

**Scott Dunne,**  
Physiotherapist and  
owner of Athletify

**Heather Roache,**  
Bayshore Home Health

**Laura Kaufer,**  
Registered Acupuncturist

**Stacey Mendonca &  
Jaime Cruz** from Alzheimer's  
Society of York Region

**Dr. Andree Ann Cyr,**  
Professor and Researcher  
at York University

**Dr. Ali Waseema,**  
Stouffville Family Dentistry

**Rita Mustafa,**  
Holistic Nutritionist

**Kelly James,**  
Delmanor Retirement  
Communities

**Anna Malfara,**  
Gerontological Nursing  
Association of Ontario

**Linda Varnam,**  
Certified Level 2 Tai Chi  
Qigong Instructor

**Marie Walker,**  
Certified Group Exercise  
Fitness Instructor



**Chair Fit with Outi:**  
Thursdays 10:45am – 11:30am



**Forever Fit with Marie:**  
Wednesdays 6:30pm – 7:30pm



**Tai Chi Qigong with Linda:**  
Wednesdays 1:30pm – 2:30pm



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# About Shingles?

BY JAN RICHARDS



**DO YOU KNOW** that shingles is a viral infection which appears as an itchy painful skin rash on one side of your face or body, leaving nerve damage that may produce localized discomfort lasting months or even years? Signs and symptoms of shingles include a painful blister rash, tingling sensations of itching, burning and numbness, nausea, headache, fever, chills, photosensitivity, muscle pain, extreme fatigue and sensitivity to touch. The sooner these symptoms are identified, the faster treatment can begin. Shingles is caused by the chickenpox virus (varicella zoster), which becomes dormant after childhood illness and resides within the nervous system. It is often reactivated in folks over 50.

**DO YOU KNOW** that presently there are two vaccines available in Canada for the prevention of shingles – Zostavax II and Shingrix? Shingrix, the new vaccine approved by Health Canada in October 2017, stimulates your immune system to produce more antibodies to help boost the body's response to antigens (toxins or foreign substances). Shingrix is given in two intramuscular injections over two to six months. You need to receive both doses for the vaccine to be fully effective.

**DO YOU KNOW** the cost of Shingrix is approximately \$150 per dose (\$300 for two doses) and is not currently covered by OHIP for any age group? The cost, however, for Zostavax II is still covered for individuals aged 65 to 70 years in Ontario. However, studies show that it is only 35 per cent effective six years post vaccination.

**DO YOU KNOW** that the efficacy of Shingrix is 97 per cent in adults aged 50 to 69 years and 91 per cent in adults 70 years and older? Overall, compared to Zostavax II, Shingrix has a higher and longer lasting effectiveness. But there are side effects – the most common being localized pain, redness and swelling at the injection site, muscle soreness, headache, stomach upset, chills, fever and tiredness. Generally, these complaints resolve in less than three days; more serious complications may include postherpetic neuralgia which affects nerve fibres causing persistent burning pain.

Since the Shingrix vaccination is not appropriate for everyone, especially those with a weakened immune system, speak to your doctor to assess the suitability of this new inoculation for your well being. Protect yourself from an unwanted painful infection.

# Welcome The Holidays With a *Cocktail Party!*

BY JOHANNA BURKHARD



A cocktail party is a great way to gather together old and new friends over drinks and delicious food. Here are some easy-to-make appetizers to accompany a fabulous eggnog or other festive tipples.

## WARM BRIE WITH CRANBERRY AND PECANS

**MAKES 8 SERVINGS**

**¼ cup (60 mL)** finely chopped pecans or walnuts

**¼ cup (60 mL)** finely chopped dried cranberries

**1-½ tsp (7 mL)** finely chopped fresh rosemary (optional)

**1 wheel (8 or 10 oz/ 250 to 300 g)** Brie or Camembert

**2 tbsp (30 mL)** honey Dijon mustard

Apple or pear slices

### Crackers

1. In a shallow bowl, combine pecans, cranberries and rosemary, if using.
2. Using a spatula, spread sides of cheese with about half of the mustard. Roll sides in nut mixture.
3. Place Brie on a baking sheet lined with parchment paper. Spread remaining

mustard over top and sprinkle with remaining nut mixture. Pat lightly for coating to adhere.

4. Bake in a preheated 350°F (180°C) oven for 8 to 10 minutes or until cheese just starts to ooze out of side. Transfer to a serving plate and accompany with apple and crackers. Serve immediately.

## SMOKED SALMON DIP

*You can make this a few days ahead of your party. Serve with crostini or crackers and assorted vegetables for dipping.*

**MAKES ABOUT 2 CUPS (500 ML)**

**1 can (7½ oz/ 213 g)** wild sockeye salmon, drained and skins removed

**4 oz (125 g)** light cream cheese, softened

**1 cup (250 mL)** light sour cream

**3 oz (90 g)** smoked salmon, finely chopped

**2** green onions, finely sliced

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

**1 tbsp (15 mL)** fresh lemon juice

**½ tsp (2 mL)** grated lemon zest

Freshly ground black pepper

Hot pepper sauce to taste

1. In a bowl, blend cream cheese and sour cream until smooth. Add canned salmon and mash in.
2. Stir in smoked salmon, green onions, dill and lemon juice and zest. Season with pepper and hot pepper sauce to taste. Cover and refrigerate until ready to serve.

## ARTICHOKE CHEESE CROSTINI

*This is one of my easy favourites. Assemble appetizers shortly before baking or crostini will soften.*

**MAKES 24**

**1 jar (6 oz/170 mL)** marinated artichokes, well drained and finely chopped

**½ cup (125 mL)** shredded Gouda or Cheddar cheese

**¼ cup (60 mL)** freshly grated Parmesan cheese

**¼ cup (60 mL)** mayonnaise

**½ tsp (1 mL)** dried oregano





**24** crostini**¼ cup (60 mL)** finely diced red bell pepper**8** pitted Kalamata olives cut into thin slivers

1. In a bowl, combine artichokes, Gouda, Parmesan, mayonnaise and oregano. (Make the artichoke spread up to 3 days ahead, cover and refrigerate.)
2. To serve, spread artichoke mixture over crostini; top with red pepper and olive slivers.
3. Arrange on baking sheet lined with parchment paper. Bake in preheated 375°F (190°C) oven for 10 to 12 minutes or until tops are bubbly and edges are golden. Serve immediately.

Crostini (toasted baguette slices): Cut a thin baguette (about 300 g) into ¼-inch (5 mm) diagonal slices. Arrange in single layer on baking sheets. Lightly brush slices with olive oil or melted butter. Bake in preheated 375°F (190°C) oven for 8 to 12 minutes or until golden, rotating baking sheets once during baking. Time will depend on your oven and brand of baguette. Let cool completely and store in airtight containers up to two days, or freeze. If necessary, re-crisp the crostini; place on a baking sheet in a hot oven for a few minutes.

## CORIANDER CHICKEN MEATBALLS WITH TZATZIKI MINT SAUCE

The lemon zest and coriander give these meatballs a terrific flavour. I like to bake the meatballs ahead and freeze in airtight containers. Arrange while still frozen on a baking sheet and reheat in 375°F (190°C) oven for about 8 minutes or until piping hot.

**MAKES 36 MEATBALLS****1** egg**3** green onions, finely chopped**1-½ tsp (7 mL)** ground coriander**1 tsp (5 mL)** grated lemon zest**½ tsp (2 mL)** salt

Freshly ground black pepper

**1 lb (500 g)** ground chicken or turkey**1 cup (250 mL)** panko (Japanese bread crumbs)

Vegetable oil

**1 cup (250 mL)** tzatziki (Greek yogurt sauce)**2 tbsp (30 mL)** finely chopped fresh mint or cilantro

1. In a bowl, beat egg; stir in green onions, coriander, lemon zest, salt and pepper; mix in chicken and ½ cup (125 mL) panko until well blended.
2. Place remaining ½ cup (125 mL) panko in a shallow bowl. Line a large rimmed baking sheet with parchment paper. With wet hands, shape meat mixture into 1-inch (2.5 cm) balls and lightly roll in panko crumbs (not a heavy coating). Arrange on baking sheet. Brush tops with oil.
3. Bake in preheated 375°F (190°C) oven for 16 to 18 minutes or until lightly browned. Drain on paper towels.
4. Meanwhile place tzatziki in a serving bowl and stir in mint; serve with meatballs.

## SNOWFLAKE EGGNOG MARTINI

Ballantrae resident, Linda Messner, has been sharing this good cheer with friends since 1985. Serve in martini glasses for a glamorous presentation. (The method has been slightly revised from Linda's original recipe for health safety reasons. See below.)

**MAKES APPROXIMATELY 4.5 L EGGNOG****12** eggs, whites and yolks separated**¼ tsp (1 mL)** salt**1-½ cups (375 mL)** granulated sugar, divided**2 cups (500 mL)** white rum**1 cup (250 mL)** bourbon**1 L** whipping (35% BF) cream**1 L** whole (3.5% BF) milk

1. In a large bowl, using an electric mixer, beat egg whites and salt until soft peaks form. Beat in ½ cup (125 mL) granulated sugar, a spoonful at a time, until stiff.
2. In another large bowl, using an electric mixer, beat yolks with remaining 1 cup (250 mL) sugar for 3 minutes, or until thick and creamy. Whisk yolk mixture into egg whites until thoroughly blended. Whisk in rum and bourbon.
3. Pour into an airtight container and refrigerate for 3 weeks to age.
4. In a large bowl, using an electric mixer, beat cream until soft peaks form. Beat in milk until smooth. Combine the whipped cream mixture with aged eggnog mixture and stir well.
5. Pour into airtight containers and refrigerate. Stir well before serving.

Safety of using raw eggs in eggnog:

Salmonella, a bacterium that can cause food poisoning, is not very common in Canadian eggs. However, some people are more susceptible to it, particularly young children, the elderly, pregnant women and people with weakened immune systems. Therefore Health Canada recommends that eggs be cooked thoroughly when serving to people in these high-risk groups.

While the Snowflake Martini recipe calls for raw eggs and a good dose of spirits, the method has been modified to conform to new research that shows raw eggs can be safely used in this favourite holiday tippie.

According to Cooks Illustrated magazine, microbiologists from New York City's Rockefeller University added salmonella bacteria to a batch of eggnog and analyzed the bacteria content over a three-week period. By the three-week mark, the alcohol had rendered the eggnog completely sterile and safe to drink.

If you have a similar eggnog recipe that calls for raw eggs, follow these suggested changes:

- Use 1½ oz (50 mL) 80 proof liquor for every egg.
- Age eggnog in the refrigerator for a three-week period.
- Add dairy (cream, milk) only when eggnog has completely aged so as not to dilute the alcohol concentration.



# Annual Ballantrae Craft Sale

BY KAREN CLARK

## BEHINDS THE SCENES

**Congratulations** to Carole McNaughton (left) and Sheila Armet (right) and their respective husbands/helpers, John and Peter, for coordinating an exciting array of crafters for the annual Ballantrae Craft Sale. Shoppers were delighted to see repeat sellers and eager to explore the new vendors. Raffle sales generated over \$300 for the Cancer Society.



## JEWELLED MEMORIES

While travelling in England, long time friends, Joyce Taylor (left) and Ballantrae resident, Lynne Gauld (right) were intrigued with a wreath they saw at Harrods department store. Decorated with vintage jewelry, it made a beautiful but pricey piece—700 pounds was out of their budget! “We could make that,” they said. Scouring flea markets and antique sales, they create bejeweled wreaths. They will also make custom pieces using perhaps a mother’s jewelry...a cherished keepsake to remember a loved one.



## TEA ANYONE?

New to Ballantrae, Susan Wilson was excited to talk about her passion for taking something old and repurposing it. She turns china teacups into candles and china creamers into homes for potted plants. Her mother, Jane Thompson, helped with the brisk sales of the tea-themed wares.



## ALL IN THE CARDS

Active Ballantrae Social Committee member, Gail Knaggs (right) finds time to create and teach the art of crafting personal greeting cards. Seen here with Eileen Perron, the friends share a chuckle over a funny saying.





### GILLIAN'S GEMS

Gillian Blake started her burgeoning jewelry collection by creating *Breast Cancer Bracelets* to raise money for the Markham Stouffville Hospital. Branching out to earrings and recently to necklaces, Gillian's favourite designs have a Christmas theme.



### CLOSE KNIT

Lori Hipp's (left) passion for knitting, which she learned from her "aunt," shows in her joyful collection of children's toys—from alligators to spaceships, mermaids to swans. Lori donates most of her knits to the Needlework Guild of Canada. Money from the Ballantrae sale will go towards more wool and in turn more toys for charity.

Always wanting to recreate the angora Christmas stocking that her mother had made for her many years ago, Anita McDougald (right) has perfected her knitted stockings. Complete with mohair for the beards, glistening golden threads and beads festooning the trees, her mother would be proud of the festive keepsakes.



### ALL SQUARE

You never know what unique things Ballantrae people are doing in their basements. Tom Higgins constructs trivets using graphic tiles placed in painted wooden frames. He shared his hobby for the first time at the craft sale.



### STICK IT!

Eric Milne has the perfect solution for keeping your greenside golf clubs high and dry. Stick the steel "cane-like" holder into the ground and your putter and wedges (hopefully NOT the sand wedge) will stand up while you make your par.

### SCARF LADY

Pauline Reiger gave demonstrations on various ways to wear her custom scarves.





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# Off To The Races

BY PAT WOOD

On a steamy day last summer, a bus full of "Ballantrites" headed out for our annual day at the track. Woodbine is currently undergoing a facelift with lots of construction and chaos as they build a new casino and hotel complex nearby.

Nevertheless, our happy group of gamblers attacked the slots, enjoyed the lavish buffet and mostly donated generously to the renovations. The computer doctor's computer picks never left the starting gate so we had no winners at all this year, although we did come within a nose in one race. The doctor makes it fun but has to redeem his machine's credibility next year.

Ron and Ann Brewing did their usual great job of organizing the event. Herding cats comes to mind and we thank them for their efforts and patience.

John Gorman and Joyce McLeish had us in stitches on the return trip with their discussion of tassels, the size and type of which we were uncertain. In this happy mood we returned to a major downpour while exiting the bus. Slightly damp, we agreed it was another fun day with good neighbours!



# A Day at Georgian Downs

BY PAUL MAK

We arrived at the Recreation Centre to find a friendly crowd chatting away. After we got underway, Mariette Blouin-Johnson, our organizer, handed out candies and bottles of water. There were also draws for prizes on the bus.

After a short ride, we arrived and went through customer ID check and account setup before trying our luck on the slot machines. Nobody had big winnings, but everyone had a good time.






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*Club Championship Winners:  
(from left to right) Karen Hewitt,  
Lida Newman, Lorraine Farro,  
Jane Simard, Maureen Zinner.  
Absent: Joyce Dow, Adele Mariani*

# Ballantrae Ladies' Golf League

BY SANDY HINCH

Well the 2018 golf season is in the books! It was a very warm and dry summer, except when we had special events. Our "Bring a Friend" event was well attended but sadly the ladies were only able to play nine holes. However the coordinators of the event were well organized with "goodie bags" for all and special events on the course. When more than 60 ladies landed in the restaurant for lunch the staff did a great job to accommodate us all.

Our Championship Day was also plagued with rain and had to be postponed until the following week. The winners were Lorraine Farro, with a low gross of 86; the low net of 70 was captured by Joyce Dow. Jane Simard came second; Adele Mariani was third. Prizes were also awarded to the low net in each flight and the winners were: "A" flight - Lida Newman and Maureen Zinner; "B" flight - Jane Simard; "C" flight - Karen Hewitt.

Our closing luncheon was well attended with good food and generous gifts from our supporting sponsors. We look forward to another great season in 2019. Please mark Monday, April 29, 2019, on your calendars to register for the new season. Have a great winter and see you in the spring.

For more information contact [sandyhinch@hotmail.com](mailto:sandyhinch@hotmail.com); 905-591-3552 or 416-522-5364.



*Coordinator Sandy Hinch with 2 new committee members:  
Gail Kostandoff (left) and Rosemary McPherson.*

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# Ballantrae Men's Golf League

BY PHIL KOSTANDOFF



**This year was the most successful year ever.**

In the 22 weeks of scheduled events, players won more than 180 prizes, medals and trophies. Thanks to our weekly Closest to the Pin sponsors – Amica Unionville & Newmarket, Dixon Garland Funeral Service, FirstService Residential Ballantrae, and Inside Out Decorating Stouffville—for their generous support.

The Bill Burrow Team Championship, the Ryder Cup team challenge for the Carrick Cup and the Individual Championship were three events that provided members an opportunity to demonstrate their golf expertise. Georges Simard scored an even par 72 playing in the individual championship.

The Bill Burrow team champions were Peter Keast, Connie Nucci, Keith Hawthorn and Geoff Moffatt. The individual champions were Georges Simard for low gross white tees; Ken MacKenzie for low net white tees; Mike Adam for low gross blended tees; Bob Baker for low net blended tees; Henry Adach for low gross red tees; and David Rushton for low net red tees. Each player received a trophy in recognition of his achievement.

Each year the Men's League members donate funds to support Prostate Cancer research. The money is donated to the new prostate cancer research and treatment facility at Sunnybrook Hospital. The donation this year was \$13,000. Thank you members.

After 17 years of organizing the weekly men's golf activities, I am retiring and passing the torch to Jay Adams along with Bob Craig, Derek Johnston, Bill Hewitt and Norm Bresser.

To register for the 2019 golf season, contact Jay Adams, 905-640-2843 for details.

2018 Carrick Cup Winners





Low Net White Tees -  
Ken MacKenzie



Low Net Red Tees -  
Dave Rushton



Low Gross White Tees -  
Georges Simard



Low Net Blended Tees -  
Bob Baker



Low Gross Red Tees -  
Henry Adach



Low Gross Blended Tees -  
Mike Adam



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## Ballantrae Ladies' No-Stress Golf

BY JEANNE CHRISTIE

Good weather and lots of enthusiasm contributed to a very successful golfing summer for this laid-back group of women. We were inspired to work a little on our golf when we received a free Chip and Putt Golf Clinic sponsored by Alasdair Patton, RBC Dominion Wealth Management Advisor.

And while we don't usually keep score, some of us tried keeping track of our "hoagies" just for fun. Try this if you're golfing this winter: Did your drive land on the fairway or the green? Did you get a two-putt or less? If you did both on the same hole, then you got a "hoagie."

Keep track of your hoagies because the person with the most gets free coffee (from the group's kitty) when we meet at the clubhouse after the game.

Carol Crozier and Leslie Mueller both won free coffee this year—but that was for being the only two people to show up on a very wet and chilly morning early in the season! We were all impressed!

No-Stress Golf will continue at Royal Stouffville Golf Club next spring with the help of Jeanne Christie, 905-640-0560, Susan McKay, 905-591-2557 and Lynda Wyse, 905-642-5948. Call us if you want to know more.

FEATURE

**profile** BY ALISON  
SCOWCROFT

# *Josie Schwarzli:* **Portrait of an Artist as a Ballantrae Woman**





I recently had an opportunity to meet Josie Schwarzli and to see some of her lovely pieces of art that she has painted, sculpted or crafted. Josie has lived in our Ballantrae community for about 13 years. We are lucky to live in such a diverse community with so many talented people.

### HOW DID YOU DISCOVER YOUR LOVE FOR ART?

I have a rather unique memory of my first piece of artwork, when I realized I liked to create; unfortunately that first drawing was with crayon on my parents' newly-painted living room wall. Even though my parents were less than thrilled, they could see my potential. During my career as a teacher, I spent 35 years developing art programs for elementary and high schools, as well as guiding teachers on how to teach art.

### WHAT TYPE OF MEDIUM DO YOU PREFER?

I started using oils and changed to acrylic, but about ten years ago I added watercolour to my choice of medium. I admit to not having a particular style. I would describe my approach to painting as "versatile." I like bold colours, finding them vibrant and appealing, and I like to use both palette knife and brushes.

### ARE YOU PART OF ANY ART GROUP?

I am part of an Art Group known as The Village Palettes and we meet once a week to paint together, share ideas and creativity.

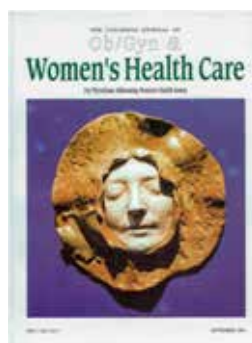
### DO YOU HAVE ANY OTHER CREATIVE INTERESTS?

I used to do functional pottery as well and had my own kiln and wheel. However, I had to stop that when my husband Joe and I moved to Ballantrae, as it wasn't feasible to have a kiln in the basement. I also create jewellery, including necklaces and earrings. My favourite pieces that I have created use stones from Arizona, a place Joe and I wintered in for many years.



### I NOTICE SEVERAL GUMBALL MACHINES IN YOUR HOME, WHAT'S THE SIGNIFICANCE OF THOSE?

My husband, Joe, was the creator of the Beaver Gum Ball Machine, something I'm sure everyone remembers from childhood. It was considered the world's best machine, and Joe designed the coin mechanism which was so precise it could tell the difference between a Canadian coin and an American coin. Sadly, it has gone the way of the rotary phone with kids today not carrying cash and coins.



Pottery Featured on Cover of Trade Magazine



Guiding Art Students in Grade 10



Solo Exhibition at Markham Flato Theatre - 1993

# profile BY KAREN CLARK

## Q&A WITH PHIL JONES

# FROM VIOLINS TO PIGSKIN TO BRIGHT *Lights*



Simon Fraser -  
1979

Life's path rarely follows a straight line and such was the case for our Ballantrae resident, Phil Jones -- violinist, CFL player and businessman.

### **Q: Tell me about your boyhood.**

**A:** I was born June 11, 1956 and grew up in Scarborough along with my two sisters. My parents were very

conservative and their focus for their three children was classical music. I played the violin and was required to do hours of practice in order to complete my nine levels at the Royal Conservatory of Music. I competed in 10 Kiwanis Festivals and regularly played at church performances. Discipline and handling competition would be attributes that I would carry into my future endeavours. However, I never really liked playing and was often hiding under my bed listening to the Beatles!

### **Q: How did this classical violinist get involved in football?**

**A:** I had always played backyard sports with the neighborhood guys but once I started R.H. King Collegiate, I discovered sports in a big way. I was small but fast. Our rugby team won the All Ontario's. After high school, I played for the Scarborough Rams Junior Football League while working at Eli Lilly. It was here that I was scouted by the Toronto Argonauts. They offered to put me through university and then come out and play in two years.

### **Q: That must have been an exciting proposition. What was going through your mind?**

**A:** My academic parents were astounded that someone could get a scholarship in football! I was ecstatic and I jumped at the offer to go to Simon Fraser University (SFU) in B.C.

### **Q: Burnaby, B.C. is a long way from Toronto...why SFU?**

**A:** SFU was the only Canadian university to give scholarships and it attracted all the best athletes... a "football factory." They were an independent university at the time and we played and travelled all through the western U.S.A. Competing against American teams was great training. As we all know, football is much bigger in the U.S. than in Canada. We would suit up 60 guys, and they would come out with 110! These boys had played since childhood. After three years at SFU as defensive back, I was the first draft pick of the Toronto Argos in 1980...my CFL career had begun.

### **Q: How did your life change playing pro?**

**A:** Life was great! I was playing for my hometown Argos and being trained by defensive back coach, Ricky Harris, a 13-year veteran of the NFL. He taught us all the tricks. I was healthy and played all 16 games of the 1980 and '81 seasons. To top it off, I got married to Cathy in May of that first year. Our life in Toronto was on track...until I got a call while at spring training camp in Guelph that I was being traded to Montreal. We were living in our first home in Westhill and had just welcomed our first baby on June 9. It was





Toronto Argonauts  
Defensive Player  
of the Week Award  
Presented In Front  
of Home Game  
Crowd - 1980



Montreal (Alouettes) Concorde  
Defensive Backfield - 1984

a lot of pressure on Cathy as I went back and forth to Montreal that first year to play and train. I would come home Saturday night and leave on Tuesday. It looked like this move was permanent, so we rented in Montreal the second season and bought a house the third year. It was tough as CFL players were working just as hard as the NFL, but getting paid a fraction of the money.

**Q: Playing for the Montreal Concorde, as they were known then, how did you balance home and a busy playing schedule?**

**A:** Our lives revolved around football, so it was fate that the due date for our second child coincided with a big playoff game with the Ti' Cats in 1984. Our doctor agreed to induce Cathy so that I could be home for the birth and still make the game. In those days, if you missed a game, someone else was ready and willing to take your place. We often played with injuries so as to remain on the team. We just pumped up with Novocain to withstand the pain.

(Note: Jones was named CFL East All Star that year.)

**Q: What happened next?**

**A:** During the off season, I was traded to Ottawa but a pulled muscle half way through their 0-8 season meant my release. However, the Edmonton Eskimos had just lost their starting safety due to a blown out knee and were looking for a replacement. It was a good move for me as they were 8-0 mid season. Also, the Eskimos' coaching and training philosophy was heavily focused on health and fitness. I was back in playing form when the team went to the Grey Cup that season playing in the new B.C. Place dome, built for Expo '86. We lost to Hamilton, but I had a good game. The last play of my pro career was intercepting a pass at the Grey Cup but my old injury sidelined me and I knew it was time to retire from the game.



**Q: Your CFL career was over but was there a "light at the end of the tunnel" so to speak?**

**A:** Yes, while training in Edmonton I was intrigued with a light board system the CFL and NHL used to improve performance. It increased peripheral vision and hence reaction time. Impressed, I decided to investigate if there was a market for this device and met with the two optometrists in Portland, Oregon, who invented it. For \$500 I bought the rights and came to Toronto to start Dynavision. Sales were slow and I was ready to give it up, but orders started coming from U.S. hospitals.

**Q: How did this invention get from sports to hospitals?**

**A:** Mary Warren, a Kansas area occupational therapist, had seen it at a trade show and had used it on her father who had recently suffered vision loss due to a stroke. After much success, she started promoting the product. I had to get FDA protocol to deem it a "medical device." I built 500 units in my garage with my two kids helping with many of the tasks including soldering circuit boards. By 2008 business had increased to the point that we took it to a U.S. manufacturer of medical devices. Today we supply over 40 countries in the medical field with over 1800 units in use. We have 10 units in Toronto, including Sunnybrook hospital. It is widely used in athletic and tactical training. It is like a sprint for the brain. The high schools in Sudbury use it to improve performance but to also detect concussions.



**Q: As founder and president of Dynavision, do you find time for yourself?**

**A:** When not spending time developing new research and production, we spend winters in Florida. We like to golf and I just bought a recumbent bicycle. After 10 knee surgeries and two replacements at age 46, broken ribs, fingers, elbows, etc., I can't handle a regular bike. I play guitar, but my kind of music. Keeping up with our kids keeps us busy. We are first-time grandparents to our daughter's little one in Leslieville and are learning about Alpaca farming from our son living in the Sioux. Downsizing to Ballantrae gives us the freedom to enjoy it all.

# Pacemakers' Dance Party

BY PAT WOOD

Nostalgia reigned supreme as our own condo crooners took us back to the 50s and 60s. All decked out in white sport coats with pink carnations, the Pacemakers have now become a very snazzy quintet with Al Gillan joining Bob Ross, Ray Stadnick, Tom Clarke, and Sam Guadagnolo.

At *The Hop* and *Johnny B. Good* got some rockers up, but the old slow grinders like *Let It Be Me* completely filled the dance floor. It's interesting that, as we sometimes struggle with forgetfulness, we have no trouble remembering all the words to these old songs.

Sandwiches and butter tarts kept up our strength at intermission. Just as well, as Elvis flew in from Vegas to belt out a few of his favourite numbers. He looked pretty good in his flashy suit, although he did have trouble keeping his hair in place. Some of the crowd got in the spirit by wearing poodle skirts, leather jackets and wigs (at least I hope they were).

After all that dancing, singing and partying, I bet the lights went out in Ballantrae a little earlier than usual. Great fun! Thanks Pacemakers!



## BGCC Tennis Club

BY JOHN PERZ

Our Club held its year-end social in mid-September, with round robin play in the morning followed by lunch and refreshments.

A fundraising tournament for the Ladies' League raised \$200 to be donated to the Canadian Lung Association.

Weekly programs included Ladies' and Men's Leagues, Mixed Ladder, Mixed Open, Men's, Ladies' and Mixed Drop-Ins and Novice Group.

The courts will open in early May when weather permits. Registration will be on Saturday April 27, 2019. Come to meet the executive committee and activity directors and sign up for your favourite activities.

The Club welcomes new members, whether novice or experienced, and provides a mentoring service to make them feel welcome. Please check for information such as activities and court schedules on the BGCC website [ourbgcc.com](http://ourbgcc.com) at BGCC Tennis under Activities.



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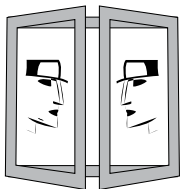
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# First-Ever Pocket Concert BY LORRAINE FARRO

On September 19, the Ballantrae Social Committee hosted its first-ever and sold out "Pocket Concert!" The concept of Pocket Concerts just celebrated its fifth anniversary. Started by husband and wife team Emily Rho and Rory McLeod (both noted professional musicians in the city of Toronto), the idea is to bring professional level small ensembles into people's homes and small concert venues.

Attendees enjoyed a "Roy Thomson Hall" experience brought to us here in Ballantrae—up close and personal in an intimate setting. Many at the concert said they loved being "in the splash zone" of the musicians, seeing and hearing them breathe as they artfully played together as an ensemble. The performers' comfort with the music and professional skills made the program seem absolutely effortless and joyful. The trio consisted of Emily Rho (piano), Matthias McIntire (violin/fiddle) and Amy Laing (cello). Emily and Matthias are both master graduates of the Glenn Gould School, Matthias is currently working on his doctorate in composition and Amy plays professionally (she has an M.A. from the Cleveland Institute of Music and subs for the Toronto Symphony Orchestra). The trio played a pleasing variety of music, including a fun Buenos Aires piece by Piazzolla, an Irish Fiddle set arranged by Matthias himself and the Mendelssohn Piano Trio #2.

The music was followed by a Q&A with the musicians and by a meet and greet with delicious hors d'oeuvres and wine - a perfect ending to a perfect concert! Another Pocket Concert is planned for September of 2019 so get your tickets early to avoid disappointment.



# Dave's Favourite Duke BY LYNNE BALFOUR

In late October we received our biannual treat of the Dave Parsons Quintet featuring jazz musicians, this time Duke Ellington and especially his compositions. Duke Ellington usually had a large orchestra. A great memory for Dave was when as a 22 year-old student at University of Western Ontario, Dave's seven-piece band was invited to play between sets of the Duke Ellington band. He actually shook hands with Duke, who has been a musical hero to Dave ever since. In tribute to Duke, Dave arrived to open his show in a bright yellow cardigan, as Duke used to do, assembling his often-late

orchestra members with *Take the A Train*, then changing into more formal attire once the cast had assembled.

The master musicians in Dave's quintet filled the air with favourites. Marshall Olchoway was featured on the saxophone for *Sophisticated Lady* and *Prelude to a Kiss*. Led by Dave on piano, bassist Sam Carothers and drummer Rick Faye all had featured sections, accompanied beautifully by singer Lisa Levy. With familiar numbers such as *I'm Beginning to See the Light*, *Satin Doll*, and *In a Sentimental Mood*, once again we left the concert smiling and humming.








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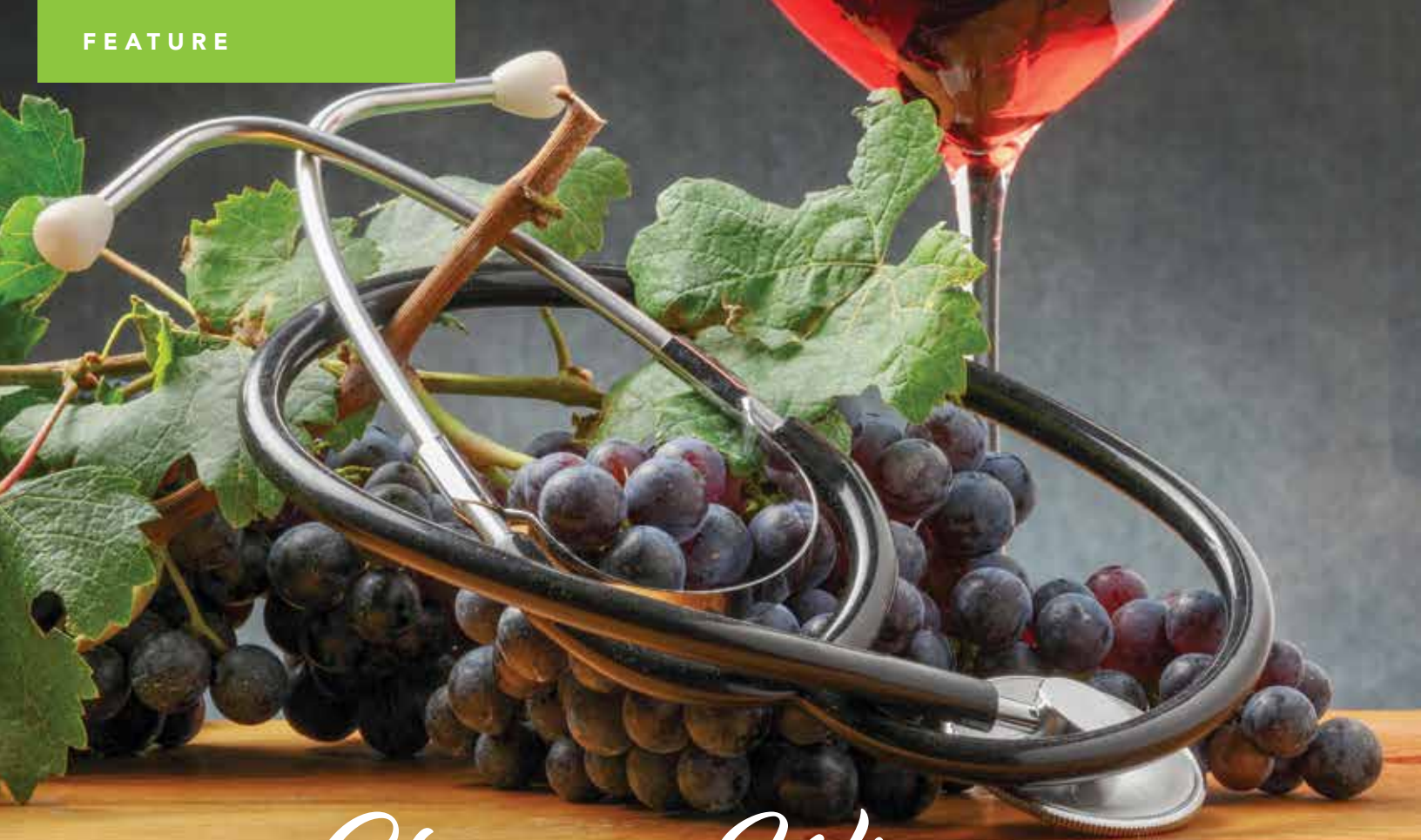
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# IS A Glass OF Wine GOOD FOR YOUR Health?

BY  
DR. GREG MCCAIN

I grew up in a family where my father worked as an importer of fine wine. As a young boy I remember listening to him poetically describe the vintages and debate with friends the importance of red versus white, cork versus screw top, old world versus new world, etc.

As an aspiring athlete and then a young doctor, I questioned the value of drinking wine, but some things happen by osmosis and now I have inherited my father's passion for the fruits of the vine.

The earliest evidence of fermented beverage was found in China (circa 7000 BC) and the oldest evidence of wine production has been traced to Armenia (circa 4100BC).

Consumption of ritual wine has been part of Jewish practice since biblical times and an aspect of the Christian Eucharist, commemorating Jesus' Last Supper. At the wedding of Cana, Jesus performed his first miracle by changing water into wine.



Indeed, in ancient times it was safer to drink wine than water. Today, it's more a matter of pleasure and well-being.

## TEN REASONS WHY WINE IS GOOD FOR YOUR HEALTH

### 1 WINE ENCOURAGES SOCIALIZING

Wine brings happiness and laughter. It is something to share with friends.

"Wine gives strength, pleasure and joy in living." *Louis Pasteur*

"Wine makes daily living easier." *Benjamin Franklin*

### 2 WINE PREVENTS CORONARY DISEASE

Ingredients of wine include many by-products including antioxidants notably resveratrol and polyphenols. Wine raises HDL (good cholesterol), prevents cholesterol build-up and reduces the risk of heart attacks.



3

**WINE PREVENTS STROKES**

Wine contains polyphenols that act as natural blood thinners. It is the equivalent of taking an 81-mg Aspirin.

4

**WINE BOOSTS THE IMMUNE SYSTEM**

This helps with infection and cancer prevention.

5

**WINE INCREASES BONE DENSITY**

As we age, we begin to lose calcium in our bones. Wine contains silicon that increases bone density.

6

**WINE IMPROVES DIGESTION**

Next time you try a glass of wine, let it linger in your mouth, swallow and wait. The wine will stimulate your sublingual and parotid glands to release enzymes to improve digestion and promote better sleep quality.

7

**WINE DECREASES RISK OF TYPE II DIABETES**

Wine improves sensibility to your own insulin. If you have a glass of wine with your evening meal, one hour later your blood sugar will be 30 per cent lower.

8

**WINE DECREASES THE RISK OF CANCER**

It contains p57 that plays a natural role in suppressing tumour cells.

9

**WINE IMPROVES COGNITIVE FUNCTION**

Wine acts as a stabilizer of brain cells—important in preventing dementia and Parkinson's disease.

10

**WINE PROMOTES LONGEVITY**

People who follow a Mediterranean diet abundant in fruit, vegetables, olive oil, fish, and wine, live longer. Consider also the French Paradox studies that indicate that French people live longer despite a diet relatively rich in saturated fat and wine.



**BUT...**before we go out and order a case or two of wine there is ONE important caveat.

**MODERATION.** Stick to the recommended one 5-ounce glass per day for women and two 5-ounce glasses per day for men.

More does not mean better. One or two glasses may be good for your health but certainly three are only good for the wine maker.

So during this festive season, raise a glass with friends. "Here's to our health."





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# The Christmas Spirit Is Alive & Giving at M.T. Hangers Thrift and Gift

BY JEANNE CHRISTIE



My husband, Bob, and I often park the car at one end of a small town's main street and walk all along one side and return on the other to get a real feel for the community. We recently did this in Uxbridge and discovered a unique shop called M.T. Hanger Gift and Thrift. Stepping inside, we found out how it works.

Proprietress (and not-for-profit business woman) Mary Taggart is a one-woman show. She accepts donations of gently-used women's clothing and accessories which are sold at very reasonable prices. Don't be surprised if you come away with a sweater or skirt for five or six dollars! The money from these sales pays for the operating costs of the store (according to Mary, it takes a lot of \$5 sales to pay for the rent, hydro and insurance, in addition to replacing matching hangers, repainting the walls, etc.) All of the clothing on the racks is in excellent condition and current, and often washed by Mary herself just to freshen it up.

You won't see men's or children's items in the store because, while Mary accepts those donations, she prefers to take them directly to needy people in the community.

Canadian crafters and artisans can sell their unique products in the front of the store. Looking for "bicycle" or "equestrian" art, or made-in-Canada souvenirs? Currently there are about twenty-five people showcasing their wares - handmade greeting cards, all-natural bath and body products, hats, mitts, purses, jams - so it makes gift shopping fun.

What caught my eye when Bob and I were "mainstreeting" was the project Mary is running currently called "100 BAGS OF DIGNITY." Mary is hoping to fill 100 wine bottle-size bags with personal hygiene products for men. She can use the following items:

- toothbrush
- toothpaste
- shaving cream
- shampoo
- deodorant
- razor
- soap
- socks

Even hotel sample-size products will help. Or donate a loonie and Mary will do the shopping.

Mary wants to take her bags out to homeless men, shelters, and needy families in the community before Christmas. Mary also encourages people to donate feminine hygiene products. As Mary says, "Imagine living hand-to-mouth and needing a supply of those!"

These good causes are all engineered by Mary Taggart, a warm and welcoming pensioner who just wants to "give back to the community!" while raising an awareness that there really is a need. Since this project started, Mary is amazed at the generosity shown. People have also been donating items not on the list—tissues, combs, dental floss. She is happy to take anything.

Mary's shop is at 8 Brock Street West, in Uxbridge (just a block past the movie theatre). It is open 10 a.m. to 4 p.m. Tuesday to Saturday, closed Sunday and Monday. Google "M.T. Hangers" for more pictures and comments.





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## Join us For A Breath of Fresh Air

**Sunday, January 27, 2019**

### TIME:

10:30 a.m. meet at the Recreation Centre. Participate in outdoor activities at a nearby forest until noon, then return to the Recreation Centre for homemade soup and dessert at 12:30 p.m.

**PLEASE BRING YOUR OWN BEVERAGE  
AND A FOOD BANK DONATION.**

**Cost is \$6.00 per person.**

Tickets go on sale Monday, December 1.

**Please call Gail Knaggs  
905-591-2951**

THEATRE EVENT:

## Come From Away

**Sunday, April 28, 2019  
2 p.m. matinee**

**Tickets: \$150 per person**

**ONLY 56 TICKETS WILL BE SOLD  
TO BALLANTRAE RESIDENTS.**

Bus leaves at 12:30 p.m.  
Returns at approximately 5:30 p.m.

**For tickets please contact:**  
Gail Knaggs, 905-591-2951



JOIN THE PACEMAKERS

## For their Annual Christmas Sing Along

**Wednesday,  
December 12**

### TIME:

From 4 p.m. to 6 p.m.  
At the Recreation Centre

**Cost: \$10.00 per person**

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

### NOTE:

**NO TICKETS WILL BE  
AVAILABLE AT THE DOOR.**

SOCIAL COMMITTEE'S

## Upcoming Events 2019

**Sunday, January 27**  
A Breath of Fresh Air  
Walk and Homemade Soup  
Gail Knaggs 905-591-2951

**Sunday April 28, 2:00 p.m.**  
Theatre: Come From Away  
Gail Knaggs 905-591-2951

**Tuesday, May 7**  
Ladies' Dine Around  
Restaurant TBD  
Kathy McLeod 905-640-7351

**Thursday, May 23**  
Fallsview Casino  
Kathy Billington 905-591-1390

**Monday, July 1**  
Canada Day Celebrations  
with Entertainment  
Ron Brewing 905-640-8836

**Tuesday, July 9**  
Ladies' Dine Around  
Restaurant TBD  
Jenny Gould 647-448-4022

**September**  
Stratford Festival  
Date/show TBD  
Ron Brewing 905-640-8836

**September**  
Pocket Concert  
(classical music)  
Sue Daly 905-591-1430

**Tuesday, September 10**  
Ladies' Dine Around  
Restaurant TBD  
Pam Tulino 905-591-4004

**October**  
Karaoke Night  
Claudette Killoran  
905-305-1220

**Thursday, November 28**  
Ladies' Christmas Luncheon  
Lynne Gauld 905-591-4144

**Saturday, December 7**  
Annual Christmas  
Dinner & Dance  
Recreation Centre  
Contact: Social Committee

**Pacemakers' Concert  
Dates in 2019**  
Wednesday, May 8  
Wednesday, October 16  
Wednesday, December 11



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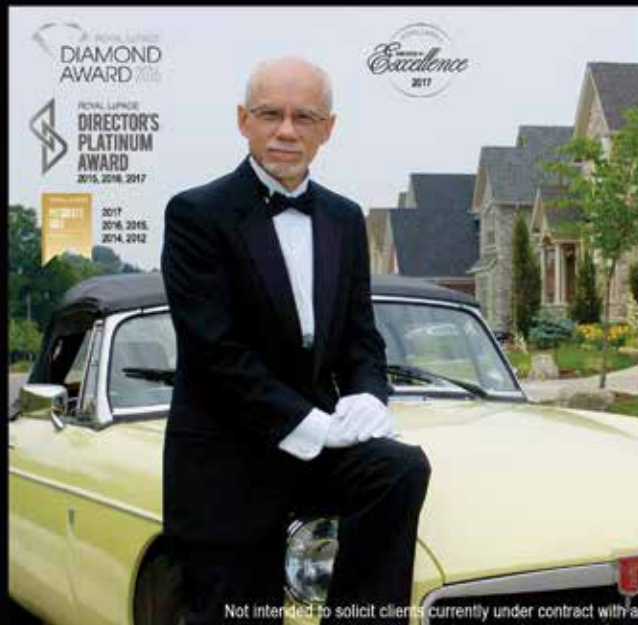
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# CHRISTMAS PROJECT

BY ALISON SCOWCROFT





### Who are the members of the quilting club and when do you meet?

Mary Hallam, Marlene Robitaille, Patricia O'Sullivan, Erica Steinhauer, Mary Parker, Yvonne Radek and Barb Devitt are members. We meet year round every Tuesday morning at the Recreation Centre. New members and visitors are always welcome.

### What is the mandate for the quilting club?

We come together because we all love quilting and the camaraderie of being together. The group projects we choose to work on are for the benefit of the greater community.

### What are some of the projects you have worked on in the past?

Our first project is hanging in the foyer of our Recreation Centre. The large wall quilt represents our community; the homes, the fescue and the golf course, with our community crest as the focal point. We also have created quilts to raise money for breast cancer support programs, a Markham hospice, Mennonite relief efforts and Wounded Warriors of Canada.

### What project are you working on this year?

Our endeavours are currently focused on twenty-eight residents of a women's shelter. These women have nothing and are in the process of courageously rebuilding their broken lives. On Christmas day, each resident will receive their very own one-of-a-kind handcrafted quilt which we hope will bring a touch of warmth, comfort and joy to their lives.

### What is the significance of your quilts?

Our quilts are meant to be used. We don't want them to be put on a shelf and left for the next generation. We want them to bring comfort and love to the people they are given to.



# Recreation Centre News (#1202)

## 2018-2019 Board of Directors

**Condo 1:** Phil Bannon, philbannon@rogers.com

**Condo 2:** Fergus Gamble, fergusgamble@gmail.com

**Condo 3:** Wayne Burgess, treasurer,  
waynefb@rogers.com

**Condo 4:** David Small, secretary,  
davidsmall@rogers.com

**Condo 5:** Susan LaRosa, president  
susanlarosa.06@gmail.com

Contact your Condo representative if you have suggestions that may be considered to enhance and facilitate the use of the Recreation Centre.

The Board extends appreciation to Vic Mangal (Condo 4) who led the Board during the 2017-2018 term. Vic spearheaded the development of the #1202 Strategic Plan. The Board also acknowledges the contribution of Trevor Kimpton (Condo 3) who passed away in early September. Trevor was an active and committed Board member throughout his fight with cancer.

Samit Hazra, long-time property manager for #1202, has accepted another FSR position that will allow for a shorter commute, as the manager of a high-rise facility in Richmond Hill. On behalf of the Board and the residents, we thank Sam for his dedication, efforts and expertise.

We welcome Olivia Claveau who has assumed the role of property manager for 1202. She has 15 years of extensive experience with condo corporations. She also has experience in improvement projects to enhance repairs and maintenance of the property.

### ITEMS ON THE BOARD AGENDA:

- Solutions for acoustic concerns
- Replacement of outdated fob system
- Additional storage
- Budget
- Tennis court resurfacing
- Maintenance of equipment

### HAPPY HOLIDAYS TO ALL!

Phil, Fergus, Wayne, David, Sue  
*The 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:

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To doctor's appointments, physiotherapy, grocery shopping, etc.	Such as changing light bulbs, dog walking (short-term only), etc.		About community and local resources

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An Intake Volunteer will respond as soon as possible Monday to Friday  
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### MEDICAL EQUIPMENT now available FOR LOAN

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## Name Tags Available for \$10 each

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

## New Ballantrae License Plate Covers

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

BY PETER SIMS, WEBMASTER

## **HOME ON THE GREEN NEEDS YOUR HELP**

As you may have already read, Ourbgcc has now come under the wing of *Home on the Green*. *Home on the Green* Community Magazine is now the registered holder of our web address (URL) [www.ourbgcc.com](http://www.ourbgcc.com). The webmaster reports to its Board of Directors of which he is now a member. The Board has agreed to invest in the website to modernize and improve it.

Websites get long in the tooth, just as we do. The underpinnings can get out of date and become difficult to maintain. Features that are now considered standard for a website cannot be supported. A simple example is that Ourbgcc cannot display material in columns. Video clips are out of the question.

At the time of writing, we are about to embark on a study to determine what the website needs in the way of an upgrade to provide for the communications needs of our residents over the next number of years. If all goes well, by the spring edition of *Home on the Green*, Ourbgcc will have a new and maybe even exciting look. We will retain most of what is currently on the site, but things should be easier to find. Additional features will appear that we cannot handle at present. There will be more content shared with *HOTG*.

## **FREQUENTLY ASKED QUESTIONS**

What's the best way to view photos on Ourbgcc?

This varies a bit depending on the size of your device: computer, tablet or phone, and on the operating system: Windows, OS X, iOS or Android. The following covers most of the bases.

Photos appear in many parts of our website. For instance if you click on the word "Classifieds" in the blue bar near the top of the page and toward the right hand side of our home page you will see a list of ads, many with photos. If it's a single photo, just click on the image. Often it can be clicked again to make it even larger. On a Windows computer look for your cursor to change to a tiny "+" sign. To return to the page, click on your browser's Back button. Alternatively, click with the right mouse button and choose Open Link in a New Tab.

On a phone or tablet tap the image to see it full screen. To enlarge further do the usual two-finger spread. To open in a separate tab, tap and hold until the menu appears, then choose Open in New Tab.

As a general rule, tap and hold on a touch device is equivalent to right-clicking on a computer.

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## NEWS, ACTIVITIES, HELPFUL INFO & MUCH MORE!







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be filled with  
love and joy.



C18 Snowmobile - circa 1945



Garage Bombardier 1936

## Made in Canada: The History of the Snowmobile

BY JAN RICHARDS

Joseph-Armand Bombardier grew up in the remote town of Valcourt near Sherbrooke, Quebec where long winters, impassable roads and horse-drawn sleds were the norm in the 1920's. As a teenager, Joseph-Armand Bombardier drove his father crazy by constantly tinkering with everything around the house. He took apart clocks, toy trains, even the engine of the family car and then rebuilt them. This activity became so annoying that his father finally bought Joseph a broken-down Model T engine to keep him busy. After many months of repairing the engine, Joseph emerged driving an engine mounted on wooden skis.

Joseph's father was very impressed with his son's accomplishment, but the Catholic tradition directed the oldest male in the family to go into the priesthood. Eventually, Joseph dropped out of the seminary and became an apprentice at a local garage, learning and excelling at mechanics. Soon Joseph earned a reputation as the town's technical repairs expert.

In the winter of 1934, when a blizzard paralyzed Valcourt, Joseph could not transport his ill son, stricken with a ruptured appendix, to the local hospital and his young son died. During the years after this tragedy, Joseph focused on developing a vehicle that could travel quickly and reliably in the worst snow and ice conditions. The first snowmobile was introduced in 1937 and carried seven people. It had toothed wheels wrapped in rubber to grip and power across snowy streets and fields. The snow machine immediately became popular, allowing freight to be delivered, emergency services to be accessed and children transported to school.

After receiving a patent, Joseph Bombardier expanded his small garage known as L'Auto-Neige Bombardier

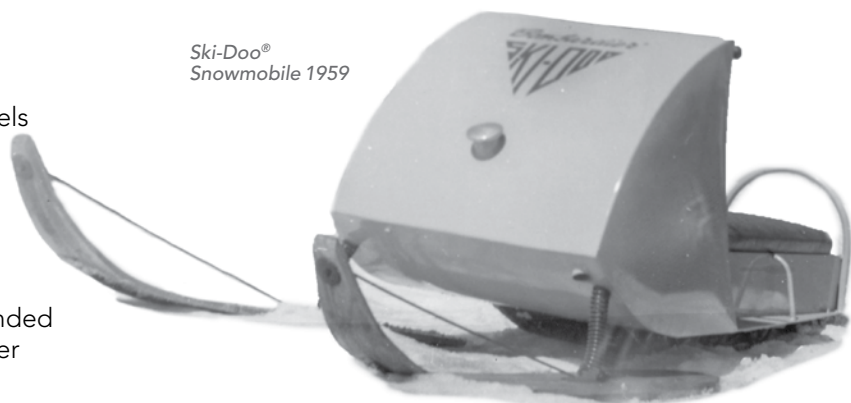
Limitée (Snowmobile Bombardier Limited) into a plant, providing needed jobs in the community. When Canada entered World War II, the government decreed that only people who absolutely needed a snowmobile could buy one. Bombardier immediately saw a need for his machines and proposed to design and build vehicles for military use. The armoured transport vehicles proved to be indispensable in snowy battlefields and rugged terrain, thus solidifying Bombardier's reputation as a Canadian inventor. By the mid-1950s mechanical technology had advanced to smaller engines. A two-person "Ski-Dog" machine (named to recognize the sled dogs) was designed for winter activities. An error made by the printer christened the new snowmobile with an unexpected name, "Ski-Doo." Thanks in part to the fun name, a market for recreational vehicles grew and a new winter sport was born.

Joseph-Armand Bombardier's primary focus was manufacturing and advancing the technology of all-terrain vehicles used by search and rescue teams, miners, the militia, and forestry services. Unfortunately, in 1964 Joseph died before he saw the billion-dollar success of his outdoor recreational machines.

Out of a family tragedy, a Canadian transportation legend was conceived. If you are ever in the Eastern Townships of Quebec, it is worth stopping by the Museum of Ingenuity J. Armand Bombardier, in Valcourt, to see the original garage where an early snowmobile is on display—the famous B7.

*Photos courtesy of © Museum of Ingenuity J. Armand Bombardier ®.*

Ski-Doo®  
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# HOME ON THE GREEN GOES GLOBAL

BY NORM AND MARY BRESSER



## Australia

Mary and I just returned from a wonderful 11-week trip to New Zealand and Australia and had taken a copy of the winter *HOTG* with us.

We took a number of pictures of us with the magazine but those in Sydney Harbour with the Opera House in the background turned out the best.

This picture was taken the day we boarded Royal Caribbean's *Explorer of the Seas*, on our return trip to North America (Seattle) via Fiji and Hawaii on April 22, 2018.

## Going on an adventure?

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