

DECEMBER 2016

HOME ON THE

Green

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

In This Issue:

TRAVEL

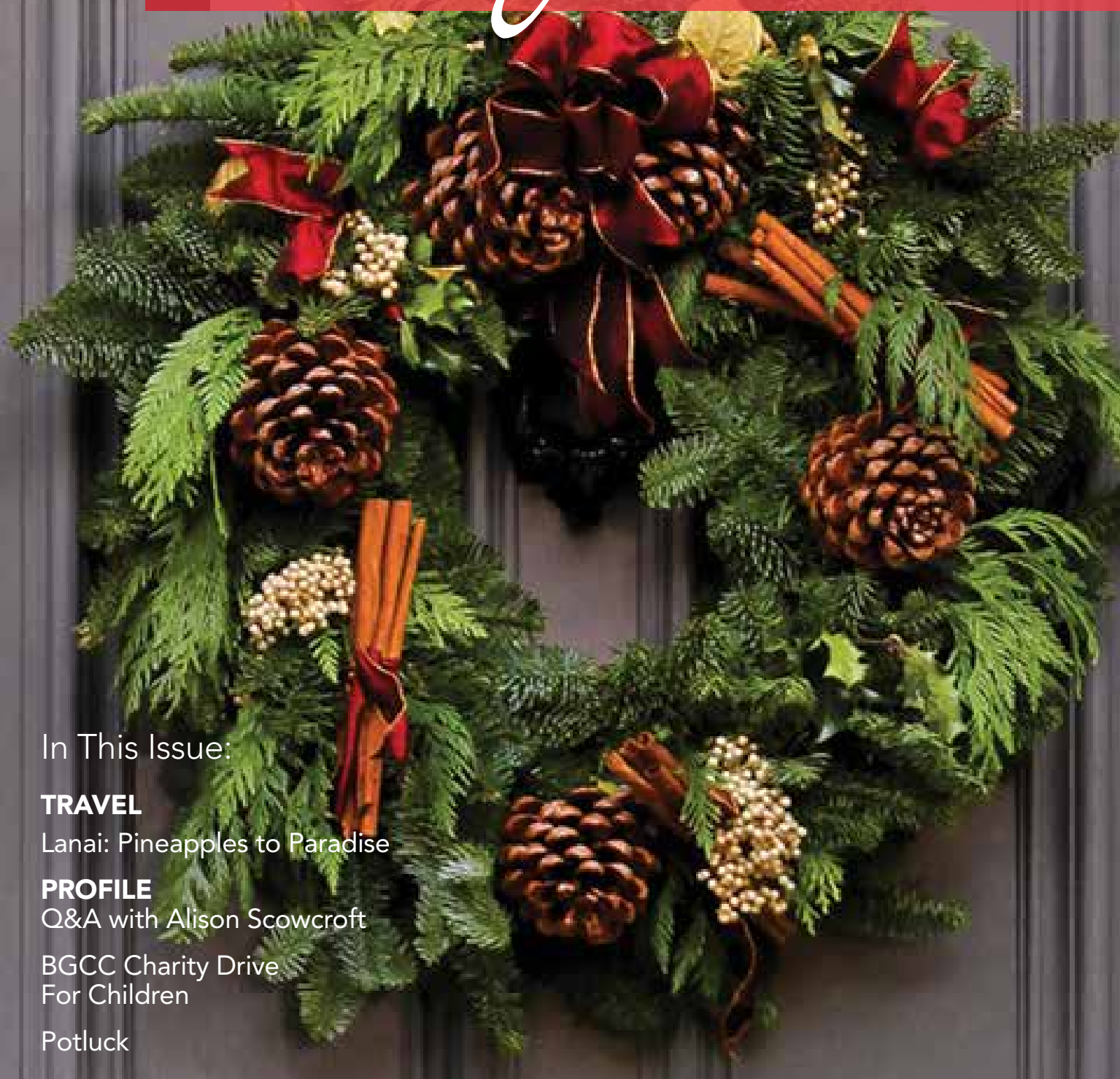
Lanai: Pineapples to Paradise

PROFILE

Q&A with Alison Scowcroft

BGCC Charity Drive
For Children

Potluck



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**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 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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A MESSAGE FROM THE PUBLISHER

I hope you have had a wonderful year and are looking forward to the festive season.

A couple of issues back, I thanked our hard-working sales team for their important contribution to the success of HOTG. Believe it or not, there are more than 80 residents who kindly volunteer their time to make this magazine a success. Almost half are involved in the back-end distribution of the magazine. Without this large group of "street captains," headed by the dynamic duo of Al Moldon and Bruce Hyland, we wouldn't have a cost effective way of getting the magazine to your door. So it is only appropriate that we say a big thank you to this team of volunteers.

It is also important to thank the Metro grocery store in Stouffville. Their manager has kindly donated thousands of plastic shopping bags for use by our street captains over the years. Of interest, we use about 450 bags per delivery (out of the over 900 magazines delivered door to door).

We are constantly looking for new volunteers for all aspects of the magazine production and delivery. We often post open positions on ourbgcc.com. You can also email us at homeonthegreen@rogers.com and let us know if you are interested in helping out.

And at this time of year our thoughts often turn to those less fortunate. I hope you enjoy the follow up on pages 30 and 31 to the wonderful community initiative, BGCC Charity Drive for Children. The response was overwhelmingly positive and it shows what a generous and giving community we are.

Anita and her team have put together another fabulous issue. I hope you enjoy all our regular columnists as well as our Profile on Alison Scowcroft and her love of all things Christmas. And don't miss Susan Gamble's very personal journey entitled, "I Was Attacked By A Robot."


May you have a happy and healthy holiday season and all the best in 2017.

Donna Clark

GET INVOLVED!

How to contribute to *HOTG*? Send your stories, general suggestions or let us know if you are interested in volunteering to homeonthegreen@rogers.com

Send your specific comments on any of our stories to hotgfeedback@gmail.com. As mentioned in the last issue, we will publish Reader Feedback on www.ourbgcc.com



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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



It has been another busy period in the lives of those living at Ballantrae Golf & Country Club. Likewise, town staff have been busy with many initiatives. The total annual expenditures for the town should exceed \$100 million in 2017. Whitchurch-Stouffville is no longer a small rural town.

LEISURE CENTRE - MEMORIAL PARK

The town must continue to upgrade the services provided to residents and satisfy the needs of our ever-growing population. I was chosen by my fellow councillors to represent them on the steering committee for the expansion and rebuilding of the main park in town. The redesign and expansion of the W-S Public Library will be the main focus of this steering committee. The current design/layout can be reviewed on my website.

CHARITY DRIVE

I am aware that elsewhere in this publication there are comments and a report on the *BGCC Charity Drive for Children* which was held in September. The results from this drive and the involvement of the BGCC residents were beyond my wildest expectations. That is probably because I continue to underestimate the kindness and generosity of people living in BGCC. I can not say thank you enough to the organizers who helped with this event. But the biggest thank you must go to all householders who gave so generously.

WINTER CARNIVAL

For those who remain in BGCC over the winter be sure to mark your calendar for Saturday February 18, 2017. I will again be hosting the town's annual winter carnival at the Ballantrae Park on Aurora Road on that date. This is always a popular event, so if you are around you should consider attending. It's a fun-filled day complete with fireworks.

BALLANTRAE PARK

To prove once again that not everything runs as smoothly as we hope, I must advise there was a delay in building the field house promised for Ballantrae Park on Aurora Road. However, the project is back on track and if the field house is not opened by the time you are reading this it will certainly be by spring 2017. As reported in an earlier column, the field house will be made available to those using the park for baseball, soccer and tennis events.

COMMUNITY SUBSTATION

The York Regional Police (YRP) recently reorganized the services they provide from their substation at 111 Sandiford Dr. (same building as the town offices). Services for the public now include crime reporting, filing complaints, picking up background checks or reporting vehicle accidents. There are approximately 25 officers working out of the location and they cover the local Ballantrae area. Of course, you can also access many other services offered by YRP at yrp.ca/roadwatch.

CHRISTMAS DINNERS

For a number of years Jane and I have organized a dinner for shut-ins on Christmas Day. Last year our volunteers prepared and delivered approximately 460 Christmas meals for seniors and shut-ins. As the need continues to grow, so does our need for people to assist with the cooking of turkeys. The birds are provided. We just need them cooked and delivered to a facility in Stouffville where we prepare the meals on Christmas morning. If this is something you believe you could assist us with, simply phone our call centre 905-640-1900 and leave your name and number. We will take it from there.

HOUSEHOLD HAZARDOUS WASTE

As a reminder, all electronics and hazardous waste materials are banned from curbside collections. There are a number of depots where these products may be taken. The one I find the handiest is at 225 Garfield Wright Road. (Woodbine and Davis Drive area). It is open Thursday to Monday (including Saturday and Sunday) from 8:30 a.m. to 4:30 p.m. They will take expired electronics, appliances, televisions, used tires and paint cans.

SEASON'S GREETINGS

On behalf of our family, Jane and I wish all of you and your families the best of the season. May you enjoy the festivities held at this time of year and may 2017 be a year of health and happiness.



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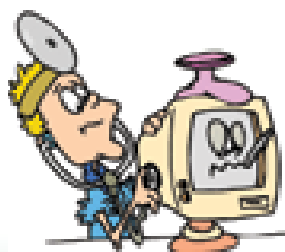
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The Canadian Museum for Human Rights

BY LYNNE BALFOUR



“You have to see this museum! When are you coming to see it?”

This was the constant plea from my sister who lives in Winnipeg. Her son’s wedding was a perfect opportunity. The reception was to be held in the museum’s main lobby. However, we spent the previous day exploring the amazing new building.

The Canadian Museum for Human Rights is situated by the forks of the Red and Assiniboine Rivers in Winnipeg. Proposed by Izzy Asper, businessman and Winnipeg promoter, and funded by three levels of government with generous public support, it opened in 2014. The architect was Antoine Predock, an American who won an international competition with entries from 64 countries, as well as winning later design awards for the museum, once built. The lower base reaches out to represent roots, with cone shapes as the main structure representing the land. Huge glass walls represent the sky. A tall Tower of Hope overlooks the city. Inside, the ground floor is open to the roof. Wide interior-lit white alabaster ramps lead from floor to floor. Each level opens to the outside and contains displays supporting the themes of an individual’s rights to freedom, equality, and respect.

The displays start with the history of lost rights and new laws or treaties to overcome those losses over the last thousand years. Then we proceed (up the alabaster ramps) through Canadian history, including the Underground Railroad, the Japanese internment camps during World War II, the Indian Residential School system and the War Measures Act among many others. Each topic is housed in a small three-sided “roomlet” with newspaper articles, large photographs, and newsreels explaining the situation. The next floor focuses on world events such as the Holocaust, the Armenian slaughter, ethnic slaughters in parts of Africa and the current refugees crossing the

Mediterranean with subsequent loss of lives. The roles of agencies such as Doctors without Borders that performed ocean rescues of 20,000 people in eight months in 2015, and individuals such as Melala Yousafzai who fought for girls’ rights to education in Pakistan, and Nelson Mandela who opposed apartheid are covered. Another area highlights women’s efforts to support their families and communities by making handicrafts. Many of these are sold in the museum’s gift shop. A copy of Canada’s Charter of Rights and Freedoms and a signed copy of a treaty between Queen Victoria and an indigenous tribe are displayed.

The top floors challenge the visitor to look at how their community (and they themselves) uphold individual rights to freedom, equality and respect. This includes a discussion on cyberbullying!



Canadian Museum for Human Rights, Winnipeg

The architecture and design of the museum, plus the quality of its displays, are really worth a visit. Both Winnipeg and Canada benefit from its existence.

Although Canada’s past history has not been perfect, the museum reminds us how lucky we are to live in a safe country. Merry Christmas and Happy Holidays to all!



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TIPS n' TRICKS

BY ALEX FLOW



We all need help from time to time to understand shortcuts and special tricks on our computer, iPad or iPhone. Al Moldon and Brian Freedman, our computer club gurus have identified a number of these.

If you are using Windows 10, when you tap *Edge* you will get the variety of functions and apps available to you. You will find a change in the bottom left corner of *Edge*; the previous descriptions for power, settings, and file explorer are now icons, saving space, but doing the same functions - just tap to see the options.

Now go to the upper right corner of the screen - you will see three dots - click here. A menu pops up. The options shown allow you to customize your screen. For example, you might use the *Zoom* option to change the screen and font size. You will also get some tips by clicking on *What's New* and *Tips*. Explore the sections: *Stay Productive*, *Stay Organized*, and *Stay Safe*. Any apps you get (you need a Microsoft account) will be listed in the Extension tab in the dropdown menu. You might consider *Adblock*, for example

With the iPad and iPhone always make sure you have the updated version of IOS9.

A couple of tips: If you double tap the home button, the screen will show all the open apps on your device. These are apps you have used or are using. First, you should close apps that are open and not being used. Open apps take up memory and may slow down your device. Just sweep them off the screen. Open apps, however, are very useful for multitasking - you can switch from one to another without losing your content.

Another tip: you may want to save a screen image - press the on/off and home buttons at the same time and quickly let go. The screen will flash and take a picture of the screen image. You can then locate it in Photos.

There are a couple of apps that you might try - *Tips and Tricks for the iPad* and *Tips and Tricks for the iPhone*. These are free, but contain ads. If you like

either one, you can upgrade to the *PRO* version, which has no ads and more information. Each will cost \$7.00 at the App Store. Sometimes the publisher will have a special price for both or for three (including *Photo Tips for iPhone*).

We have had a couple of sessions describing *645PRO*, an app which will enhance the camera in an iPhone. As Pat Whittingham pointed out in his presentation, the cellphone camera has changed the photography world; the iPhone 6se has a 12mpixel camera with 4K video, and takes high quality photos. The *645PRO* app extends the functionality of the cellphone camera to match and even exceed the capabilities of single lens cameras. Al Moldon had prepared notes to demonstrate some of these features. The effective use of this app will require some experimentation and practice, but the results could be excellent. If you decide to get this app, its cost is \$7, and you should probably print the instruction manual which is included in the app.

Finally, Al gave us a detailed update on a couple of new Apple products - the iWatch and iPhone7.

The iWatch has had a major overhaul. It has its own GPS, is waterproof to 50m and is 50% faster in operation. The screen is twice as bright. It has a full diagnostic health and fitness app. As a matter of interest, in a recent impartial comparison of various measurement and fitness devices, the accuracy of the measurements of the iWatch (at over 90%) were the best of all devices tested (as of October 11, 2016).

The iPhone7 also has numerous improvements. It is waterproof and has a stereo speaker. In what Apple says is its future direction, *Siri* continues to be enhanced and is integrated with the apps. There are major improvements in the camera. It has a 12mp, 6-element lens which is 50% brighter, with a 2X zoom lens in camera and 10X digital zoom. It also takes pictures in portrait mode. In a controversial decision, the earphone jack is gone. Earphones are enhanced and wireless, but at an extra cost. To allow owners to use their previous headphones, Apple includes a special *lightning* adapter.



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Battle of the Bulge

BY JOHN GORMAN



Frankly, I was somewhat disappointed at the reaction I received when I mentioned my plans for this edition of the magazine. Normally I don't discuss a potential topic with anyone before I start writing. In fact, it wouldn't surprise most readers to know that, on many occasions, I don't have a subject in mind until I actually sit down at my computer. However, given the unique characteristics surrounding the timing of this issue I did focus a tad more on seasonal relevancy than usual.

So when one of our neighbours suggested I offer some advice on an extremely popular topic at this time of the year, I accepted the logic of her recommendation. After all, aren't most of us guilty of consuming an unusual volume of calorie-laden food and drink during the festive season? And doesn't it make sense that someone who is an acknowledged veteran of the diet wars should offer advice dealing with the inevitable results of over grazing? When your new reality is reflected on the bathroom scale early in the New Year, you will be glad that experienced folks like me are handy to offer support and guidance.

Now those of you who know me are quick to point out that I continue to be a tad short for my weight. In earlier days, I was described as sturdy – or even stout. Frankly, when I was young I preferred husky. Mind you, I grew up in an era when mothers were always trying to fatten kids up and thin children were the source of much anxiety for many parents. It is safe to say that I never gave my folks an anxious moment, at least on that score.

When I entered high school, I was quickly enlisted by the football coach, which did wonders to improve my social standing, although I never was anything more than a barely adequate defensive lineman.

For many years, work and activity combined to help me manage the weight thing but eventually, I found myself entering Diet University at the suggestion of a parade of unamused doctors who were now

using terms like fat and even obese. So with their urging, I have studied all manner of regimens - Atkins/Zone/Vegetarian/Weight Watchers/South Beach/Mediterranean/Grapefruit, etc.

You name it I've tried it. I have even tried exercise – briefly.

However despite my best efforts, I find myself now in the gathering twilight of my life manfully trying to avoid the consumption of most morsels that are tasty. There appears to be a direct connection between great taste and unhealthy. Maybe God or whoever just has a weird sense of humour.

I also remember being told sex was bad for me when I was growing up. But that's another column idea.

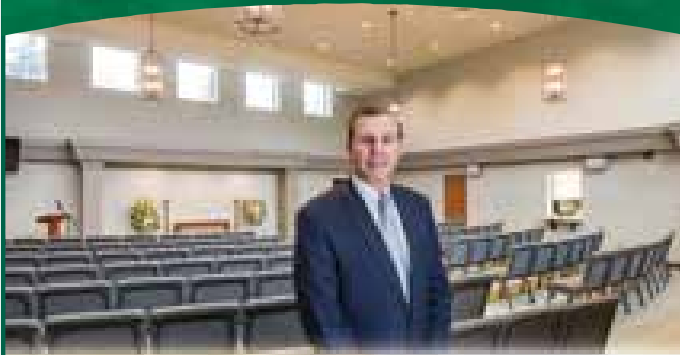
So now I am offering to provide sound guidance on dieting. Seriously – would you go to a guy that could eat a horse and never put on a pound, or a fellow like me who has to let out his trousers if he has a piece of birthday cake? Apparently, addicts get their best help from fellow sufferers, so I think I qualify as a cookie and cheeseburger 'holic. I am confident I can support your efforts to get back into that outfit you bought just before the holiday.

If you are the type that hears those chocolates you have been allowed to buy for visitors calling you from the pantry when you are alone late at night – call me. I'll come over and take them away from you. Mind you I can only share my knowledge and offer support to the seriously afflicted. If you are one of those "pretenders" who just has to lose five pounds by Easter don't bother to call.

I could introduce you to my wife (who actually enjoys Brussels sprouts!) but I don't think you could identify with her. However, you could give her a call. Perhaps she will share her carrot sticks and celery with you.

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Affairs Of The Mind & Heart

BY KEN MIYAUCHI



In my last article, we discussed living for today and planning for the future – a future that doesn't include us. Let's continue this topic. While not a pleasant thought, we need to review our plans for the present, the Powers of Attorney (POAs), and our plan for the future, the Last Will and Testament.

In Ontario, there are two main POAs: the POA for Personal Care (POAPC) and the Continuing POA for Property. You don't need a lawyer, but one is beneficial for complicated affairs. The forms are available for download at the Ontario Attorney General's website attorneygeneral.jus.gov.on.ca/english/family/pgt/poa.pdf. When duly witnessed, the POAs are legally binding.

Should you become incapable, the POAPC enables your attorney to make decisions concerning your health, while the Continuing POA for Property enables decisions regarding your property and finances.

The selection of your attorney, the person who will discharge the terms of your POA, is critically important. Pick someone you trust implicitly and who is younger and likely to outlive you. Before naming the person, ensure that she/he is willing and able to execute the duties. It is also wise to name a substitute attorney in case of incapacitation or resignation of the primary attorney. Your attorney need not be the same for the two POAs.

The Living Will is a document that describes your specific personal care wishes (e.g. use of cardiopulmonary resuscitation). It is not by itself a legal document, however, it can be included in your POAPC.

The Last Will and Testament is a legal document that takes effect upon your passing. Your choice of the executor is equally important as your choice of the attorneys and the same cautions apply. The wording of the will is more complicated and a lawyer is recommended, but not mandatory.

A will may be as simple as dividing all of your assets equally amongst your heirs, or it may list specific assets that are to be left to specific persons. Have you given thought to your sentimental and precious possessions? Make a list of these items and the designated beneficiaries. This can be part of the will (legally binding)

or simply a list placed with the will (not legally binding). If you don't know who wants what, sit down with your heirs and then make the list. As an alternative, start giving these items now so that you may enjoy the pleasure that they give.



Some taxes can be avoided or minimized. Probate fees can be avoided by having Joint Ownership with Right of Survival, naming beneficiaries on registered plans (RRSP, RRIF, TFSA), creating a secondary will, and establishing a trust. However, probate fees are small (0.5% of the first \$50,000 and 1.5% over \$50,000) so it may not be worth the bother or expense to set up elaborate mechanisms such as trusts.

On the other hand, capital gains taxes can be a sizable expense. Tax must be paid on 50% of the gain of the capital property upon the death of the remaining spouse. If you are subject to the highest marginal tax rate, this could amount to almost half of the value of the asset. Passing assets to your children who may not be able to afford the capital gains tax may result in the sale of the asset. To avoid this, you could give the asset now and prepay the capital gains tax. A home designated as the principal residence is exempted.

U.S. taxes are even more complicated. Currently, your worldwide estate in excess of USD \$5,450,000 is subject to estate tax. This includes all of your assets, not just your U.S. property.

The subject of taxation is very complicated and ever changing. Consult financial and taxation professionals before attempting any actions

Putting your affairs in order is a wise move. Don't delay until it is too late. My next article will cover another unpleasant but necessary topic, the duties at the time of your passing.



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Animal Etiquette

SUBMITTED BY ENID SANDERS

I have tried very hard to discover who wrote the following but to no avail. In any case, I think it is wonderfully written and should be posted VERY LOW on the refrigerator door—nose height (just in case they learn how to read). I have modified it slightly.

Dear Dogs and Cats:

The dishes with the paw print are yours and contain your food. The other dishes are mine and contain my food. Please note, placing a paw print in the middle of my plate and food does not stake a claim for it becoming your food and dish, nor do I find that aesthetically pleasing in the slightest.

The stairway was not designed by NASCAR and is not a racetrack. Beating me to the bottom is not the object. Tripping me doesn't help because I fall faster than you can run.

I cannot buy anything bigger than a king-size bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort. Dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other stretched out to the fullest extent possible. I also know that sticking tails straight out and having tongues hanging out the other end to maximize space is nothing but sarcasm.

For the last time, there is not a secret exit from the bathroom. If by some miracle I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, and try to turn the knob or get your paw under the edge and try to pull the door open. I must exit through the same door I entered. Also, I have been using the bathroom for years—canine or feline attendance is not required.

The proper order is kiss me, then go smell the other dog or cat's butt. I cannot stress this enough!

To pacify you, my dear pets, I have posted the following message on our front door:



TO ALL NON-PET OWNERS WHO VISIT & LIKE TO COMPLAIN ABOUT OUR PETS

1. They live here. You don't.
2. If you don't want their hair on your clothes, stay off the furniture. (That's why they call it FUR-niture.)
3. I like my pets a lot better than I like most people.
4. To you, it's an animal. To me, he/she is an adopted son/daughter who is short, hairy, walks on all fours and doesn't speak clearly.

In many ways, dogs and cats are better than kids (but not grandkids).

They . . .

- eat less
- don't ask for money all the time
- are easier to train
- normally come when called
- never ask to drive the car
- don't hang out with drug-using friends
- don't smoke or drink
- don't have to buy the latest fashions
- don't want to wear your clothes
- don't need a "gazillion" dollars for college

And finally . . .

if they get pregnant, you can sell their children!

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You've Got To Try The DUCK!

BY KAREN CLARK

How many times have I driven home to Ballantrae along Aurora Road and passed the billboard on the corner of Woodbine Avenue with the glorious roasted Pekin duck and the caption, "you've got to try the DUCK!"? Continuing east there is a second sign for King Cole with an arrow pointing north on Warden Avenue. I was looking for a subject for our Neighbourhood Noshing column, so I decided to investigate.

Pulling into the parking lot, I was impressed with the beautiful timber frame building welcoming customers to their "Farm Fresh Store" and housing their corporate offices...a huge improvement from the trailer that used to be parked alongside some barns!

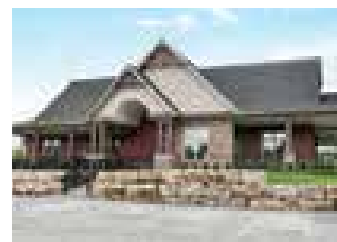
Patti Thompson, Director of Sales and Marketing gave me an enthusiastic overview of the family business she runs with her three sisters, Robin Kelly, Hatchery Manager, Debbi Conzelmann, CEO, and Jackie Fisher, Breeder Division Manager.

King Cole Ducks has a long history in York Region (see *HOTG* December 2012 issue). What began as a need to supply the Toronto restaurant market in the early 50s has grown into a third generation business that is hands-on from the hatching, raising, processing, product development and cooking. The only duck producers in North America to achieve accreditation from the globally recognized Safe Quality Food Institute, they also pride themselves in using all natural grains and well water for feed and no hormones or antibiotics for their free-range birds. Every part of the duck is used. Bi-products such as tongues and feet are prized in Asian cuisine. Necks and bones are sold to pet food companies and feathers and down are used in bedding and clothing products. Even the nesting material and wastewater is turned into a nutrient-rich garden fertilizer.

Entering the foyer of their expansive store and demonstration kitchen I was awed by the selection. Not ready to tackle roasting a Grade 'A' fresh whole duck? Try their ready-to-cook or precooked product. Smoked boneless duck breast can be sliced onto a salad, warmed on a wedge of brie with a dollop of red pepper jelly, piled on a DLT sandwich or used as an alternative for Eggs Benedict! Confit Roasted Legs are very popular – just heat and serve. Requests from chefs throughout North America inspired their latest creation, Pulled Duck Meat which is ready to serve in

a taco, sandwich or even as duck poutine! Supplied recipes will guide you through Duck Spiedini Skewers or how to roast a whole duck on the rotisserie. The possibilities are endless and all at wholesale pricing! (See our Potluck page for recipes). If nothing else, don't leave without duck fat! Gourmet cooks agree, there is nothing like it for roasting potatoes!

Not a gourmet cook? Enroll in Duck School! Demonstration classes hosted by renowned Toronto chefs have included topics such as Easter Brunch, Ladies Who Lunch, Boys' Night Out, and Duck The Halls. If you want to host a private event, the staff will organize the catering; their only stipulation is that you serve one duck-related item.



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*Some say slow and steady wins the race.....
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Cameras or Phones?

BY PAT WHITTINGHAM



The latest camera phones are capable of producing excellent images and continue to astound us with their advances. The new weather resistant iPhone 7 Plus is equipped with a 7 mp HD Facetime camera and two image stabilized 12 mp cameras with fast lenses (wide f1.8, and 2X tele f2.8) providing wide angle and telephoto capability up to a 10X zoom (optical 2X and digital 5X). On a two-year plan, the iPhone 7 Plus starts at \$550.

What more could you want?

A dedicated pocketable digital camera needs to have features and performance to justify its purchase and use for social or travel photography. For example, you might require a weather/dust sealing and submersible camera for the beach. Some of these rugged designs are shockproof up to seven feet. I purchased one of these simple-to-use cameras for a granddaughter as a starter camera. She loves having her own camera for family activities. The removable memory card allows her to view it on mom's iPad or the family computer for scrapbooking and social media.

The Olympus Tough series, for example, is priced in the \$300 to \$500 range. I found a clearance model for about \$200 last Christmas.



16 Mpixel Olympus Tough TG 4

Point and Shoot (P&S) cameras often have *optical* zoom lenses giving wider perspectives (for the typical dinner table shot) and better close-ups than iPhones and iPads. Some offer electronic viewfinders (EVF) helping to steady the camera and to better see the scene under bright conditions. Where the sensor is larger (1/2" to 1"), low light performance improves and greater detail may be evident. They may also have more powerful flashes. The more advanced units may record the unprocessed image (RAW) as well as the compressed JPEG image for greater processing latitude for enlargements or effects.

On a cruise ship day-safari excursion in Tanzania, my wife had a very compact P&S in her handbag with an

extraordinarily long zoom of 24 to 720mm (30X). I was amused to see her "get the shots" that eluded several other travellers with large cameras and huge zoom lenses. The zoom range allowed her to shoot the dung beetle on the road next to the Land Rover as well as the parade of giraffes hundreds of meters away.

Enthusiast photographers wanting more and prepared to compromise on size, can find a new breed of "bridge" cameras. These have larger bodies and captive zoom lenses that generally preclude them fitting in a pocket or purse. With a larger 1" sensor, they offer performance near that of traditional semi-pro Digital Single Lens Reflect cameras (DSLRs). These cameras are well matched to the attached lens. Some variants offer a faster/shorter zoom lens (24-70mm, constant f2.8), while others such as the Sony RX10 MKIII offer an extraordinary focal range (24-600mm) with variable speed (f2.4-f4). These features come with a very high price (\$2000). But if you want a cruise companion (other than your spouse or friend) with few compromises, this could be it.



Sony RX 10 III with 24-600mm lens (f2.4-f4)

Such large cameras are a frequent choice of photographers wanting to downsize and simplify from even larger DSLRs and interchangeable lenses. They are called fixed zoom lens *bridge cameras* as they span the gap between simple P&S cameras and Interchangeable Lens Cameras (ILC). ILCs will be covered in a future article.

And as promised last issue ... here is an aid for image composition ... The Rule of Thirds.

Many cameras allow you to place grid lines on the LCD screen or EVF to improve composition. See what this can do for your photo taking. Many books have been written on this subject but the fundamental idea is summarized here: https://en.wikipedia.org/wiki/Rule_of_thirds



Lanai: Pineapples to Paradise

BY ANITA DRAYCOTT

For his nuptials in 1994, zillionaire Bill Gates vowed, “I do” on the signature 12th hole of Manele Golf Course (formerly called the Challenge at Manele), a cliff-side spectacle where the “fairway” is a surging surf 45 metres below. The camera-shy groom booked every helicopter and hotel room on Lanai in order to thwart peeping paparazzi. In 2014 he and Melinda returned to Lanai to celebrate their 20th anniversary.

My husband, William, and I also decided to make Lanai the destination for our 35th wedding anniversary. We played the Manele course, lost a few Titleists on the 12th and checked out the multi-million dollar renovations of the Four Seasons Resort Lanai. Heck, what’s good enough for Bill and Melinda is good enough for us. Mind you, while the Gates travelled by private jet, we took the 45-minute Expeditions passenger ferry from Lahaina on Maui’s west coast. There are five round-trip crossings throughout the day and if you’re lucky you’ll be escorted by a school of acrobatic spinner dolphins.

GOLF WITH A VIEW

Built on lava outcroppings above the crashing surf of Hulopoe Bay, the Jack Nicklaus Signature Manele Course boasts views of the Pacific from every turn. Three fairways perch on cliffs, including the infamous 12th.

We encountered back-to-back par-threes on the 7th and 8th fairways. We had to consider the trade winds when choosing our clubs on the 172-yard 7th. Number eight, at 210 yards, requires precision aim to nail the hillside

green. Manele’s toughest hole, the par-four 5th took its toll on our scorecards. Your drive must go left to avoid the fairway sloping to the ocean. We won’t likely forget the 17th with its forced carry over a cliff. From there you must negotiate a serious dogleg right and avoid the water running down that side of the fairway.

After the round we enjoyed tropical cocktails with the obligatory little paper umbrellas at the aptly named Views clubhouse restaurant.

PINEAPPLES TO PARADISE

Little Lanai (only 29 km long by 20 km wide) packs a fascinating history. It’s been home to Hawaiian chiefs and just a handful of owners. In 1922, James Dole bought the entire island and turned it into a pineapple plantation. However, by the late 1980s the pineapple business had become economically unviable. Enter billionaire David Murdock, who purchased 98 per cent of the island in 1985 and built two resorts, The Lodge at Koele and Manele Bay. He partnered with Four Seasons, who assumed management of both resorts in 2005. In 2012, Murdock sold Lanai to Oracle C.E.O. Larry Ellison. It’s a kind of pineapples to paradise, rags to riches tale.

Most discerning travellers would have opined that the accommodations and courses at both Koele and the Manele were just fine as they were, but Ellison decided to renovate. Koele and its Greg Norman-designed golf course are currently closed. Manele Golf Course remains open for play and the resort has undergone a multi-million dollar renovation and was recently awarded the

rare and coveted AAA Five Diamond designation.

The walk from the lobby to our room was like a stroll through botanical gardens. We often paused to wish “aloha” to the exotic parrots or toss some nibbles to the koi in the pond.

Rooms have every possible convenience. Along with mahogany floors, teak panelling, high tech lighting, temperature and privacy controls, the state-of-the-art Toto toilets alone are worthy of mention. When you enter or leave the bathroom, a motion detector raises or lowers the toilet seat. A series of buttons on the wall remote panel controls all sorts of flushers, washers and dryers.

We were truly spoiled by the dining options. We started our days on the terrace of One Forty overlooking a series of pools to Hulopoe Bay where we created fresh juice from tropical fruits and enjoyed the Eggs Bennie with seared tuna instead of peameal bacon. For lunch we had *pupus* (Hawaiian appetizers) at the poolside Malibu Farm. At dinner we opted for Nobu’s inspired sushi and Wagyu beef seared on a lava rock.

Although golf was the main attraction there are plenty more activities at the Four Seasons including lei making, hula and ukulele lessons and tours of the botanical gardens. Snorkelling with complimentary prescription goggles is a must on what Yahoo and the *Men’s Journal* magazine rated the “best snorkelling beach in the U.S.” It is just steps down from the resort on Hulopoe Bay.

GOING LOCAL IN LANAI CITY

Warning: the services and amenities at the Four Seasons Lanai are so outstanding one could not be blamed for never leaving. We did however pry ourselves away from the resort to explore the island’s only community. Lanai City, (population 3,200) is almost mythical for its lack of development and intriguing contrasts. There are no traffic lights, no fast food franchises and only a handful of establishments built around Dole Park. Everything here looks pretty much as it did during the plantation days. We found a couple of banks, a church, general store, the cute Hotel Lanai, casual eateries and a tiny movie theatre. It’s like stepping back in time. A complimentary island shuttle transports guests between Lanai City and the Four Seasons several times per day.

Lanai City even offers free golf, albeit a bit rough around the edges. The Cavendish Golf Course, built in 1947, is a nine-hole tract set out among the Norfolk pines that takes neither cash, credit cards nor tee time reservations. Originally, it was built for the pineapple plantation workers. Just bring your clubs and wait your turn!

The island of Lanai is one of those quirky places where you can splurge at the posh Four Seasons one night and scrimp on a *saimin* (Hawaii’s answer to chicken noodle soup containing Spam and fishcakes) the next day at the Blue Ginger Café in Lanai City. Probably not what Bill and Melinda did, but it suited my Will and me just fine.



HIGHLIGHTS OF Active Aging Week 2016

BY DAYNA STODDART



By the year 2050, the global population of people 60 years and older is projected to reach over two billion; the number of centenarians will double to nearly 3.4 million.; and the average life expectancy will rise from 70 years (2010-2015) to 77 years (2045-2050). As we age, the risk of developing chronic health conditions (also referred to as lifestyle diseases because they are related to physical inactivity, poor diet choices, emotional stress and lack of cognitive activity) increases. However, as the average life span increases, so does the potential for adding more years of health and fewer years of disability. Health-related quality of life encompasses the prevention or management of chronic conditions.

Active Aging Week 2016 was an opportunity to gain insight and to learn strategies that we can implement now to influence future health and quality of life.

Throughout the week, all 18 seminars stressed the necessity to implement four key strategies into a lifestyle routine:

1. Engaging in daily physical activity;
2. Consuming nutrient-dense food and quality supplementation;
3. Decreasing stress and participating in activities that provide a sense of joy and happiness; and
4. Engaging in cognitive activities.

PHYSICAL ACTIVITY

Meeting the Canadian physical activity guidelines provides health benefits that can reduce your chance of developing the conditions below. The more exercise you do, the greater the benefits:

- ✓ Reduce incidence of hypertension by 33 to 60%
- ✓ Reduce incidence of diabetes by 25 to 58%
- ✓ Reduce incidence of CVD by 33 to 50%
- ✓ Reduce risk of stroke by 31 to 45%
- ✓ Reduce risk of colon cancer by 30 to 60%
- ✓ Reduce mortality and risk of recurrent breast cancer by 25 to 50%
- ✓ Reduce risk of developing Alzheimer's by 40%
- ✓ Decrease depression as effectively as medications or cognitive behavioural therapy
- ✓ Reduce risk of premature death by 31 to 50%



Set up a Functional Fitness test with me and we can structure a physical activity plan that is right for you (see page four of the *Lifestyle* guide).

Dr. Meagan Lynch, D.C., discussed *Strength and Stability for an Active Life* including the importance of incorporating easy exercises to improve core strength and posture. She recommended the website – fitin15.ca for a 15-minute fitness routine.

Continued on page 25



Demonstrating strength and stability in the body balance class on Thursdays 8:30 a.m. which is all about core strength and posture.

MENTAL ACTIVITY

Andrea Ubell, from the Alzheimer's Society of York Region presented *Keeping a Healthy Brain*. She reported that the new standard is 40 minutes per day of aerobic exercise (brisk walking, for example) to maintain/improve brain health. What is good for our heart is good for our brain Dr. Cyr, Professor at York University, reinforced this with research that has shown that aerobic exercise increases the size of the hippocampus (part of the brain that is responsible for memory) and decreases the risk of developing dementia.

Ubell also indicated that ballroom dancing was one of the best forms of exercise for brain health because it was aerobic and required engaging the mind to learn new steps and sequences.

We have run ballroom classes at the Recreation Centre in the past, but they haven't been that popular. Maybe this news will encourage Ballantrae residents to support the return of such an activity. Or consider joining Bollywood Fitness classes — a group exercise dance class producing the same benefits as ballroom. (Class runs Thursday evenings 7 to 8 p.m. at the Recreation Centre.)

PROPER DIET

As we age our metabolism slows so it becomes vitally important to ensure that we are fueling our bodies with nutrient-dense foods for overall health. Doing so can prevent or slow down the inflammation process of diseases such as cardiovascular disease, diabetes, arthritis, cancer and dementia.



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Shega A'Mula
Community Engagement Worker, Tweed



Both Lisa Pinnock Fernandes and Beata Blajer, RD, discussed the importance of eliminating processed foods as much as possible and including whole foods in our diet. Processed foods, white flour and white sugar all increase inflammation in our bodies, which is a precursor to disease processes.

Eating the right foods will help reduce artery-clogging blood cholesterol and triglyceride levels, lower inflammation, assist in achieving and/or maintaining a healthy body weight, and help reduce or prevent high blood pressure.

They recommended consuming seven to ten servings of fruit and veggies daily—ideally, a minimum of four servings of veggies and no more than three servings of fruit. These should be colourful to be rich in antioxidants. Try for a rainbow of colours daily. Blajer highly recommended including Match green tea powder daily. One teaspoon per day is equivalent to ten cups of green tea. This powder may be purchased at Bulk Barn, health food stores or David's Tea.

Increase fibre intake with legumes and whole grains. Blajer recommended adding one to two teaspoons each of chia seeds, flax seeds and psyllium to breakfast cereal.

Dr. Brandy Pridham N.D. spoke of the importance of supplements and recommended that they be included daily along with a healthy, whole-food diet. Her top four were B complex, D, C and fish oil. These should be purchased based on quality not cost. Not all vitamins are created equal. She highly suggested avoiding drug store brands. If you would like a list of the companies and brands she recommended, please contact me.

Decrease stress, increase joy and happiness and be social. Engage in activities that provide you with a sense of purpose, joy and happiness. Whether it is art, music, crafts, reading or writing, engaging in a hobby that you

enjoy plays a role in your overall well-being. Art as therapy may be therapeutic for those struggling with mental health issues by providing a positive outlet to express feelings and emotions.

Life coach Rob Martel described the health benefits of meditation: elevates mood, reduces stress, helps with focus, improves sleep, lowers blood pressure and relieves pain.

Shega A'Mula from Tweed presented *Improving Quality of Life with Medical Marijuana*. Discussion revolved around the legal status of cannabis, the benefits of medical marijuana and how it could ease the symptoms of many chronic conditions. There are 84,000 patients in Canada, 20,000 of whom are with Tweed.

COGNITIVE ACTIVITIES

Dr. Andrée-Ann Cyr, Professor of Psychology at York University, spoke on *Memory and Aging, Facts and Myths*. As we age, changes in the physical brain include the loss of neurons especially in the frontal lobes and hippocampus that are made worse by vascular problems. Short term memory stays the same but working memory declines. Semantic memory improves, while episodic memory declines. Experience and priorities influence what we choose to remember.

What can we do about these memory changes? Stay healthy by eating well, exercising regularly and reducing stress. Use external aids such as phones, calendars, and lists. Use internal strategies, such as association, to help memories stick. Engage both mind and body!

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Music Lovers' Concert

BY LORRAINE MADIGAN FARRO

On September 8 the residents of Ballantrae were treated to a special classical concert at our Recreation Centre. Concertgoers had the pleasure of hearing both a solo pianist as well as a string quartet.

The pianist was classically trained, Latvian born, Valentin Bogolubov, who was once the assistant conductor of the Bolshoi theatre in Moscow! Having become a Canadian citizen in 1995, Valentin has given many concerts across Canada and remains the pianist/organist for Christ Church in Stouffville.

Valentin played Chopin's *Nocturne* and *Etude in F Major*, Liszt's *Hungarian Rhapsody in F Major*, Schubert's *Moment Musical* and a selection he called a "Modern Piece." His playing transported the audience to another place with his dreamy musical renditions, technical prowess and command of his instrument. He played Liszt, with superlative ease, seemingly floating his fingers over scales while technically marching off arpeggios (quick broken chords).

We were equally delighted by the Paskke String Quartet, consisting of Kevin Leung on first violin, Simon Lau on second violin, Fanny Tang on viola and Paul Hudspith on cello. Both Leung and Hudspith are part of the York Symphony Orchestra that performs regularly at both the Richmond Hill Performing Arts Centre and Trinity Anglican Church in Aurora. The quartet enchanted the audience with a perfect combination of popular tunes including The Beatles' *Eleanor Rigby*, *I Dreamed a Dream* from *Les Miserables*, *Pavane* by Faure, *Under the Paris Sky*, and many more favourites. The quartet also played Vivaldi true to style with no vibrato and open strings.

We thank Ron Brewing for organizing this excellent concert. My former neighbour, Carol Mill, who donated her piano to the choir in her will would have loved to know that it was being put to such good use. I know that she was smiling down on us all that afternoon!





Q&A WITH ALISON SCOWCROFT

BY ANITA DRAYCOTT

Decking The Halls With Loving Memories And Fun Family Traditions

Your home is decorated like a winter wonderland. You must be passionate about Christmas.

I am indeed. My late husband, Duncan and I have always loved the Christmas season, and have done, since we were kids. My whole family gets into the festive spirit. That includes my oldest daughter, Andrea, who lives in Uxbridge with her husband Jaime, and their two children Meighan and George and my youngest daughter Meighan, who lives in Kingston with her husband Mark and her three children Jack, Duncan and our latest addition Hazel. For all of us Christmas is a very special time.

Where did you find such unique decorations?

It started with a little Victorian house that Duncan bought me from Department 56. At the time we kept it on the built-ins year round. The next year he bought me two more pieces and I moved them all to the server in the dining room. From there we were hooked and soon a village was born. Dunc and I would go to some of our favourite shops every year around my birthday in mid November to look for new and unique pieces. We aren't really collectors but Christmas decorations are

the exception. For example, I started with one cookie jar and now I have many, and I continue to add to them. The limited edition Santa in the birch bark canoe was a piece Duncan found and it's one that I treasure. I found the Nutcracker guarding the front hall in Kingston. Another favourite is the angel that I hang over the fireplace, Duncan surprised me with that one many years ago.

This looks like a lot of work. When do you start?

I start decorating in mid November and it takes me about a week to get everything set up. The Victorian village takes the most time because of all the pieces and the intricate lights.

What other Christmas traditions do you follow?

I do a lot of baking. I make Empire Biscuits (recipe in Potluck section) and shortbreads. They are part of my Scottish heritage. My daughters also bake and decorate, which always does my heart good. Another tradition involves filling up my candy jars with red and green M&Ms, Santa jellies, peppermint kisses and licorice. Christmas Eve is a quiet time for our family. We watch movies, (*National Lampoon's Christmas*

Vacation and *A Christmas Story* are both must sees every year) and we play games. Just like my grandkids, I still have a hard time going to sleep on Christmas Eve. Christmas morning always starts with champagne and orange juice. My favourite thing is to see the smiles on everyone's faces when they open their presents.

What's for Christmas dinner?

We have a family tradition of liking our turkey dry . . . stick to the roof of your mouth dry. One year Dunc took the bird out of the oven, lifted it out of the pan to rest on the chopping block and the bone of one of the legs shot right out of the turkey. That's how my mother cooked it and that's how everyone in my family likes it. Let's just say we need lots of gravy.

Tell me about your tree.

It's more of a memory tree than a decorator tree, filled with ornaments my girls made when they were little and souvenirs from family vacations. My girls have continued that tradition, bringing back Christmas ornaments for me when they go on a trip. When I trim

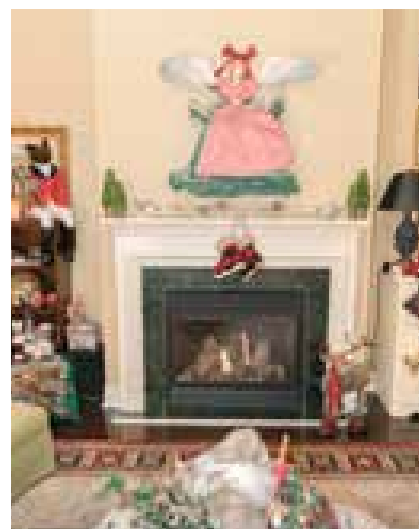
the tree it brings back fond memories and often a tear or two. I always choose a colour scheme for wrapping my gifts and they become part of the Christmas décor. I think gifts look more special when nicely packaged.

Is that a moose having a martini with you?

Yes, that's Loosie. She caught my eye a few years ago in Keith's Flower Shop in Uxbridge. At first I put her near the fireplace but one night I was sitting at the breakfast bar in the kitchen and I brought Loosie over and leaned her up against the bar and put a martini glass in her hand. Loosie makes me giggle and she manages to charm everyone who comes to visit. She is such a hit that now I have given several of "Loosie's off-spring" to my family and friends.

What happens on Boxing Day?

By then Christmas is over for me 'til the next year. I take down the decorations, which takes all day, pour myself a glass of wine and make a dry turkey sandwich with lots of mayonnaise. By then I'm also done with turkey!





An Open Letter of Thanks to our Community

Dear Friends and Neighbours,

It is one thing to have an idea, put pen to paper and work on developing an approach that you think might have broad appeal. It is quite another to witness the reality of those plans and aspirations to the degree that was evident on Collection Day in the Ballantrae Golf & Country Club.

There are simply no words to describe adequately the overwhelming response to the call for support of the **BGCC Charity Drive for Children**. The Blue Bag collections started arriving at the Ballantrae Community Centre on Aurora Road at around 7:30 a.m. on September 15 and did not stop until 4 p.m. that same day. Car loads of quality clothing, diapers, food, baby utensils and handmade items, just to name a few, were collected and packed for transporting to Rose of Sharon Services for Young Mothers by our 60 volunteers, many of whom worked side-by-side for the entire day.

An unbelievable 84.5% of households supported the Drive in ways that far exceeded every possible expectation. While difficult to put a price tag on all the merchandise collected, the consensus was that the overall value (goods and financial support) far exceeded \$55,000!

In addition to our Blue Bag collections, we had 23 women giving of their time and talent to lovingly produce hand-knit blankets, sweaters, hats and matching outfits. Another of our residents made 24 matching, fleece-lined pants and jackets comparable to those found in high-end children's clothing stores. Golf leagues and residents' committees donated cash. The contributions kept arriving at my door long after the Drive concluded. This community truly wrapped its collective arms around its very own **BGCC Charity Drive for Children**.

As is the case with every idea, it needs people at the top to embrace it, own it and commit to deliver on its goals. This project had its very own Dream Team from the start-up stage. I want to take this opportunity to publicly acknowledge the leadership and dedication provided by this special group of women, each of whom worked tirelessly to ensure every home within our gates received a call. They achieved this by recruiting friends and neighbours to deliver bags, knock on doors, answer questions and travel our streets on September 15 to pick up donations. Thank you Ellie Cannon, Marianne Worlidge, Gail Kostandoff, Lorraine Madigan-Farro, Anne Brewing, Olive Simpson, Jenny Gould, Carollyne Kaise, Vicki Carter and Sandy Hinch. It was a privilege to work with you.

I would ask our readers to take a moment to review the entire list of volunteers provided in this spread.

It would be remiss of me if I did not single out one other person, Ward 2 Councillor, Maurice Smith. When I first approached Councillor Smith it was merely to ask him to endorse the project by lending his name to an information piece going to all households in BGCC. He looked closely at the details and, without hesitation, offered his full support of this project. And he certainly did that and more. A very special thanks to you, Maurice.

This initiative was always about the babies and young children who live in York Region and our collective desire to help bring in some small way, a little comfort and joy to their daily lives. Clearly it hit a chord with each of you. You can rest assured that your donation went directly to those who needed it most and that as a result of your support and caring, hundreds of babies would have food in their tummies, warm clothing for winter, and dry, rash-free bottoms. Mission accomplished!

Respectfully yours,

Doreen Cunneen

Chair, BGCC Charity Drive for Children



Meet the team behind the BGCC Charity Drive for Children

OUR VOLUNTEERS

Eric Adams
Brenda Andrachuk
Sheila Armet
Joan Babcock
Sandi Berg
Gillian and Elwood Blake
Anne and Ron Brewington
Ellie and Stew Cannon
Vicki Carter
Donna Clark
Lynda Coulson
Doreen Cunneen
Judy Fish
Sheryl Giles
Elaine Gorman
Jenny and Mack Gould
Ken Grasby
Emile Haick

Sandy and Brian Hinch
Wendy Hodgson
Sandy Hume
Val Innes
Bonnie Irwin
Carolynne Kaise
Jan Kennedy
Deb Kimpton
Gail Knaggs
Penny and Ray Knight
Gail Kostandoff
Susan LaRosa
Linda LeGallais
Sheilagh MacDonald
Lorraine Madigan-Farro
Sue Maloney
Terry Maloney
Kathy McLeod
Heather Miyauchi

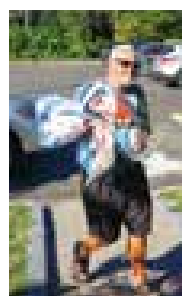
Deannie Newhouse
Bev O' Donnell
Jan Richards
Judy Rose
Priscilla Rushton
Shirley Sarlin
Bonnie Saunders
Alison Scowcroft
Marilyn Shepherd
Olive Simpson
Jane and Maurice Smith
Steve Smith
Margaret Spencer
Elaine Teillet
Penny Thompson
Kathy Weis
Pat Whittingham
Marianne Worlidge
Colleen Wynn



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Ballantrae Men's Golf 2016

BY PHIL KOSTANDOFF



The weekly Tuesday games and the monthly BBQs, along with the variety of competitions for closest to the pin on all four par-three holes made the 2016 golf season one of the best ever. In the 22 weeks of our schedule, we awarded 156 prizes.

The Bill Burrow Trophy champions—Jay Adams, Brian Hinch, Clint Fritzley and Ron Mikitish each received a small trophy in recognition of their winning team effort.

Our individual championship challenge in August provided the following results: John Bell, Low Gross white tees; Fred Theriault, Low Net white tees; Larry Foreman, Low Gross blended tees; Ron Terin, Low Net blended tees; Ken Grasby, Low Gross red tees; Don Tomchick, Low Net red tees. Each player received a suitably engraved trophy.

At the end of each month players enjoyed a BBQ lunch supplied by M&M Meat shop in Stouffville. For the final day, The Marleigh Retirement Residence Unionville presented a delicious sandwich buffet along with dessert.

Thanks to Gary Hodder, Ron Cairns, The Marleigh Retirement Residence Unionville and Willow Springs Winery for their sponsorship of the closest to the pin weekly challenges. Thanks also to the Ballantrae Golf Club course staff for providing excellent playing conditions throughout the season. We want to express special thanks to Kelly & Sons Roofing for donating a travel certificate, the major prize in our lucky draw. In addition, more than 50 prizes were presented to draw winners.

**This year our members
donated more than \$11,000
to Prostate Cancer Canada.**



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Services
Gary Davis, Royal
LePage Real Estate
Wooden Sticks Golf Club
Silver Lakes Golf Club
Stonehouse Travel,
Stouffville

FROM OUR GOLF COMMUNITY:

Ron Cairns
Brendan Cunneen
Al Humphrey
Ray Knight
Dave Lamont
Ron McEuan
Jim McLaughlin
Kelley Richards



Registration for the 2017 golf season is currently underway. New members are invited to join the Tuesday men's golf group
Contact: Phil Kostandoff 905-640-6222; Jay Adams 905-640-2843

Condo 1 Party

BY THÉRÈSE SKINNER

On August 25, Condo 1 had a very successful gathering at the Recreation Centre with 190 residents in attendance. The members of the organizing committee were Stew Cannon, Bernard and Maureen Downes, our President Bob Herbert, Al and Marna Moldon, Thérèse Skinner and Marilyn Surti.



Al provided the music and was our MC for the evening while Stew organized the games. Attendees were able to play bocci, ladder golf and bean bag toss until dinner was served. Our very enthusiastic Wayne Burgess, Chairperson for the 2017 Ballantrae Summer Games, talked about this important event. He also brought enough Bailey's Irish Cream for all of us to have a taste. What a nice touch! This was perfect timing to inform



our new neighbours of what happens here every other summer and encourage everyone to participate in the Games.

A beautiful bouquet of flowers was presented to Noreen Urquhart, the resident who has lived in Condo 1 the longest. We also welcomed our newest residents, Chris and Sharon Brown, who had just moved into our neighbourhood the week prior to the party. They received two complimentary green fees from our Ballantrae Golf Club.

Because we had such a great turnout, we had money left over. It was therefore agreed to give this surplus to local charities: \$122 was donated to Rose of Sharon and the same amount went to the Food Bank of Stouffville.

Many of the attendees asked if this event could be held yearly but the members of the organizing committee decided that in order not to take the spotlight away from the Summer Games, we will look at scheduling it every other year.

Thank you so much to everyone who made the evening such a great success!

Murder Mystery Night

BY ART SANDERS

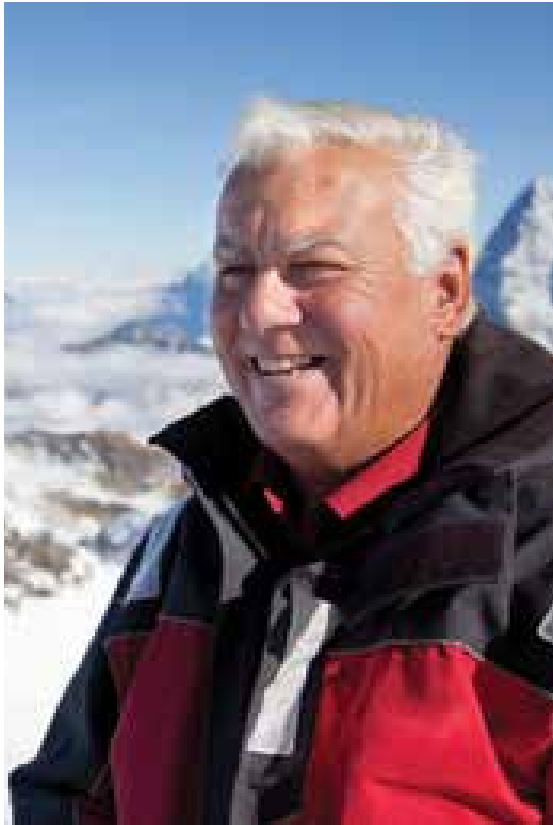
If you happened to be driving by our Recreation Centre on October 29 between 7 and 9 p.m., you would have heard very loud "oohs" emanating from the building. This was the night that more than 100 students were attending lectures at A.S.S. That's right, at Aquatic Spy School. The lecturers present included Austin Mini, 007, XTC, Natasha Fatale, Dr. Elro and Ethan, all of whom are of international ill repute. But a strange thing took place during the lectures—a murder was committed. It was up to the students to solve the murder. Celebrities in attendance included Dick Van Dyke, Steve Martin, Hubert Humphries and the notorious Housewives of Ballantrae.

This was the BGCC dinner and MURDER MYSTERY NIGHT!

Fun was had by all, but unfortunately the majority of the Ballantrae students failed miserably because they were unable to solve the murder!

Sharpen your skills as a spy and prepare for next year's event.





Smile! Golf season's just a few weeks away

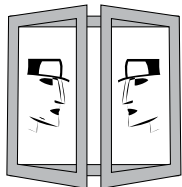
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BGCC Tennis Club

BY GARRY STODDART

Our tennis club is always looking for new members regardless of skill levels. We offer a variety of programs to accommodate past experience and to help promote new levels of expertise. We also offer a mentoring service for new members, whereby existing members help newcomers to feel welcome in our club.

2016 was another successful year for our club. We formed three advisory groups in August to review and recommend changes to socials, championships and house league for 2017. Thanks to the efforts of our social club, members thoroughly enjoyed our year-end Awards Event on September 10.

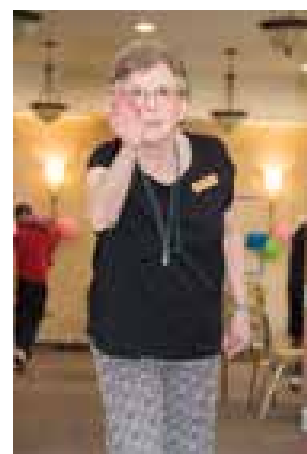
The year will start with Registration Day at the Recreation Centre. Come meet our Executive

and Program Directors who volunteer their time and effort to administer rules and timetables. Refreshments will be provided.

Our 2017 event dates and court schedule times will be posted on the BGCC website to allow early planning so that you can participate in a variety of programs offered.

Our Get Acquainted Social for new and old members and our Canada Day Social (July 1) have been popular events. Food and fun along with prizes are part of the organized round robin format.

For more information, contact Garry Stoddart, President, 905-640-5553.





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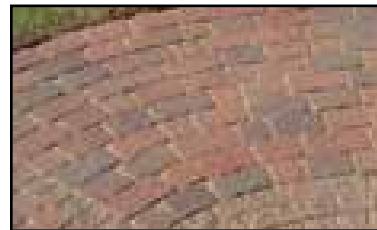
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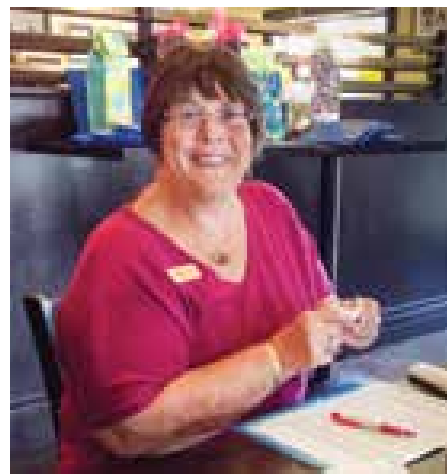
Ladies' No-Stress Golf League

BY DEB KIMPTON

In 2016 we had 55 new and returning members sign up for a season of 9-hole executive course golf at Maples of Ballantrae. If you're interested in taking up the game or just want to play in a stress-free, fun environment, please consider joining us next season. We'd love to see you!

This year we continued to use a shotgun format. Monthly games at other area golf courses added to the fun and enticed new members to join our league. Each of these games was arranged by members of the group and provided different golfing challenges.

On Tuesday, September 27, the Ladies' No-Stress League wound up the season with lunch at the Coach House Pub. Thanks to all for making this a great summer of golf.



Our thanks for the additional prizes offered this year go to Alasdair Patton, RBC Wealth Management Group, Aurora. Money raised by League registration dues was donated to The BGCC Charity Drive for Children supporting the Rose of Sharon.

Information regarding the 2017 season will be published in the March edition of *HOTG*. In the meantime, for further information, please contact: Jeanne Christie, Lynda Wyse or Susan McKay at tuesdaygolf24@yahoo.com.



Monday Evening Nine and Dine Golf

BY DEB & TREV KIMPTON

It was a wonderful season for golf. Our format was a foursome scramble and each member was to contribute at least one drive. The best score for the day won a modest prize and a draw was held for a second prize. Our golf culminated in a gathering at the clubhouse for dinner and conversation. Although the last game of the season was rained out, everyone who was to play came for dinner, cake and prizes on September 26.

If you are interested in joining us in 2017 for a no-pressure evening of fun, call 905-642-6426 or email Monday9andDine@gmail.com. We'll place your name on the spare list and send you the necessary information.

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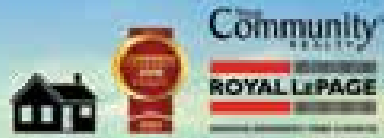



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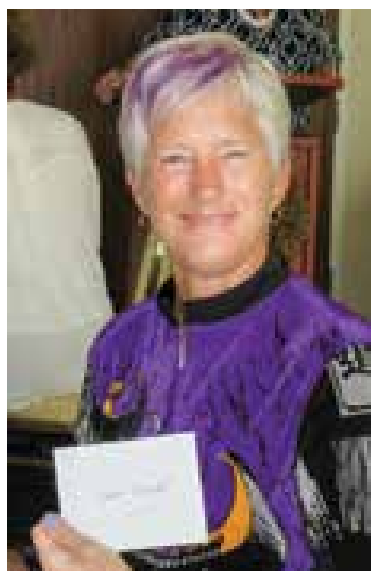
Ballantrae Ladies' Nine Hole Golf League

BY MARLENE GILLIES

All members enjoyed a great 2016 season of golf. The ladies continued to play their own games each week but the last week of the month was our special-game day... anything from putting with a tennis ball to playing with just three clubs. We finished the year off with our first luncheon where many ladies won donated door prizes.

The Ladies' Nine Hole League will continue for the 2017 golf season and we look forward to former and new members coming out to play.

Thanks to all who supported this new league.



Ballantrae Ladies' Golf League

BY SANDY HINCH

Another successful golf season has come to an end for the BLGL. 2016 brought our membership to a total of 84 ladies and again this season, the committee worked hard to promote fun and fellowship. Our year included a coffee and registration in April, our opening day "Step Aside Scramble," and "Bring a Friend" in June which was a resounding success with 80 participants. The Mary Carole Lant Club Championship, won by Gail Paterson was in July and our closing luncheon was in October. The weather gods co-operated for the most part, allowing us to organize and play 21 games throughout the season with different competitions each week.

We wish to thank all the sponsors over the past year who have contributed to the success of our league. They include: Joyce Dow and Marleigh Retirement Residence for the closest to the pin each week, Redfearn, Zizek and Associates, Inside Out Decorating, Fischer Cabinets, Patti Lynn Interiors, Kelly and Sons Roofing, Napoleon BBQ and the Ballantrae Golf Club

Next year our coffee and registration is Monday, April 24, 2017, with May 1 our first golf day. We encourage you to join a wonderful group of ladies as we continue to conquer the Ballantrae greens!

For more information: sandyhinch@hotmail.com; 905-591-3552

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Stratford Bus Trip

BY BARBARA JANNETTA

The performance of *A Little Night Music* had us all mesmerized with the extravagant costumes, amazing vocalists and humorous storyline.

We thank our social committee members, Kathy Billington and Ron Brewing for organizing this sold-out event and fantastic lunch!



The Slots at Georgian Downs

BY MARIETTE BLOUIN-JOHNSON

On October 5 a busload of enthusiastic Ballantrae folk hit the slot machines at Georgian Downs. It was a successful day, especially for one very lucky person who won \$1,300.00!

On the way home, Al Moldon entertained us with a game and presented gifts to the winners. Marna Moldon was our very capable trip photographer.

Join us next October for a fun day!

Dave Parsons Quintet Fall Concert

BY MARILYN PARSONS

Fans were again treated to an exciting musical afternoon with the Dave Parsons Quintet taking us back to the mid 30s and 50s through Johnny Mercer's lyrics and songs.

Autumn Leaves was appropriate, followed by *Moon River*, *Skylark*, *Dream*, *Laura*, *Too Marvelous for Words*, *The Days of Wine and Roses* and *Day In, Day Out* amongst many others.

The quintet consisted of Dave Parsons on piano and keyboard, Sam Carothers on bass, Rick Faye on drums, Marshall Olchow on sax and clarinet and singer Lisa Levy.



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Social Committee Upcoming Events for 2017

Sunday, February 12

A Breath of Fresh Air Walk
and Homemade Soup

Contact:

Mariette Blouin-Johnson
905-591-2032

Sunday, April 23

Brunch at the
Recreation Centre

Contact: Kathy McLeod
905-640-7351

Tuesday, May 9

Ladies' Dine Around
Restaurant: Peter's in
Markham

Contact: Pam Tulino
905-591-4004

Thursday, May 25

Fallsview Casino

Contact: Gisela Weger
905-642-2503

Sunday, May 28

Charity Fashion Show

Contact: Kathy McLeod
905-640-7351

Friday, June 9

Woodbine Race Track
and Luncheon

Contact: Ron Brewing
905-640-8836

Saturday, July 1

Canada Day Celebrations
with Entertainment

Contact: Social Committee

Tuesday, July 11

Ladies' Dine Around
Restaurant to be
announced

Contact: Kathy Billington
905-591-1390

September

Stratford Festival or
Shaw Festival Date/Show
to be determined

Contact: Ron Brewing
905-640-8836
Kathy Billington
905-591-1390

Tuesday, September 12th

Ladies' Dine Around
Restaurant to be
determined

Contact: Gisela Weger
905-642-2503

October Concert

Passke String Quartet

Date: To Be Determined

Contact: Social Committee

Wednesday, October 11

Georgian Downs

Contact:

Mariette Blouin-Johnson
905-591-2032

Thursday, November 30

Ladies' Christmas Luncheon

Contact: Pam Tulino
905-591-4004

Saturday, December 9

Annual Christmas Dinner
& Dance Recreation Centre

Contact: Jenny Gould
647-448-4022

Feeling Left Behind . . . Again?
Join us for A Breath of Fresh Air

Sunday, February 12, 2017

We meet at the Recreation Centre at
10:30 a.m. and participate in outdoor
activities at a nearby forest until noon.

We 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

\$5 per person

PLEASE CONTACT

Mariette Blouin-Johnson, 905-591-2032

Ladies, keep the date open for
The Spring Fashion Show
by Peppertree Klassics

Sunday, May 28, 2017

LOCATION

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Kathy McLeod, 905-640-7351
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Potluck

We encourage you to share some of your favourite recipes for future issues. Please send them to homeonthegreen@rogers.com

EMPIRE BISCUITS

FROM ALISON SCOWCROFT

(Grandma Henderson's Recipe)

My mom made these every Christmas, and they were a huge family hit. I continued the tradition and now both my girls also bake them every year. They are called Empire Biscuits, not Empire Cookies. Very Scottish!

½ pound butter

½ cup icing sugar 1 egg yolk

2 cups flour

Cream butter, add icing sugar. Blend in egg yolk. Work in flour with hands. Roll out quite thin and cut with a fancy cutter. Bake at 325 F until golden brown (about 15 minutes). When cool, stick two together with raspberry jam and ice the top. Finish with a little piece of cherry in the centre.

Icing Topping

Icing sugar

Lemon juice

Water

Mix together, adding lemon juice and water gradually. Don't make too runny.

ROAST DUCKLING

RECIPE IS COURTESY OF KING COLE DUCKS

1 King Cole Duckling

3 stalks of celery

1 onion, halved

1 apple, quartered

Seasoning salt

Salt

Wash duck in cold water and pat dry with towel.

Salt cavity and stuff with onion, apple and celery.

Rub seasoning salt all over skin of duck and under wings.

Place on roasting rack breast side up in roasting pan.

Place in pre-heated oven at 325F uncovered for 2 ½ to 3 hours.

Duckling is done once legs move freely and skin turns golden brown.

Remember: Do not carve, simply quarter with poultry shears.

EGGS BENEDICT WITH SMOKED DUCK BREAST

RECIPE IS COURTESY OF KING COLE DUCKS

A twist on the traditional.

6 eggs

1 King Cole fully cooked smoked duck breast

3 English muffins, split into halves
KNORR hollandaise sauce or sauce made from scratch

Salt and pepper to taste.

Paprika or parsley optional

Score the skin of the duck breast (cross-hatch) and place skin-side down in a non-greased skillet. Heat on medium-high for 10 minutes; skin should be crispy. Set aside and keep warm.

Poach eggs until soft-cooked, set aside and keep warm.

Prepare hollandaise sauce as directed.

Assemble six English muffin halves. Slice duck breast into medium-size slices. Place one egg and 3-4 slices of duck on each muffin. Add sauce, salt and pepper to taste. Garnish with parsley or paprika if desired.

ROAST DUCKLING



Ballantrae Craft Show

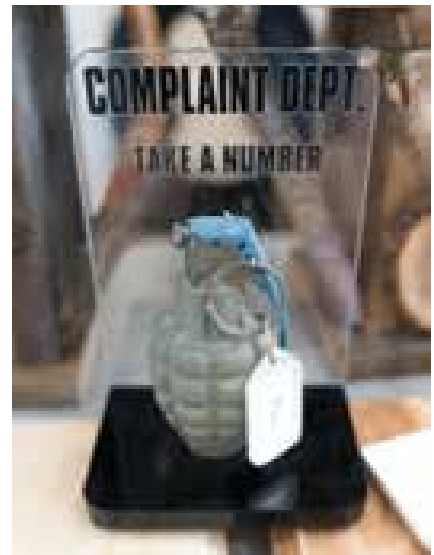
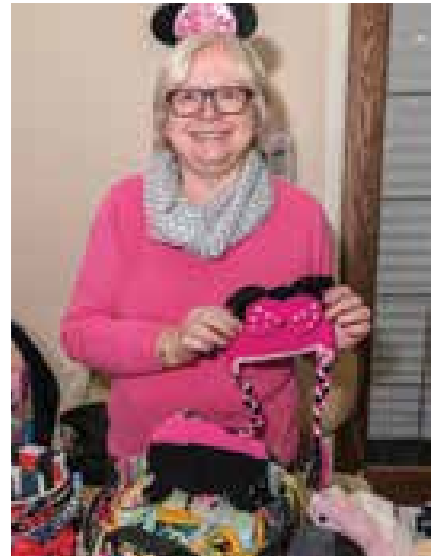
BY JOHN GORMAN

A biting wind and suddenly cooler temperatures greeted visitors to the Ballantrae Craft Show at the Recreation Centre.

The annual exhibition encourages residents to share their "products" with their neighbours. It is a unique event inasmuch as all of the exhibitors are required to be residents of Ballantrae. No outside vendors are permitted.

This year's newcomer to the event, Sandra Guadagnolo, reported that she raised over \$500 through her sale of delicious baked goods with net proceeds to be given to the Hospital for Sick Children.

Elaine Gorman and Shirley Beazley have organized this event for the past ten years and have done a great job. They are about to move aside while Carole McNaughton and Sheila Armet step in to keep this iconic event growing. Mark your calendars for the 2017 Craft Sale on the last Saturday of October.



The Fastest Growing Sport in Canada is also the Fastest Growing Sport in Stouffville

The Stouffville Pickleball Players' membership surpassed all expectations this year with 207 members. Pickleball courts were built inside the outdoor hockey rink behind the Stouffville Museum at 14732 Woodbine Avenue, about one kilometre south of Aurora Road in Vandorf.

Pickleball is a combination of tennis, badminton and table tennis. It is played on a badminton-sized court with tennis-height net, a plastic whiffle ball and a hard paddle. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball can be played by a wide range of ages, including children and seniors.

Pickleball is a great way to keep active and have fun at the same time. All you need is a paddle, a good pair of court shoes and a place to play.

The Stouffville Pickleball Players have courts available to them to play six times a week. On Tuesday, Wednesday, Thursday and Saturday, we play from 10 to 1; on Monday and Thursday nights we play from 6 to 8. Twenty to thirty players come out every day. The plan for next year is to expand the number of days we play each week.

We play from May to mid-October on the outdoor courts. Our members are more than eager to help anyone who wants to learn, with free beginner and intermediate pickleball classes being offered several times during the season. If you are interested in playing, please email Dennis Carter at dwcarter@rogers.com

Recreation Centre News

In 2016, much was accomplished at the Recreation Centre. Dry-o-tron leakage was repaired resulting in considerable savings; the change room floor and sauna elements were replaced in the ladies' change room; billiards tables were upgraded; lights in the centre room were replaced with higher luminosity bulbs; two ceiling fans were replaced; wiring in the pool area was replaced; and bocce courts were developed and improved.

Melfer's Andrew Gibson continues to give the 1202 Recreation Centre high priority for grounds maintenance, weed control and flower gardens.

Heading into 2017, the sound system and potential kitchen upgrades will be priorities. A new volunteer committee chaired by Joanne McGarry of Condo 2, along with Marie Storey of Condo 1 and Sheila Armet of Condo 3, will take on the task of updating and maintaining items displayed on the walls of the Recreation Centre.

All of the work required cannot be accomplished without the dedication and constant attention of the 1202 Board and the valued assistance of our amazing FirstService Residential staff.

The outstanding dedication of our Health and Wellness Director, Dayna Stoddart, continues to make the Recreation Centre an integral part of our community

We welcome to the 1202 Board a new director, Terri Hay from Condo 5. The board remains committed to the vision statement of the Recreation Centre being a cornerstone of health, wellness, illness prevention and community interaction and involvement.

We take this opportunity to thank you for your support and to wish all the residents of our fantastic Ballantrae community the joy, peace, happiness and reflection that this time of year brings to us all.

HAPPY HOLIDAYS TO ALL

Wayne, Bill, Ken, Vic, Terri
Your 1202 Board



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Ballantrae's Volunteer Assistance Program

**"Residents helping residents to meet temporary,
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**We celebrate our resident volunteers, who gladly assist a growing
number of our fellow residents just needing a little help.**

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FRIENDLY VISITS

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About community and local resources

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

Judy Flow, Coordinator

Ballantrae Bereavement

Providing support to
neighbours in need

Ballantrae Bereavement is a group of trained volunteers within BGCC offering free grief support and caregiver stress relief programs to members of our community. Our goal is to support fellow residents through the grieving phase so they can move forward to resume active and meaningful lives.

If you feel you might benefit from a visit by one of our volunteer counsellors - or perhaps know of someone else in need - please call:

Our Dedicated Message Centre:
647-999-8070

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

Ballantrae Residents' Directory

The BGCC Social Committee has received numerous requests to print an updated alphabetical directory containing email addresses and telephone numbers of Ballantrae Golf & Country Club residents.

If you wish to have your information published in this directory, please email your name, address, telephone number and email address to:
pam.tulino@gmail.com

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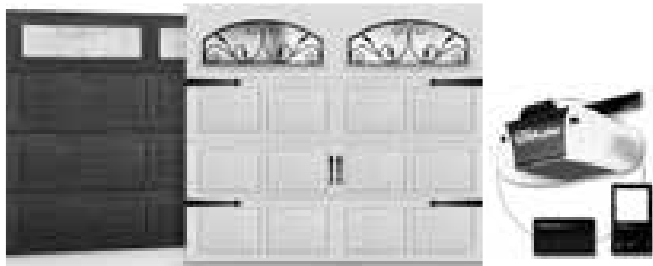
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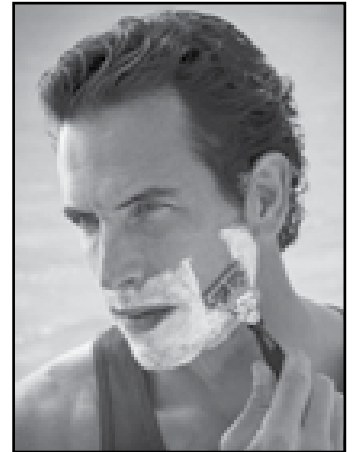
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~ Helen Keller ~



More Good Reasons to Visit www.ourbgcc.com

BY PETER SIMS, WEBMASTER

→ EVENTS AND PHOTOS

Check out the Events page for upcoming events right here in Ballantrae. Many are sponsored by the Social Committee.

The Photos page provides coverage of local events of general interest. Would you like your group to appear? Just send an email with photos attached and a short report to ourbgcc@rogers.com. You may also submit them to homeonthegreen@rogers.com.

→ FIRSTSERVICE RESIDENTIAL

This page is found under Condo News. Look here for the semi-annual Ballantrae Community Newsletters as well as information regarding the Common Elements condominium (Condo 967). Contact information for your individual Condo can be found in the Newsletter as well as on the Helpful Contacts page.

→ FREQUENTLY ASKED QUESTIONS

My Condo page has a form that says it is "fillable" but when I click on it, I can't enter anything. What can I do?

You are not seeing things – it used to work that way. Recently, and for security reasons, most browsers including Chrome, Firefox and Edge, no longer use Adobe Reader but have their own built-in pdf viewers. These viewers do not let you fill in forms.

When you have displayed the form, download it to your computer. Once there, open the file with Adobe Reader. You will now be able to fill in the details and print the form for signing. It is greatly appreciated when the form is typed this way as some of us have almost illegible handwriting.

A couple of days ago I sent Ourbgcc an email about an ad I wanted to post but nothing's happened. How long should I wait?

Please allow 48 hours for your ad to appear. Sometimes we do take a day off. If there is a delay at this end, we will at least send you an acknowledgement email within that time frame. If you have not heard anything at all by 48 hours, then most likely we didn't get your original email.

Email is wonderful and works 99.99% of the time but not 100%. Please send us a new email (better than re-sending the original). If all else fails, give the webmaster a phone call at the number listed on the Contact Us page.

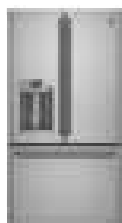
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I Was Attacked By A Robot!

BY SUSAN GAMBLE

There aren't many people that can say they were attacked by a robot and not only lived to tell the tale, but were so eternally thankful that they had been! Let me explain . . .

Early in the summer I found a lump the size of a small strawberry growing on my tongue. It must have grown quite fast, because I had been to the dentist two months previously and there had been no sign of it. So where had this come from and why?

The summer therefore was a bit of a blur of specialists' appointments, a biopsy, CT scans, an MRI, and yet more appointments. It turned out that Horrible Horace (as I named my growth) was indeed cancerous. I ended up at the Princess Margaret Cancer Centre (my choice of institution) talking to a surgical oncologist – just the nicest, most empathetic yet capable man you could wish for.

He told my husband, Fergus, and me that the tumour was a mucosal melanoma – a type normally found on the skin. The surgeon explained they have no idea why these tumours exist or what triggers them.

I can assure you that I hadn't been sitting outside in the sun with my tongue hanging out! For one thing, the tumour was way at the back, and for another – do you know how awful sunblock tastes?

As it happens, during my earlier five-year battle with cancer and the devastating effects the radiation had on me, I had had several very rare reactions. How I wished I could be normal and not special in any way! But here I was again exhibiting a very rare form of cancer.

There was good news this time, however. The MRI demonstrated that my tumour was not invasive, but rather was on the surface of the tongue. The surgeon likened it to an ice cube floating on the top, instead of an iceberg with much of it below the surface. Good news for a change!

The surgeon had consulted with a younger colleague, and they determined that this was a perfect scenario for using their robot to perform the surgery. The robot had only been available to them for about three years, so really was cutting edge technology (sorry – pun intended!). When asked why a robot was required, the surgeons asked us to imagine putting a hand in someone's mouth and trying to achieve the required precision and manipulation. Needless to say we were totally comfortable with the robot idea.



A couple of weeks later, I was admitted for the surgery that was conducted at Toronto General Hospital. Immediately prior to the surgery about ten doctors and medical professionals visited me. They explained exactly what was going to happen and answered any questions I might have had. The process was extremely impressive.

I was introduced to the robot in the operating room. It stood about as tall as a person, with (if I remember correctly which is somewhat doubtful) four or five mechanical arms protruding from it, all wrapped in heavy-duty plastic.

I was told the robot was made by a company called "da Vinci" so if you Google "da Vinci robot" you'll be able to see a video of it in action. Right there in the OR I named "my" robot Leo!

Leo did a wonderful job! He removed Horrible Horace in under three hours, and the doctors were all extremely pleased with the result. Much to my surprise – and perhaps to my husband's chagrin – I was able to talk immediately post-surgery! Any thoughts he might have had of a few days of peace and quiet were quickly dispelled.

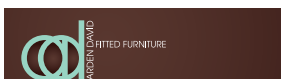
What was particularly incredible to Fergus and me was the fact that I was released in just over 48 hours. Although Leo was a very expensive piece of equipment (close to \$2 million) he would soon pay for himself, due to the fact that both surgery and post-surgical hospital stays were cut in half.

You may remember in a recent edition of this magazine I wrote about our seven-week cruise of the Mediterranean and I ended by saying stay tuned for our next cruise to Australia and New Zealand. Well, that was supposed to have happened a month after my surgery so that trip had had to be cancelled. I have now had cancer twice and both times we had been booked to go to New Zealand and had had to cancel. I'm not sure I'm going to risk booking New Zealand again. Maybe we're jinxed! But being cancer free (again) is a pretty good consolation prize.

As a postscript, I would like to take this opportunity to thank all my many friends and neighbours in Ballantrae who helped me through this difficult journey with their prayers, good wishes and cards. Your support was a true blessing.



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