

DECEMBER 2017

HOME *ON THE* *Green*

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

In This Issue:

Profiles

Bob Ross on Lighting Up Legendary Trail
Henning Halvorsen's Titanic Undertaking

Travel

Storm at Sea

Wellness

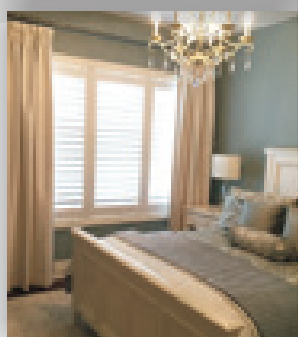
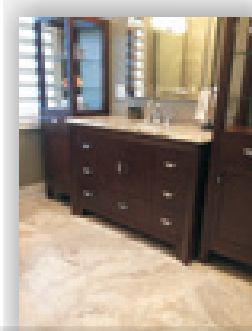
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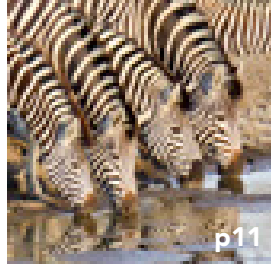
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Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in **WORD** format only to homeonthegreen@rogers.com. **Home on the Green** reserves the right to accept, edit 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 EDITOR



Community spirit is alive and well here — indeed AMAZING — as dubbed by Chair Wayne Burgess of the 2017 Ballantrae Summer Games.

Those Games are a hard act to follow, yet I am continually amazed and quite frankly gobsmacked by the vitality, initiative and talent in our community. As I edit copy for various past and upcoming events, I am flabbergasted by the scope of things to do and the folks who organize such opportunities. In this issue, you will find reports of bus trips to Stratford and Georgian Downs, winter forest hikes, sporting club results, concerts and parties. Our residents are so talented we have our own Craft Show.

Last winter, Ballantrae residents and visitors to our community were enchanted with the show of 63 snowmen on Legendary Trail. The choreographer and brainchild of this festive front yard magic was Bob Ross (of Pacemakers fame). Read all about how his neighbourhood scheme “snowballed” on page 28.

This is also a good time to thank the folks who contribute hours on the editorial side of *Home on the Green*. My right (and left) arm, assistant editor, Karen Clark is an enthusiastic and indefatigable “energizer bunny.” Without the ever-astute Mary Hallam and her team of proofreaders (Helen Mitchell and Diane Ross) this magazine would contain grammatical and factual errors.

On the visual side, Brian Freedman coordinates all of the photography in *HOTG* and is a veritable font of creative ideas. Pat Whittingham, who

shot the cover as well as the Titanic and Snowmen Profiles, lends his photographic expertise with unstinting generosity.

Our regular contributors and columnists are also a dedicated group who inform and entertain us. Without them this magazine would not exist in its present form. Hats off to Social Liaisons Kathy Billington and Alison Scowcroft who keep us updated and informed about what’s happening with the Social Committee, Neighbourhood Noshing and Clubs. If you don’t know where the term “ping pong” began, turn to page 48.

I would like to propose a festive toast to all the wonderful folks who make Ballantrae such a fantastic place to live and thrive. Happy holidays!

P.S. We were sorry to learn that Valery Vollenweider, who edited *HOTG* a few years ago, passed away in November. Valery brought great enthusiasm and professionalism to the magazine and I know that everyone on the editorial team enjoyed working with her. Our sincere condolences go out to her husband, Heinz, her family and friends. She shall be sadly missed.

A handwritten signature in black ink that reads "Anita Draycott".

Anita Draycott





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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



BALLANTRAE PARK, AURORA ROAD

Those who frequent this park will have noticed two significant changes. The town recently completed the full removal and reconstruction of the four tennis court surfaces. The sub-grade material was replaced with new engineered fill. New asphalt, new coloured court surfacing, perimeter drainage, nets and posts were included in the court improvements.

In addition, a field house has been constructed and the official opening will coincide with the start of the 2018 tennis season.

INTEGRITY COMMISSIONER MATTER

Local and regional papers have reported on this Whitchurch-Stouffville matter in great detail. It is my opinion that town staff and the people who deal with them must always act in a respectful manner. Elected officials must set an example and be held accountable just as any other group. It was for this reason I voted at Council that the recommended sanctions against the Mayor, including the docking of his pay, put forward by the Commissioner, be enforced. Her extensive investigation included what she considered the Mayor's inappropriate actions when dealing with past and present staff and other politicians over the past number of months.

It was unfortunate the taxpayers had to bear the cost of the investigators and the Integrity Commissioner, but the report presented to Council indicated clearly that there had been a breach of what should be expected behaviour by an elected official. Penalties have been assessed and I trust we can put this unfortunate series of distractions behind us and move forward.

BALLANTRAE GATES PLAZA

It appears that the construction of the long-awaited plaza at the corner of Highway 48 and Aurora Road will be well under way by the end of 2017. Land clearing started in the fall for the 35,000 square foot, two-storey complex to be known as Ballantrae Gates. Plans call for 25,000 square feet on the main floor and 10,000 square feet on the second. The upper floor will contain medical and general offices. The main floor is scheduled to have major tenants complementary to our community needs.

On Main Street, Stouffville, a large plaza is also presently under construction and should open for business late summer 2018. Longo's and East Side

Mario's are the first confirmed tenants. Announcements of a further assortment of tenants will have been made by the time you are reading this article.

TRAFFIC AND ROAD ISSUES

Among the priorities I had as Ward 2 Councillor was to work on traffic conditions on Aurora Road throughout Ballantrae. This road is governed by the Region of York and therefore there were many different levels of controls through which to navigate. However, along certain sections the speed limit was reduced from 80 km to 70.

The Aurora Road/Ninth Line intersection has historically been noted as one of the most hazardous in all of York Region. My continuing efforts in bringing this before Regional authorities were recently rewarded when a flashing caution light was installed over this intersection.

Hopefully these two changes will help, however we will see further area changes in 2018 and beyond.

With the town portion of the sidewalks being completed along Aurora Road, I have been able to have the cost for the installation of street lighting in this area included in the 2018 town capital budget.

Also in 2018 we should finally see a long-requested advanced green signal added to the traffic lights at the Aurora Road and Highway 48 intersection.

LEGENDARY FIRE

I am always amazed at how wonderful and generous the BGCC residents are. When tragedy struck with the Legendary Trail fire, BGCC came together once again and provided financial assistance in excess of \$27,000 to the three families involved. Hopefully by the time you are reading this, life will be back to some semblance of order for these folks.

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 2018 be a year of health and happiness. For those travelling to warmer climates, travel safely.



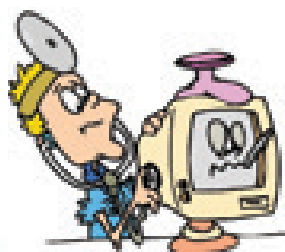
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Thank You Notes

BY LYNNE
BALFOUR

As we try to tell our grandchildren that thank you notes are important, this reprint should add encouragement!



The Twelve Thank You Notes

DECEMBER 25

Dear darling Edward,
What a wonderful surprise has just greeted me! That sweet partridge, in that lovely little pear tree. What an enchanting, romantic, poetic present! Bless you and thank you.

Your deeply loving, Emily

DECEMBER 26

Beloved Edward,
The two turtle doves arrived this morning and are cooing away in the pear tree as I write! I am so touched and grateful!

With undying love, as always, Emily

DECEMBER 27

My darling Edward, You do think of the most original presents! Who ever thought of sending anybody three French hens? Do they really come all the way from France? It's a pity that we have no chicken coops, but I expect we will find some. Anyway, thank you so much; they are lovely.

Your devoted, Emily

DECEMBER 28

Dearest Edward,
What a surprise! Four calling birds arrived this morning. They are very sweet even if they do call loudly - they make telephoning impossible - but I expect that they will calm down when they get used to their new home. I am very grateful, of course I am.

Love from Emily

DECEMBER 29

Dearest Edward,
The mailman just delivered five most beautiful gold rings, all fitting perfectly! A really lovely present! Lovelier, in a way, than the birds which do take rather a lot of looking after. The four that arrived yesterday are still making a terrible row! None

of us got much sleep last night. Mother says she wants to use the rings to "wring" their necks. (Mother has such a sense of humour!) Still, I love the rings.

Bless you, Emily

DECEMBER 30

Dearest Edward,
Whatever I expected to find when I opened the front door this morning, it certainly was not six socking great geese laying eggs all over the porch. Frankly I rather hoped you had stopped sending me birds. We have no room for them, and they have already ruined the lawn. I know you mean well, but let's call a halt, shall we?

Love Emily

DECEMBER 31

Edward,
I thought I said NO MORE BIRDS! This morning I woke up to find seven swans, all trying to get into our tiny goldfish pond. I'd rather not think about what's happened to the goldfish. The whole house seems to be full of birds, to say nothing of what they leave behind them, so please, please, stop!

Your Emily

JANUARY 1

Frankly, I prefer the birds. What am I to do with eight milk maids? And their cows! Is this some kind of joke? If so, I'm afraid I don't find it very amusing.

Emily

JANUARY 2

Look here, Edward. This has gone far enough. You say you are sending me nine ladies dancing. All I can say, judging from the way they dance, they are certainly not ladies! The village is not accustomed to seeing a regimen of shameless

viragos, with nothing on but their lipstick, cavorting around the green, and it's mother and I who get the blame. If you value our friendship, (which I do less and less), kindly stop this ridiculous behaviour at once!

Emily

JANUARY 3

As I write this letter, ten disgusting old men are prancing up and down what used to be the garden, before the geese and swans and cows got to it. And several of them, I have just noticed are taking inexcusable liberties with the milkmaids. Meanwhile the neighbours are trying to have us evicted. I shall never speak to you again.

Emily

JANUARY 4

This is the last straw! You know I detest bagpipes! The place has now become something between a menagerie and a madhouse, and a man from council has declared it unfit for habitation. At least mother has been spared this last outrage. They took her away to a home for the bewildered yesterday. I hope you are satisfied.

JANUARY 5

Sir, our client, Miss Emily Wilbraham, instructs me to inform you that with the arrival on her premises at 7:30 this morning of the entire percussion section of the Boston Symphony Orchestra, and several of their friends, she has no course left open to her but to seek an injunction to prevent you from importuning her further. I am making arrangements for the return of much assorted livestock.

*Yours faithfully,
G. Creep, Attorney at Law*



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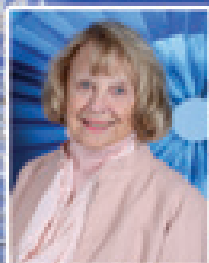
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Travelling in Troubled Times

BY
KEN MIYAUCHI



In 2015, the U.S. State Department reported that there had been 11,774 terrorist attacks in 92 countries. When planning our 2017 vacation, we thought about the fact that there is no safe place to travel. There are, however, safer places, so we chose Spain and Portugal where there hadn't been any terrorist activity since 2004. We returned from Spain in June and a terrorist attack in August killed 15 persons and injured 129 in Barcelona.

So, what are we to do – stay at home? In September, a deranged person stabbed an Edmonton policeman and injured four others. What about the U.S.? A lone gunman killed 59 and injured 527 in Las Vegas in October, while another shooter killed 49 in Orlando in June, 2016.

We are not going to let terrorists and deranged gunmen rule our lives. We will continue to travel, but we must be smart in our planning and vigilant during the trips.

It is easy to find the countries that have the most terrorist incidents. Are these the places to avoid? Some would say that these are, at least temporarily, the safest places because of the heightened security. According to the U.K. newspaper, the *Daily Star*, the seven safest places to travel are Costa Rica, Bhutan, Fiji, Laos, Japan, Belize and French Polynesia.

In assessing a destination, visit the Canadian Government website (travel.gc.ca) and heed all travel advisories. Consider travelling in low season when there are fewer tourists and avoid attractions and events with high congestion. A terrorist is always looking to wreak the most destruction and will pick crowded spots in crowded locales. If, after thoroughly examining a destination, you still feel uneasy, it's time to select another place. Feeling uneasy during your trip will ruin the entire experience.

Once you have determined your destination, examine the refund policy of your tour company, travel provider and hotels. Be aware of any deadlines and be ready to act should you need to cancel. Obtain travel insurance (medical, trip cancellation, trip interruption) and read the clauses related to terrorism. Some policies will give you coverage, others not. If your policy has a "cancel for any reason" clause, you can cancel without fear of being denied coverage.

Before leaving, ensure that your family has your itinerary and contact information (tour company, hotels, insurance, yourself). Make photocopies of your passport, birth certificate, OHIP card, travel insurance, driver's license and medications. Give

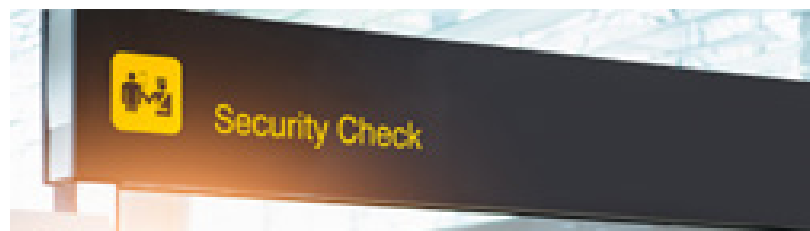
one set to your family and take the other set with you. Register your trip at travel.gc.ca to ensure you receive important travel advisories and communications.

Once your trip has begun and you are away from home, what do you do if the unimaginable occurs, such as an act of terrorism, a natural disaster or civil unrest? Local communications may be cut off or severely limited. The capabilities of local authorities (police, hospitals, travel providers) will be strained to the maximum and your needs may be lower priorities.

HERE'S A CHECKLIST OF THINGS TO CONSIDER:

- ☐ If the disaster occurs near you, check for injuries, apply first aid and seek help for seriously injured persons.
- ☐ Call for help. Do not assume that help is on the way.
- ☐ Assess the situation and seek shelter, leaving the disaster area as quickly as possible.
- ☐ If you are travelling with others, establish a meeting place in case you are separated.
- ☐ Contact your family and the Canadian authorities to let them know your status.
- ☐ Assemble a disaster supplies kit containing water, food, medications, first aid supplies, a change of clothing, a bedroll, battery powered radio, extra batteries and tools.
- ☐ Monitor local radio and television to understand the evolving situation and follow the instructions of local emergency officials.
- ☐ If you need to leave, contact your travel provider and Canadian authorities.
- ☐ Stay in a secure location until it is safe to leave.

The Wall Street Journal reported that the probability of being killed in a terrorist attack is the same as being killed by a tornado. While we're not likely to be involved in a disaster, vigilance is required in these troubled times.





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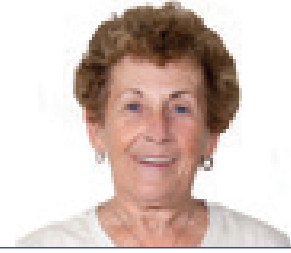
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African Tales & Tails

BY ENID SANDERS



Dreams do come true. I have always been an animal lover and for years have wanted to visit Africa. I've watched so many *National Geographic* and other animal programs that I was beginning to believe that I really knew what Africa was all about.

I think that somewhere in my mind, I still pictured a continent completely overrun by all kinds of wild animals. I almost expected to get off the plane and be confronted by a cheetah.

Of course, all one has to do is disembark in Johannesburg to be brought back to reality. Africa consists of many countries and many big cities. In some ways my first glimpse was a huge disappointment.

But once we left Johannesburg and checked into our lodge adjacent to Chobe National Park, the Africa I had always dreamed about became a reality. Imagine, just outside the front door of our room was a family of warthogs. When I asked the attendants about them, I was simply told, "They live here. We do not bother them and they really do not bother us."

On our first cruise on the Chobe River we watched so many different birds and animals that I had only either read about or seen in zoos that I can hardly remember them all. Of course, watching an elephant and its mate swim across the river was amazing. Sitting safely in a boat, I took a picture of a crocodile with its mouth wide open almost seeming to smile at us, but it would probably have enjoyed us for dinner.

Riding in open Jeeps with only our guide, who did not have a gun, could have been frightening. What amazed me was that we were able to get so close to many of the animals yet they did not seem to be disturbed by us. Our guides told me that the animals in the game reserves have become accustomed to people and are fully aware that we are not a threat to them. While these animals are protected, their lives have been drastically altered by humans. It is so sad to think that there are still poachers looking to kill the endangered rhinos for their horns.

When you see a mother elephant and her calf peacefully feeding side by side with their entire

herd, you wonder how anyone could possibly want to harm them.

My first night safari was incredible. I could not imagine that we would be able to see anything. The guides of course know where to look as they have incredible eyesight. We actually watched a male and female lion mating. Nighttime is when many of the animals go out hunting, so there is a great deal of activity.

I was impressed with the respect that the guides had for maintaining the dignity of the animals. The people of Africa are very friendly, and, for the most part, they have a great love for their country and the animals that inhabit it.

The creatures that seemed to bother people were the baboons. They were very naughty. We were warned that if we were eating something and they wanted it, we should just give it to them. They are wonderful to watch but you must always remember that they are wild animals.

We did not see an inordinate number of stray dogs. The African National Council of SPCAs and many other private facilities offer low cost or free services to residents who require care for their pets. Many of these facilities also offer free pet education and training.

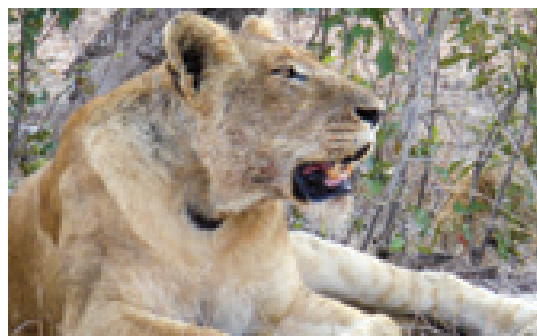
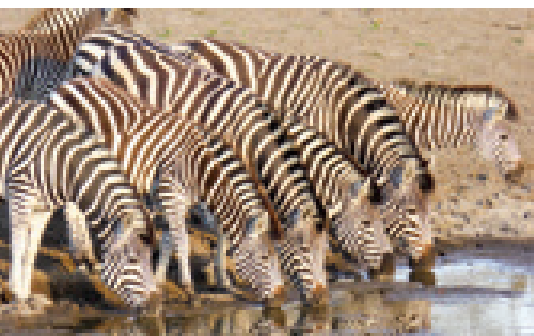
The following is a direct quotation from the African SPCA mandate:

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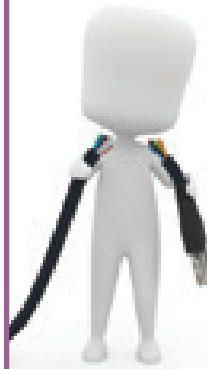
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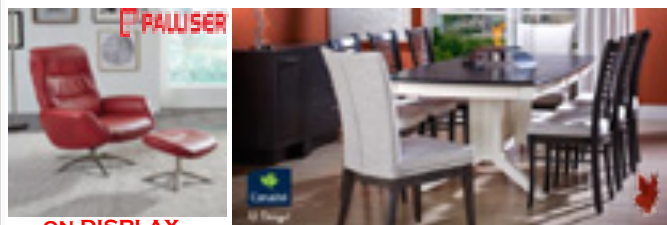
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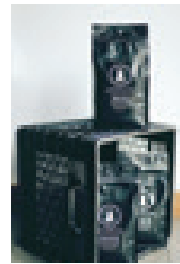
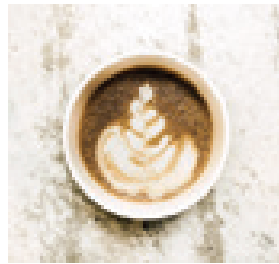
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MAIN STREET BAKEHOUSE

STOUFFVILLE

BY ALISON SCOWCROFT



When I feel like a great cup of coffee and a home-baked treat, I head to the Main Street Bakehouse in the heart of Stouffville. It opened in February of 2016 and is owned by three families who are partners in the shop. I had the pleasure of meeting with Iain Lovatt (his mom Jessie is a Ballantrae resident) who is one of the partners and also a Councillor for Ward 5. He and his partners want to see Stouffville's Main Street thrive and this was one of the driving forces behind opening the Bakehouse.

They envision a place to gather, to meet friends, or to do some office work (free WiFi), rather than a traditional bakery. They want to encourage more people to come to Main Street and realize the pleasures of eating and shopping locally. When I asked about the inspiration behind the decor, Iain said it is a bit like bringing King Street to Stouffville. It is casual, warm and inviting.

The coffee is good, be it a traditional cup, an espresso, or a specialty brew. Iain and his partners taste tested a variety of beans from different roasters until they found the best. They use local roasters, one in Stouffville and another in Oakville, so you are assured a fresh and aromatic cup of java.

The Bakehouse employs three professionally trained bakers including Ella, Savannah and Christiana, who are young and just beginning their careers. Their creativity is apparent in all the delectable baked goods, such as blueberry-citrus glaze, double chocolate, brown sugar and morning glory muffins (a customer favourite says Iain). Scones (lemon/cranberry, maple coffee and my favourite, bacon/cheddar), butter tarts (with or without bacon), croissants, bagels, squares and cookies are

all baked fresh daily with natural ingredients and no additives or preservatives. At lunchtime, they also offer soup and sandwiches.

Their catering menu can be found on their website, www.mainstreetbakehouse.com. They can also host private events for up to 30 people. They have a liquor licence and offer craft beer, wine and scotch. On Friday and Saturday evenings in the fall and winter, they stay open until midnight and offer charcuterie boards and cheese platters to enjoy with drinks. They take great pride in customer service, as is apparent when you walk in the door.

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Let's form a BGCC Photography Club

BY PAT WHITTINGHAM



This article is a call to action for those interested in forming a photography club here at Ballantrae.

For a brief period about ten years ago, we had a photography club here in Ballantrae led by myself and the late and highly creative Donald Crump. As the techie, I tended to deal with the technology while Don, who loved the art of photographic composition, led a number of field trips.

In recent years, several avid shooters and many casual photographers have expressed to me an interest in resurrecting it; most with a view to learning how to take better pictures and generate ideas for their use. Sometimes, it is as simple as how to transfer the images on their smart phone to *Home on the Green* for others to share.

We have some remarkably talented photographers in our community who might be persuaded to speak on such topics as travel, wildlife and bird photography, fine art printing, creating photo books, image editing, scanning old pictures while performing imagerestoration, creating and displaying panoramas both in camera and using computer stitching, framing and so forth. We also have one or more photo gurus living here who have photo websites and may be persuaded to talk about how to do this.

In recent weeks, I have devoted some time to creating a promotional/informational HD video from which I have learned a lot. Some may find my experience interesting and informative. My former business life was in marketing broadcast television equipment and the transition to digital cinematography, but my passion is still photography and the creative process.

If you are keen to participate in a photography club, please send me a brief email expressing your interest and making suggestions for on-going topics. In general, I see this as including both technology and creative techniques. We could allocate time in each monthly two-hour meeting to novice and intermediate level information/demonstration.

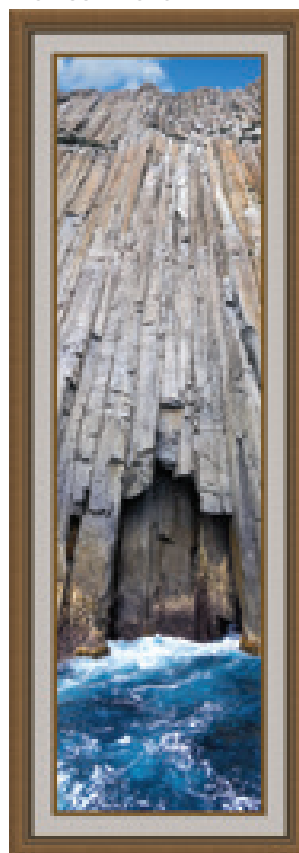
I do not anticipate any membership fees. Membership is open to all BGCC residents and Recreation Centre employees. Past residents are welcome to attend as guests.

I have booked the Recreation Centre for 7:00 p.m. on December 14 for the inaugural meeting. I plan to have at least one prepared topic for presentation, but a significant portion of the meeting will be devoted to organization and a call for volunteers willing to help. We'll plan to draw upon local expertise as well as

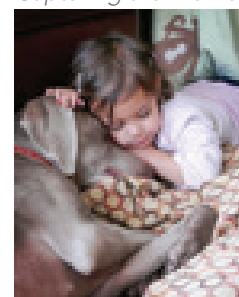
guest speakers related to both still photography and video production.

Those interested in forming a BGCC Photography Club please contact:
p.whittingham@rogers.com

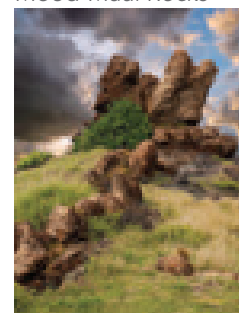
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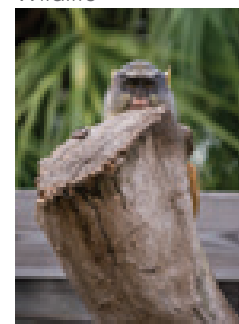
Capturing the Moment



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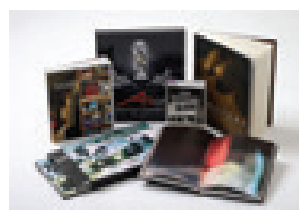
Wildlife



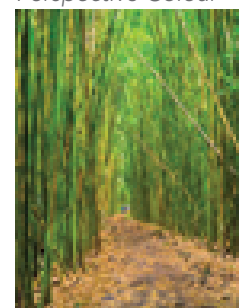
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OUR BGCC COMPUTER CLUB

BY ALEX FLOW



LIBRARY RESOURCES

Last spring, the Whitchurch-Stouffville Public Library staff outlined the process for accessing the electronic holdings of the library. The resource materials are extensive and the e-book collection is continually expanding. If interested, it would be advisable to visit the library, ensure you have a valid library card, and request hands-on assistance.

APPLE NEWS

1. Apple announced the introduction of new iPads - the iPad Pro 9.7" and 10.5." These units are almost the same size as current models with the screen having been resized to fit the old format size with brighter screens, faster operation, better cameras and other enhancements.

2. The new iPhones 8 and 8Plus have been released; they are all glass units that are water and dust resistant with new faster retina HD display screens, improved cameras and battery life. The new iPhone X enhances all features and is due for release before Christmas.

3. The Series 3 Apple Watch has been improved to provide direct phone capability using your current phone number and messaging. You can connect directly to Siri to perform various tasks by voice command. You can stream over 10 million songs and it is waterproof.

4. Apple TV has been upgraded to 4K for any channel or Netflix that broadcasts 4K. The Apple TV App is included in all new Apple products or from the App Store. This allows access to programs anywhere at home or wherever you go.

5. The IOS 11 operating system is now standard in all Apple devices and brings many enhancements beyond speed and versatility.

- Siri has been enhanced - providing a translation service, making wake-up calls, setting time reminders, calling anyone in your directory, sending messages and emails - all by voice command.
- Apple Pay has been installed allowing you to use your device to pay for purchases or to transfer/ receive funds from friends or contacts. Any credit cards you might want to use must be included in the Apple Wallet, available free from the App Store.
- iMessage has been updated and messages are uploaded to the Cloud.
- The new Files App allows access to all files whether in the Cloud or in Dropbox.

6. Apple's new EarPods are Bluetooth and will connect to Siri and all devices. Sound quality is excellent and you can use voice command from your watch or even if your iPhone is in your purse or pocket. The battery lasts 24 hours and a fast recharger is provided.

7. Apple has announced its new HomePod (Siri) which will compete with Amazon's Echo Show (Alexa) and Google's Assistant. HomePod, seems to emphasize wide music accessibility and quality sound. At the time of writing, however, it seems deficient in other home controls and tasks that Amazon's Alexa provides (as reported in *Tips&Tricks*). It is expected that Apple will significantly expand the features of HomePod by the time of release. Amazon's Echo Show (Alexa) has a screen with Bluetooth capability and high quality sound and provides reminders, early morning highlights of the news, weather conditions and forecasts. Alexa will create to-do and shopping lists which you can access on your iPhone. It provides access to YouTube and to music from Spotify. It is compatible with the Nest thermostat system. AI suggested the kitchen as a good place to locate Alexa.

APPLE ACCESSIBILITY FOR DISABILITIES

Apple has prioritized its efforts to help all people use its products, particularly those with some kind of handicap or disability. These efforts are combined under the general category of "accessibility" and this is located on all iPhones and iPads in Settings (Select General, then go down the list to Accessibility. Tap it and you will be presented with a list of actions you may make to modify features on your device. These include: Vision options, Text options, Touch and Keyboard adjustments.)

In Settings you can also select Display & Brightness to set text sizes, bold text, and brightness.

Or, you can use Siri to do tasks by voice that otherwise you do by hand, For example, you can ask Siri to send a message or email someone in your contacts list; to remind you about something; to open up an app; and so on. In addition, you can use Siri to do tasks by voice that otherwise you do by hand, For example you can ask Siri to send a message or email someone in your contacts list; to notify you of a specific time, to remind you about something; to open up an app; and so on.

CHRISTMAS SUGGESTIONS

Both AI and Brian suggest you consider getting TV or electronic equipment with HDR (High Dynamic Range) and 4K. Cable, PVR, Apple TV, Netflix and others are all producing and distributing more 4K programs.

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BY TANNIS
MCDONALD

A few weeks ago, I visited the Ballantrae Golf & Country Club Recreation Centre and was motivated by what I saw. In the gym was a group of regulars going through their workout rituals, all sharing common fitness goals.

They were an inspiring group to watch, but it was the petite lady named Peggy (who happens to be my mother) on the treadmill who interested me the most. She had a big smile on her face and a look of determination in her eyes.

After Peggy finished her warm-up on the treadmill, Dayna Stoddart, the Wellness Director at the Recreation Centre, ran Peggy through a program of hand weights plus leg and arm presses.

After the session with the weights, it was determined that Peggy could move on to heavier weights the next week. In other words, she had gained some strength in her arms and was seeing some positive results--proof that improvement in strength can be made at any age, which in turn preserves and improves muscle mass.

All of Peggy's exercises were approached in a slow and methodical way. Apparently, there are more benefits gained in strength training with this slower approach. Dayna has also taught Peggy proper exercise forms and techniques to reduce any risk of injury.

After the gym session, they moved into another room with a stretching table. Dayna again moved

very slowly and began stretching Peggy's legs. These stretches are designed to help increase flexibility and overall range of motion.

Watching Peggy run through her fitness program was inspiring since she celebrated her 91st birthday in July.

Many instructors would have shied away from working with someone in this age group, but Dayna is a health and fitness professional with over 20 years' experience working with older adults. Her role as a Wellness Director is to promote healthy lifestyle choices leading to a better quality of life.

The good news for those who live in BGCC, is that you can reach your own personal goals right in your own community. You can join various swimming and fitness groups or stop by and introduce yourself to Dayna.

So, don't let age stand in the way of your future goals ... Peggy sure didn't!

As Dr Kenneth Cooper once said:

"We do not stop exercising because we grow old, we grow old because we stop exercising."

Brain Health & Mindfulness

Is Mindfulness your Missing Link? **BY DAYNA STODDART**



"Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment." Large population-based research studies have indicated that the practice of mindfulness is strongly correlated with greater well-being and perceived health.

This year's Active Aging Week previewed many topics to empower, engage and provide strategies, techniques and tools to help you flourish and thrive. These tools and techniques will not only "add life to your years, but also years to your life."

Here are some key messages that were delivered by the many experts throughout the seminars during Active Aging Week.

✓ REMAIN SOCIAL

More than any other tool in the world of positive psychology, it is connection that contributes most to living a flourishing life. Face-to-face connections via Facebook, daily interactions and close relationships are key. Relationships strengthen brain connections. Social isolation reduces the number of neurons and dendrites in the brain.

✓ PHYSICAL EXERCISE

Are you getting your 150 minutes? Moderate to vigorous aerobic activity 30 minutes per day, five days a week is recommended as is strength training two to three times per week. Both forms of exercise increase your heart rate, which in turn aids in increased circulation and oxygen to the brain as well as producing BDNF. BDNF stands for "brain-derived neurotrophic factor." It is actually a protein, dubbed a master molecule and referred to as "Miracle-Gro for the brain" by Harvard psychiatrist, John J. Ratey, MD, author of *Spark, The Revolutionary New Science of Exercise and the Brain*. According to Ratey, BDNF is "a crucial biological link between thought, emotions, and movement."

Daily aerobic exercise is best, but including intervals of sprints is even better. It seems even a small amount of high-intensity exertion can have a profound effect on your brain!

BDNF binds to receptors in the synapses between neurons, increasing voltage (yes your brain is electric!), and improving signal strength. Inside the cells, it activates genes that increase production of more BDNF and other important proteins, as well as serotonin, the neurotransmitter vital for learning

and self-esteem. Low levels of BDNF have been associated with depression and even suicide.

Being mindful during exercise/physical activity is the foundation to movement. It is about creating an awareness of how your body feels and where your body is in space.

✓ HEALTHY DIET

Avoid processed foods, don't smoke, and limit sugar and alcohol intake (one drink per day for women, two drinks per day for men).

The Mediterranean diet is the best guideline to fuelling your body for health and longevity. Consume omega-3 fatty acids which are an integral part of cell membranes throughout the body. Health benefits include: lowered risk of cardiovascular disease and stroke, decreased blood pressure, prevention and treatment of peripheral vascular disease, postponement of cognitive decline, prevention of insulin resistance, as well as an aid in treating depression.

Adequate hydration is important for the body and brain to function efficiently. Our bodies contain about 50 to 65% water, and our brains contain approximately 75% water. Mild dehydration can increase anxiety and impair mood, memory and overall brain performance.

✓ SLEEP

Better brain and physical health in older people are related to getting an average of seven to eight hours of sleep every 24 hours.

Too few health care providers consider sleep a serious health issue, despite the fact that chronic inadequate sleep puts people at higher risk for dementia, depression, heart disease, obesity, diabetes, fall-related injuries and cancer.

While sleep disorders become more common with age, they often can be treated. Experts emphasize that people at any age can change their behaviour to improve their sleep.

✓ CHALLENGE YOURSELF

The brain is plastic so we can learn new things at any age. Challenging the brain with new information and activities is strength training for the brain.

NEW!

Brain Fitness Class "Staying Sharp" will be offered during the winter 2018 session on Wednesdays from 11 a.m. to noon.

The program focuses on all five areas of cognition: language and music, visual/spatial orientation, memory, critical thinking and computation.

✓ **REDUCE STRESS**

Toxic stress releases chemicals that destroy neurons and dendrites in our brains. Neurons and dendrites are important because they hold our thoughts and memories. Worry sends many bad chemicals around the body and brain. Stress alone doesn't kill people—how they think about it does. What is your stress mindset? Choosing positive emotions is good for your brain and body. Gratitude makes a difference. Sit, stand and walk with good posture to send a message of confidence to your brain. Research has shown that better posture changes our physiology and improves our self-esteem and confidence. It also improves your balance.

✓ **MEDITATION**

Meditation can have a powerful effect on your brain/body connection. Its benefits include reducing stress, calming the body and brain, improving physical health, boosting the immune system, improving cognitive function, enhancing your sense of compassion, helping you to focus, nurturing a positive attitude, and decreasing anxiety and depression.

NEW! Learning to Meditate classes will be offered in winter 2018 on Monday evenings from 8:00 to 9:00 p.m. and Saturdays from 3:30 to 4:30 p.m.



CHOOSING WISELY

BY JAN RICHARDS

Did you know that there is a national campaign called **Choosing Wisely** which discourages “unnecessary” diagnostic medical tests and treatments? Some procedures that are not supported by scientific evidence may expose patients to harm, lead to more testing to investigate false positives, and contribute to patient stress. Unnecessary testing can put increased strain on the limited resources of the health-care system.

Choosing Wisely Canada is a campaign to help physicians and patients engage in healthy discussions about making smart and effective choices to ensure high-quality health care. The Canadian Medical Association, in partnership with over 30 national medical specialty societies, is presently engaged in this campaign. All Canadian provinces and territories have endorsed this cost saving strategy.



travel

STORM AT SEA



BY DR. JOHN COCKER

On the television news last June was a story of the rescue of three racing yachts which hit a storm in the North Atlantic while on a race from the UK.

This brought back memories of a passage we had made in 1982. During a four-year sailing sabbatical, I sailed across the North Atlantic in June in a 39-foot ketch from Bermuda to the UK with my wife Monica, and our son James.

We left Bermuda in good weather and aimed north of the direct route to stay in the Gulf Stream. The Gulf Stream runs at two knots, which does not sound fast, but it is 48 miles per day—and in the right direction. The route we chose was based on charts showing the average weather and wind for each area, and we were in an area showing the percentage of storms to be zero for that time of year.

Progress for the estimated 18-day voyage was good. We kept a watch system so that one person was in charge for a four-hour spell leaving the others to relax, sleep, eat or whatever. At night, it was usual to look out carefully, over 360 degrees, then relax for ten minutes and look out again. As we moved further north, it was quite chilly and the protection from the screens in the cockpit was welcome.

One night while James was performing his usual check, he was alarmed to find a large vessel very close. He started the engine to change course to avoid a collision. The other vessel never saw us. I only saw it when I was awakened by the engine starting and I looked through the porthole. The sight of the stern of that vessel, much too close, is seared in my memory.

Collision at sea is quite a remote possibility when you are not in a regular sea lane. On later voyages, we had radar, which included an automatic proximity alarm. For this voyage, GPS had not been invented and small radars were not available.

On the day we met the storm, the weather changed without warning from a day so pleasant that I opened the porthole in the rear cabin. But a sudden weather front came through. The temperature dropped and the wind picked up, rapidly getting stronger. Soon we reefed the mainsail and wound in the genny, but then had to reef again until only a portion of the sail was exposed.

By this time we were huddled in the cockpit with the wind screaming and waves towering over us. At this point, the mainsail blew out with a bang and was shredded, flapping wildly.

James and I, already in full weather suits, struggled to go on deck, carefully attaching our harnesses to the boat because to be washed overboard was to be lost. There was no way of turning back. We started the motor and Monica, at the wheel, tried to head into the wind to help us lower the remnants of the sail.

We were progressing with difficulty as the violent motion of the boat made it hard to hold on and lower the sail. I looked up and then said to James, "Look behind you and you will see a sight you will never forget."

There was a monster wave, higher than the mast, curling over to break. And break it did, right on top of us, so the whole boat was under water. Monica lost sight of everything and when the water cleared, we were gone. She envisioned herself sailing the Atlantic alone.

In fact we had been knocked off our feet and were lying on the deck, between the cabin top and the life lines. We were able to stuff the shredded main into a bag and we then wound in the genny, leaving a tiny amount exposed so that we were moving and able to steer.



At the helm

Our 39-foot ketch, *Windarji*

Celebrating arrival in England

As the waves continued to rise and with the wind screaming and blowing across the vessel, the motion was so violent that we opted to go to bare poles. We removed everything we could from the deck, streamed a long rope off the bow to try and keep us head to the waves, and then went below with everything battened down.

In the cabin, Monica made something for us to eat. And a word of appreciation here, Monica did everything we did, and managed to produce some food. We wedged ourselves into corners and waited for the storm to blow itself out.

The noise was horrendous, the motion erratic and violent, and every now and then we would be thrown with a crash as we fell off a wave. We likened it to being a cork caught in a washing machine.

Our vessel was sturdy and strong, built when fiberglass was inexpensive. Modern vessels have hulls that are much thinner, and those racing boats which were damaged in June were not designed to handle storms.

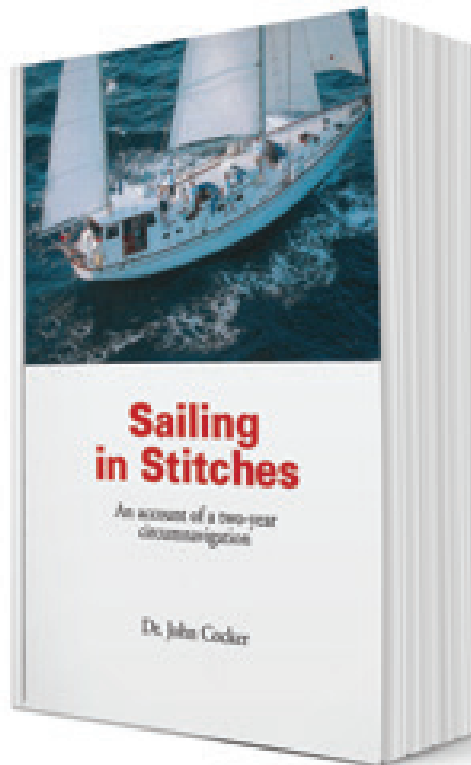
It was almost two days before the wind settled enough, and although the waves were still horrendous, we were able to set the genny. We could then begin sailing, running down the huge waves and stopping when we were in the troughs.

We were navigating by sextant and after four days, were still unable to get a fix, so had no idea where we were. I knew we were approaching the Azores, but we needed to know, before we ran into land.

In the height of the storm, I had used the radio to see if any vessels were near. I spoke to one, but never saw it. I asked about wind speed, and he said his anemometer only went up to 65 knots, and the needle had been against the stop for hours so that the wind speed would have been over 140 kph.

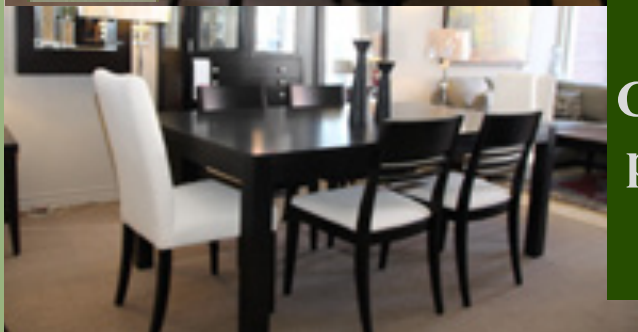
That is our story of our storm at sea. In my seven years of ocean sailing, it was probably the worst.

The three race yachts that had to be rescued in 2017 were designed for high speeds over smoother waters. They broke up and were dismantled, resulting in a very expensive rescue mission involving ships and planes, for which I hope they did not have to pay!



Our next big voyage chronicled in paperback

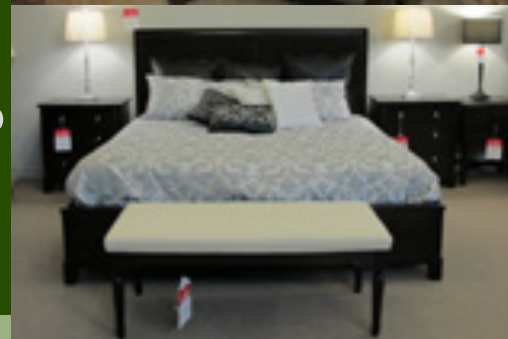
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HOME ON THE GREEN GOES GLOBAL

BY ANN & ERIC ADAMS



Norway

Here we are on the deck of a cruise ship in the Arctic Ocean at the most northern point in Europe looking back on a small fishing village (Honningsvåg) of 400 folks in Norway. We are at 71 degrees latitude; we crossed the Arctic Circle at 66 degrees latitude. This photo was taken on July 16, 2017.

Going on an adventure?

Home on the Green loves to travel too. Consider packing your latest issue and taking some “selfies” for future publication.



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Lynn and Dave Breckles – Ballantrae Golf & CC Condo Community

"We recently moved into our home at Ballantrae and decided to install shutters. **LAUREN WAS A GREAT HELP WITH OUR DECISION, AND ALSO GAVE US THE BEST PRICE.** The installer was very polite and efficient, and we were happy with his service as well. We would certainly recommend Lauren and Inside Out for any decorating needs you might have."

Lynne Gauld – Ballantrae Golf & CC Condo Community

"I have used Inside Out Decorating for a variety of projects since we moved into Ballantrae. **THEIR COLOUR CONSULTANT, LAUREN, HAS HELPED ME COORDINATE BENJAMIN MOORE COLOURS THROUGHOUT OUR ENTIRE HOME.** When it came to my new window treatments, I found their fabric selection to be on-trend and well-priced. It has always been a total pleasure to work with their pleasant, dedicated and knowledgeable staff."

**Jan Richards –
Ballantrae Golf
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Lauren Mangotich
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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

PARMESAN - CRUSTED CHICKEN BREASTS

HERE'S AN EASY CROWD PLEASER FROM DARLENE KINNEY

1/3 cup mayonnaise

1/4 cup grated Parmesan cheese

4 boneless skinless chicken breast halves

4 tsp Italian seasoned breadcrumbs

Combine mayonnaise and cheese.

Spread on chicken then sprinkle with breadcrumbs.

Bake at 450° F for 20 minutes or until thoroughly cooked.

CHICKEN AND BROCCOLI CASSEROLE

FROM BONNIE & LOWELL DENNIS

This was a hit at the Ballantrae Summer Games Volunteer Appreciation Evening.

1 head broccoli

5 to 6 boneless chicken breasts

2 cans cream of chicken soup

1 cup mayonnaise

1 tbsp lemon juice

1 cup grated Cheddar cheese

1/2 cup breadcrumbs

1 tsp curry powder

Steam the broccoli about a minute. Arrange in the bottom of a 9" by 12" greased pan.

Bake the chicken breasts approximately 30 minutes at 300 ° F.

Cut the chicken into bite size pieces and arrange over the broccoli.

Combine the soup, mayonnaise and lemon juice and pour over the broccoli and chicken.

Sprinkle the shredded Cheddar over top followed by the breadcrumbs to which you have added the curry.

Bake 350° F for 30 minutes.

CLASSIC BEEF BOURGIGNON

FROM KAREN CLARK

2 lb stewing beef, cubed

2 cups red wine, preferably Burgundy

1/4 cup vegetable oil for sautéing

5 strips of bacon, cut into 1-inch pieces

2 cups onions, coarsely chopped

2 cups carrots, peeled and coarsely chopped

1 cup celery, finely chopped

2 tbsp fresh garlic, finely chopped

1 tbsp fresh thyme, finely chopped

1/4 tsp ground cloves

1 cup all-purpose flour for dredging, placed in a large bowl

2 tbsp tomato paste

2 bay leaves

Cold water

1 lb. Yukon Gold potatoes, boiled in their skins until tender, cooled and cubed

1 tbsp butter

1 lb brown button mushrooms, cleaned, trimmed and halved

10 oz bag of pearl onions, boiled and peeled as per package directions

Salt & freshly ground pepper

1. Stir beef and red wine together in a baking dish and marinate in the refrigerator overnight or for at least 8 hours.

2. Preheat oven to 325° F

3. Remove beef from refrigerator. In a large Dutch oven heat 1 tbsp oil over medium-high heat. Add bacon and sauté until browned, about 5 minutes. Remove bacon from pot and set aside in a medium bowl.

4. Add the onion, carrot and celery to the same pot, sauté over medium-high heat until lightly browned, about 5 minutes. Add garlic, thyme and cloves and sauté for 1 minute, remove from pot and set aside with bacon.

5. Drain beef from marinade, reserving marinade. Dredge beef in flour to coat. Shake off excess flour.

6. Heat 1 tbsp oil over medium-high heat. Work in batches and brown beef until browned on all sides, adding more oil as needed. When cooking the last addition of beef, stir in tomato paste for the last minute.

7. Add vegetables, bacon, beef, bay leaves and marinade to the pot, add enough water just to cover. Simmer over low for 5 minutes and scrape up brown bits from bottom of pot. Cover pot with lid and cook in oven for 3 hours. For the last half hour of cooking add potatoes.

8. Heat butter in a sauté pan over medium-high heat. Sauté mushrooms until golden. Add pearl onions and cook for 5 minutes longer. When the beef has finished cooking add mushrooms and onions to pot, stir, season to taste and serve.

Note: Make sure to do the full marinating time, as this is what makes the beef exceptionally tender. A slightly chilled Burgundy wine goes nicely with this winter meal! Serves 6

profile BY ANITA
DRAYCOTT

Q&A with Bob Ross

LIGHTING UP LEGENDARY: A "FROSTY" TALE



Last December folks walking or driving along Legendary Trail were enchanted by the sight of 63 jolly snowmen standing at attention on 63 front lawns. These short-term inflated visitors to Ballantrae lit up not only our neighbourhood but also our spirits. The brainchild behind this winter wonderland was Bob Ross who many of you know from Pacemaker's fame. At first, Bob's wife, Diane, was an unwilling accomplice to his street scheme, but thanks to Bob's enthusiastic exuberance (he described himself as a "monomaniac with a mission"), the idea snowballed and most everyone got into the Christmas spirit.

As you read this issue, the snowmen are again happily ensconced along Legendary Trail and the festive tradition continues into its second year.

HOW DID YOUR SNOWMAN SCHEME START?

I was in Canadian Tire after Christmas 2015 and came across some half-price (\$39) inflatable

snowmen. I thought it would be fun to get a couple of neighbours to put them on their lawns so I bought a few. The first folks I approached were Eric and Ann Adams. Eric and I had a Scotch and eventually we convinced Ann to go along with the plan. Neighbours Gerry Di Donato and Marie thought it was a great idea.

Soon I had six takers, so I went to Canadian Tire and bought eight. In the meantime, Gerry sent an email blast to about 25 residents on Legendary Trail suggesting they all put snowmen on their front lawns. Most agreed.

I explained my vision to Ron Cairns, owner of the Canadian Tire store at Woodbine and Major Mackenzie. He offered me a discount on all remaining inventory and gave me a list of other stores in the area that had snowmen in inventory. So...I bought \$2500 worth of inflatable snowmen and stacked them in the spare room. Diane was not amused.

THEN WHAT?

When we came back from New Brunswick in November 2016 I would go trundling down the street with a snowman, knock on a door, often be invited in for a drink and explain my vision. I was able to sell 50 snowmen to neighbours, went back to Canadian Tire and bought 15 more. In hindsight, instead of knocking on 65 doors I would book a room at the Recreation Centre and make a group presentation. Sounds like time to celebrate.

Folks were getting excited so Diane and I decided to have a Nibble and Nip party at our house on the night of December 1 before heading outside to "light up Legendary." I offered prizes to the man and woman who wore the ugliest Christmas sweater. After cocktails we made our way down Legendary Trail and ceremoniously plugged in each one.

DO THE SNOWMEN HAVE NAMES?

Yes, that was another part of the idea. We ruled out "Frosty." I named ours Hank...as in Hank Snow! We created a name registry for each snowman so we can welcome them back year after year.

WERE THERE ANY PROBLEMS?

Oh yes. We created detailed instructions for setting up the snowmen, complete with a diagram for positioning. But the snowmen were no match for Ballantrae weather. On the morning of December 2 the blustery northerly winds posed a threat to our newly inflated friends. I recruited John Blainey, Ron Morrison, Ron Brewing and Doug McIntyre to help secure them. But during ensuing windy days the cords that came with the snowmen stretched and broke and the anchor pins were too weak and short. So our team of consulting engineers, rocket scientists and snowmen experts worked feverishly for about three minutes to determine the solution. We purchased 250 military-grade tent pegs and 2,000 feet of plastic polymer twine. On December 11 a number of volunteers and I completed a retrofit.

SOUNDS LIKE A GREAT SUCCESS

Response from the community was overwhelmingly positive. Even the folks in Florida thought it was great. Pat Whittingham's video of the lighting party went VIRAL!



LESSONS LEARNED?

I loved the way the whole street came together. Ballantrae folks have great spirit. One day two little girls knocked on our door and thanked us with cookies. Another night I heard a grandfather walking along with his granddaughter and he began singing Christmas carols. If you decide to move from Ballantrae, leave your snowman in the garage for the new neighbours.

WHAT'S THE PLAN FOR 2017?

I'll go back to the few homes that did not participate last year and I will also call upon any new owners to explain the program. I guess I'll be buying more snowmen. The plan is to light them up on December 1 and have another pep rally party.

profile BY PAT WHITTINGHAM

A Titanic Undertaking *By Henning Halvorsen*

Condo 2 residents, Henning and DJ Halvorsen, are well known for their generosity in donating time and crafts to community events. Impressed by Henning's woodworking skill, I was even more intrigued to learn of his project to build a 200:1 detailed scale model of the ill-fated Cunard luxury ocean liner, *S.S. Titanic*.

What is your woodworking background?

I'm a tool and die maker by trade. I started my five-year apprenticeship in Denmark at the tender age of 14, in 1942. In public school I had my first taste of woodworking. I was quite good at it and made a number of different pieces for family and friends. I immigrated to Canada in 1956 and got a job as a tool and die maker. In 1964, I started my own business and sold it 27 years later when I retired in 1991. Two years after my so-called retirement, I got involved with designing equipment for special applications for a company in Scarborough. It was supposed to be a part-time job, but often turned out to be a full-time occupation.

I finally retired for good in 2015.

Tell us about your venture into building models.

I built my first model in 1992 after my retirement. It was a four-masted schooner — one metre-long



training vessel for the Spanish navy. It took me 280 hours to complete but it was not seaworthy, just a model.

What were the challenges with the *Titanic*?

In late 2015 I got itchy for another project and decided on a model of the *Titanic*. I had the kit flown in from California. It contained over 2000 pieces. It's fully operational by remote control. I did not have any experience with remote operation, but with the help of Great Hobbies, I gained the necessary knowledge.

The worst part of the construction was probably trying to curve all the planks to the skeleton, and then sealing it with special glue and paper. After that, the second planking had to be done. It's a tedious job that requires a lot of patience—sometimes even frustrating. I'm sure a few swear words were whispered! The ballast was a real



Henning asked if I could photograph his model and composite an appropriate background behind it. He wanted to give it context but ensure that it still looked like a model of the ship. I employed a "green screen" photographic background behind his model. This is the finished image. Only a detailed examination truly reveals the incredible patience and craftsmanship of this construction.

challenge. The only place I could find that carried the lead pellets needed (about four to five kg) was in England. I ordered them, but the airline refused to carry the package (I suppose they thought it was suspicious). I then found a company in Stoney Creek that extrudes lead, but they had a minimum charge of \$150.00. After discussion, they suggested buckshot pellets and offered a 25-pound bag free if I sent them a picture of the completed model.

Titanic took me 350 hours to complete. It has been balanced with the ballast and waterline, but has not yet been tested in the water using the remote control. I am hopeful that I can get permission to try it in the BGCC salt water pool.



MEET YOUR CRAFTY NEIGHBOURS

BY KAREN CLARK

The annual Ballantrae Craft Sale was an eye-popping display of the amazing crafts and hobbies created by our talented neighbours. Coordinated by Carol McNaughton and Sheila Armet, the Craft Sale held at the Recreation Centre in October was a huge success. As I moved from table to table with photographer Pat Whittingham, I gleaned some interesting tidbits from some of the 26 crafters.

View more Craft Show photos on the ourbgcc.com website.

HUGH AND HIS HONEYS

Along with his other honey, Susan, Hugh Foster is a registered Ontario beekeeper. After taking a course three years ago, they now tend three hives at their northern Ontario cottage and produce approximately 185 pounds of organic honey per season. This is their first time selling their Wildflower Honey at the Craft Sale.



FAMILY AFFAIR

Show coordinator Carol McNaughton displays handmade stationery while daughter Jenny sells Gramma's Scottish Shortbread! Shhhhh, secret family recipe!



KNIT ONE, PEARL ONE

After ten years of coordinating the Ballantrae Craft Sale with Shirley Beazley, Elaine Gorman can now focus on her passion...knitting!



THROWING POTS

A member of the Pine Tree Potters Guild of Aurora, Cheryl Milne creates useful serving pieces in misty hues.



JUST PEACHY

Homemade peach jam flew off the shelves. Sheila Armet has one more left!



IN A PICKLE

"My husband would divorce me if I didn't make my pickles," says Marie Storey. Hardest part of the job? Managing the big vats of vinegar!



NEVER BORED

John Pittaway chooses olive wood for its unique grain and hardwood quality for his charcuterie boards. His wife Maggie's job? "Cleaning up the mess!"



BGCC Tennis Club BY JOHN PERZ

The BGCC Tennis Club ended a successful 2017 season with Club Championships for Ladies, Men and Mixed Doubles held on successive weekends in September. After the Mixed finals on Sunday, September 24, the Club held its end-of-year social. This proved very successful, with 70 people (including ten guests) playing, watching and enjoying good food and drink.

The Championship matches were advertised with a large banner on the court fence. The Club plans to follow the same format next year to generate interest within the community.

The Club had 108 members in 2017, including ten newcomers. Weekly programs included Ladies' and Men's Intermediate, Men's Advanced, Novice and Mixed Ladder. New weekly features this year were the Men's, Ladies' and Mixed Drop-Ins and Mixed Opens. All these, and the various social occasions, were made possible by the dedication of the activity directors and the many volunteers from the Club. In addition to the weekly activities, the Ladies' Intermediate group held a tournament/fundraiser late in the summer to benefit the Heart and Stroke Foundation.

The Club executive committee is already planning a full program for the 2018 season. The courts will open in late April or early May, depending on the weather. Registration for the Club will be on Saturday April 28; come to meet the executive committee and activity directors, and sign up for your favourite activities.

The Club always welcomes new members, whether novice or experienced, and provides a mentoring service to make new members feel welcome. Please check for information such as activities and court schedules at "BGCC Tennis" under "Activities" on the BGCC website, ourbgcc.com.



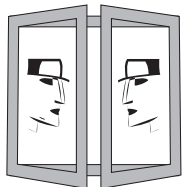
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Men's Golf League 2017 Report

The 2017 golf season was once again very successful. More than 196 prizes were awarded in the 22 golf dates this year. Georges Simard, Doug Bonar and Bernard Downes walked away with the Bill Burrow Team Championship trophy. The individual championship produced six winners: low gross white tees, John Bell; low net white tees, Romie Lat; low gross blended tees, Mike Adam; low net blended tees, Bob Baker; low gross red tees, George Wortman; low net red tees, Derek Johnston. Each winner received a trophy along with a gift certificate.

Four "Closest to the Pin" contests were held each week. Thanks to these sponsors for their generous support: Gary Hodder of Royal LePage Real Estate; Inside Out Decorating Benjamin Moore, Stouffville; Amica Retirement Residence, Unionville & Newmarket; and Dixon Garland Funeral Home, Markham.

During the golf season many of our members collectively donated more than \$11,000.00 to Sunnybrook Hospital's new Prostate Cancer Centre. We are proud to note that over the past five years, we have donated more than \$65,000 to prostate cancer research.

The prize table at our closing lunch consisted of more than 60 items. Thanks to our sponsors and donors, especially Jim Zizek, Redfearn Zizek & Associates, Interior Painting, for making this the largest prize table in our history.

We look forward to our seventeenth year of men's weekly golf at Ballantrae.

New members are always welcome. Please contact Jay Adams at 905-640-2843 or Phil Kostandoff 905-640-6222 for a membership application.

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Monday Evening Nine and Dine Golf

BY DEB & TREV KIMPTON, COORDINATORS 2017

It was a wonderful season. This year we had several new golfers join our spare list and they were called on several times to play. Our format is a foursome scramble with each member contributing at least one drive. The best score for the day wins a modest cash prize and a draw is held for a secondary prize.

Each afternoon of golf culminates in a gathering at the Clubhouse for dinner. We ended our season on September 25 with dinner, cake (provided by the Armets) and prizes (provided by Ballantrae Golf and Country Club, RBC Wealth Management Dominion Securities, the Stathams, the Gregorys and Joanne Coleman).

Next year's coordinators will be Ron & Betty Statham. If you are interested in joining us in 2018 for a no-pressure evening of fun, give them a call at 905-640-5775 or send an email to ronbettystatham5775@yahoo.ca. You will be placed on the spare list and sent the necessary information.

Our thanks to all the golfers who made our two years as coordinators so much fun.



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Ballantrae Ladies' Golf League

BY SANDY HINCH

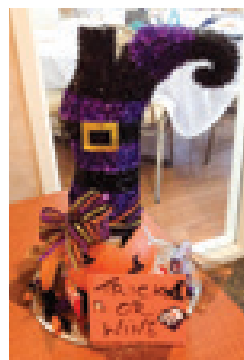
The 2017 BLGL season had some struggles with the off and on wet, cool weather this summer. However, we finished the season with a beautiful sunny September. There was always plenty of laughter, fun and fellowship despite the conditions. Every week there was a game to play and everyone looked forward to a little envelope awaiting after a good day on the course.

The championships for the year were won by Jane Simard for the low net and Lorraine Farro for the low gross.

Our closing lunch, catered by Annina's, was delicious and was attended by more than 60 golfers. Special thanks to all members for their enthusiasm and support and also to the organizing committee members. Our gift table was overflowing thanks to our supporting sponsors.

Have a great winter. See you in the spring for coffee and registration on Monday, April 30, 2018 at the Recreation Centre.

sandyhinch@hotmail.com / 905-591-3552



Geri Flotron, treasurer of the Ladies' Golf League, created imaginative centrepieces for the tables, each one with a bottle of wine and theme (beach, golf, travel, girls' night out, autumn, Halloween and Christmas). Lucky draw winners took home these prizes.



No Stress Ladies' Golf League

BY SUSAN MCKAY

The end of the 2017 season for the Tuesday No Stress Ladies' Golf League took place on September 26 at the Maples of Ballantrae Golf Club. Nine holes of golf were played followed by a delicious luncheon at the Maples' clubhouse. Prizes were awarded to Ann Baker for closest to the pin and to Jane Keast for both the longest drive and the putting contest. Great food, good company, plenty of laughter and generous prizes, donated by Alasdair Patton of RBC Securities, ensured a good time was had by all.

We are looking forward to another great season in 2018. Information on the 2018 Meet and Greet for the league will be posted in the March issue of *Home on the Green*.



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Stouffville Pickleball Players

BY DENNIS CARTER

T'was a great 2017 for pickleball in Stouffville. We had 213 members, more than any other year, thus making the Stouffville Pickleball Players the largest racquet club in Stouffville.

Despite the rain, we were able to play almost every scheduled day: Tuesday, Wednesday, Thursday and Saturday between 10:00 a.m. and 1:00 p.m. and Monday and Thursday from 6:30 to 8:30 p.m. in Vandorf Park. This year the Town recognized the importance of pickleball and agreed to paint lines for eight pickleball courts on the two tennis courts. This provided a better surface than the deteriorating pickleball courts on the outdoor hockey rink.

We run a "self-directed program" whereby the players in attendance set up and take down their own nets which only takes a couple of minutes.

There is no fee, but we ask for a donation to pay for equipment and food at our socials. This year we had eight well-attended socials, including a special BBQ to celebrate Canada's 150th birthday, plus strawberry ice cream and pizza socials.

With more courts to play on, we raised money and purchased more equipment, more balls, four complete sets of nets and four replacement nets. Due to the generosity of the Stouffville Pickleball Players, we were able to raise over \$1,050.

Pickleball has become so popular that there were many days when all eight courts were being used with more

players waiting. There are opportunities for all levels of players. Last spring, we gave beginner lessons. After a half hour of instruction most players were ready to play a fun game and by the end of the lesson most players were ready to play with the social group. If you are interested in pickleball lessons in the spring, please contact Dennis Carter.

Pickleball, the fastest growing sport in Stouffville and in Canada, is a combination of table tennis, tennis and badminton. It is played on a badminton-sized court with a tennis-height net. It can be played by a wide range of folks including seniors and children. Pickleball is a great way to keep active. All you need is a good pair of court shoes, a pickleball paddle and a place to play. We believe in the four F's when playing pickleball—Fun, Fitness, Friends and Food. So if you believe in the 4 F's you will fit right in.

Be aware, pickleball is addictive. One of the most common statements you hear around the courts is "Let's play one more game."

We have approached the Stouffville Town Council and requested that the town build eight dedicated courts in the Ballantrae area. We should know if the Council approves our request by May of 2018.

See you on the courts.

Dennis Carter, dwcarter@rogers.com
Stouffville Pickleball Coordinator





Hours of Operation
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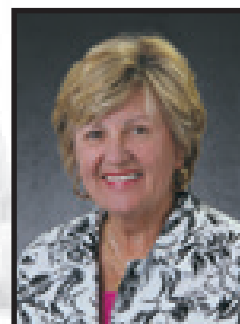
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A Night at the Opera

BY KATHY BILLINGTON

Where can you go for a night of outstanding music plus superb opera singing for \$15 a ticket? Ballantrae's Recreation Centre of course!

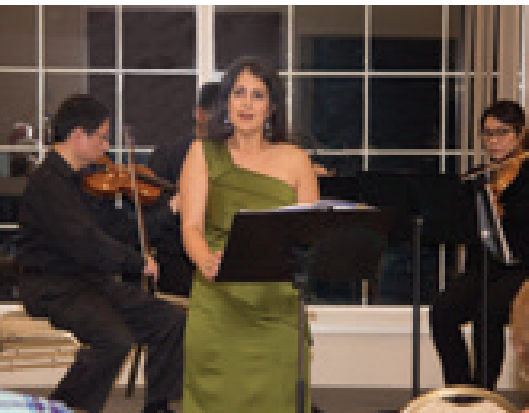
On Thursday, October 5, The Paskke String Quartet, founded by leading members of the York Symphony Orchestra, returned to entertain us. Paul Hudspith, Kevin Leung, Simon Lay and Fanny Tang are dynamic classical musicians. They played Dvorak, Beethoven and Bach flawlessly and also included contemporary artists' music such as *Morricone* from the movie, *The Mission*.

The special guest star of the event was the very talented and personable daughter-in-law of local

residents Eric and Ann Adams, Zorana Sadiq, who mesmerized us with her gifted voice. She has performed internationally and was invited to sing at Governor General Adrienne Clarkson's 70th birthday bash. Her accompanist, Dr. Lisa Raposa, is an accomplished soloist who teaches classical piano in Toronto.

For her grand finale, Zorana, accompanied by the string quartet, sang Leonard Cohen's *Hallelujah*.

Thanks to the Social Committee for providing us the opportunity to enjoy the classics close to home.



Georgian Downs

BY MARIETTE BLOUIN-JOHNSON

The more it rained outside, the more the money poured out of the slot machines for our October 11 trip to Georgian Downs. As in life, there were the "Haves" and the "Have Nots." At the end of the day, some residents came back with oodles of cash, while others grudgingly had made donations to the cause.

The bus trip was smooth, the food delicious and everyone enjoyed participating in the draws for delightful gifts donated by Ballantrae resident, Carron Canning.

Join the fun next year.

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Guys & Dolls at Stratford

BY PAT WOOD

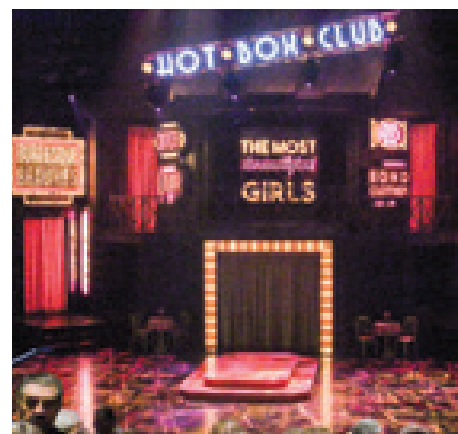


The yearly trip to Stratford was a huge success. After a great lunch at a local hotel, we moved on to the Festival Theatre for the production of *Guys and Dolls*.

The choreography was truly amazing and we were delighted by the superb talent on display in the musical numbers. Old songs, long forgotten, were brought back to life in this witty production. We left the theatre on a high, boarded our "Cadillac" of a bus and outran a rain storm on the way home to Ballantrae.

Many thanks to Anne and Ron Brewing for organizing this event.

What's on for next year?



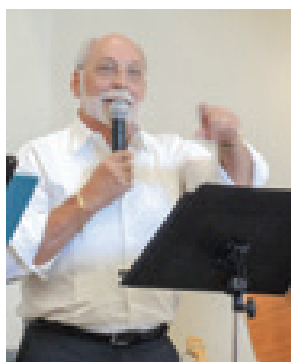
Pacemakers Par Excellence

BY WAYNE BURGESS

On October 18, our Peerless, Premium, Priceless, Prime, Phenomenal, Polyphony, Polychoral, Piacevole, Popular, PACEMAKERS—Bob Ross, Ray Stadnick, Sam Guadagnolo and Tom Clarke—rocked out the Recreation Centre in their semi-annual sing-along performance.

Tunes from the 50s, 60s, 70s and 80s, along with special guest chanteuses and chanteurs, had the room moving and grooving. We all knew the words, so it was definitely a sing-along.

Thanks Pacemakers for a truly wonderful gig!



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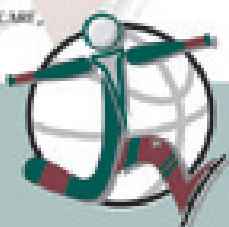
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Book Babes of Ballantrae

Visit the Lucy Maud Montgomery Historical Site

BY MARGARET LUNN

Lucy Maud Montgomery OBE 1874 - 1942

Published in 1908, *Anne of Green Gables* has long enchanted readers young and old alike. Most of us read about Anne's adventures in fictional Avonlea when we were in our early teens, or even younger.

As the home where Montgomery wrote most of her *Anne of Green Gables* series was situated in nearby Leaskdale, Ontario, the BB of B (Book Babes of Ballantrae) decided that our June book selection would be *Anne of Green Gables*. We would read about Anne's adventures through adult eyes and then visit the Montgomery home.

Maud, as she was known, was a published author in her own right before she met and married the Reverend Ewan MacDonald who had a church in P.E.I. Maud had been born and had lived most of her life in P.E.I. before they came to live in Leaskdale in 1911. Her years in Leaskdale were full of both joy and sorrow. It was here that she gave birth to three sons, one of whom died in childbirth. Also, it is where her husband's mental health began to deteriorate. However, the spiritual beauty of the rolling hills of Ontario stoked her story-telling creativity as she conceived and brought to life the very precocious but delightful young girl, Anne Shirley.

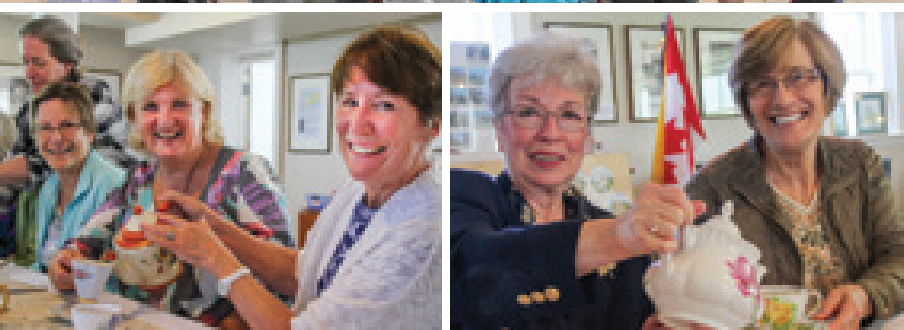
As readers, we experience Anne's bubbling personality, her uplifting thoughts, and her long-winded stints of dialogue. Very quickly readers fall in love with this

young orphan girl who is being raised by Matthew and Marilla. Certainly, Anne must be one of the most delightful fictional characters ever created. Despite having spent the first ten years of her life in an orphanage, Anne approaches life enthusiastically, seeking and building friendships. She views her "life cup" as always being half-full. The dialogue Montgomery writes for her contains so many wonderful quotes that each one of us could take them all to heart. One of my favourites is, "Dear old world...you are very lovely, and I am glad to be alive in you." We can all say, Amen! to that.

If you read *Anne of Green Gables* as a child, or if you have never read about her at all, give yourself a treat and delight in the adventures of this scrawny, redhead who is both loving and bright and wild with imagination. Share with Anne the wondrous discoveries she makes during her "raptured voyages of exploration."

A visit to the Lucy Maud Montgomery historical site is a must for everyone who has ever read any of Montgomery's 20 novels, 530 short stories, 500 poems, autobiography, 30 essays and her daily journals, which have also been published. To quote Montgomery, "I cannot remember the time when I was not writing, or when I did not mean to be an author."

The historical site in Leaskdale is open daily during July and August. However, you may visit at any time during the year by calling 905-862-0808 for an appointment.



BOOK BABES OF BALLANTRAE'S FIVE FAVOURITE READS FOR 2017

- 1 *Snowflower and the Secret Fan*
by Lisa See
- 2 *Clara Callan*
by Richard B Wright
- 3 *Anne of Green Gables*
by Lucy Maud Montgomery
- 4 *The Nightingale*
by Kristin Hannah
- 5 *The Birth House*
by Ami McKay

Dave Parsons Quintet Fall Concert

BY MARILYN PARSONS

The Dave Parsons Quintet treated us to another exciting concert themed around the "First Lady of Song," Ella Fitzgerald.

She was born in 1917 and had a deprived childhood in Yonkers, NY.

Ella's innate musical skills were fine-tuned by church choirs. In 1938 she wrote *A-Tisket, A-Tasket* from a nursery rhyme. It was her first hit!

Ella had a successful career and died in 1996.

Autumn in New York was a very appropriate tune along with *Body and Soul*, *Honeysuckle Rose*, *God Bless the Child*, *Misty*, *How High the Moon*, *You're Driving Me Crazy*, and *Sweet Georgia Brown*.

Ron Farro was the surprise guest artist on violin with Dave Parsons on piano, Sam Carothers on bass, Rick Faye on drums, and Marshall Olchowoy on sax and clarinet. Singer Lisa Levy belted out Fitzgerald tunes with great aplomb.



UPCOMING EVENTS

Social Committee Upcoming Events for 2018

Sunday, January 28
A Breath of Fresh Air
Walk & Homemade Soup
Contact:
Mariette Blouin-Johnson
905-591-2032

Tuesday, May 8
Ladies' Dine Around
Restaurant: Peter's in
Markham

Contact: Pam Tulino
905-591-4004

Thursday, May 24
Fallsview Casino
Contact: Kathy Billington
905-591-1390

Sunday, July 1
Canada Day Celebrations with Entertainment
Contact:
Social Committee

Tuesday, July 10
Ladies' Dine Around
Restaurant to be
announced
Contact: Kathy McLeod
905-640-7351

September
Stratford Festival
Date/Show to be
determined
Contact: Ron Brewing
905-640-8836

Tuesday, September 11
Ladies' Dine Around
Restaurant to be
determined
Contact: Jenny Gould
647-448-4022

October Theatre Event
Murder Mystery Night
Date to be determined
Contact: Pam Tulino
905-591-4004

Wednesday, October 10
Georgian Downs
Contact: Mariette Blouin-Johnson
905-591-2032

Thursday, November 29
Ladies' Christmas Luncheon
Contact: Lynn Gauld
905-591-4144

Saturday, December 8
Annual Christmas Dinner and Dance
Recreation Centre
Contact: Jenny Gould
647-448-4022

FEELING LEFT BEHIND...YET AGAIN?

Join us for A Breath of Fresh Air
Sunday, January 28, 2018

Meet at the Recreation Centre at 10:30 a.m.

Participate in outdoor activities at a nearby forest and then return to the Recreation Centre for homemade soup and dessert at noon. Please bring your own beverage and a Food Bank donation.

Cost: \$6 per person

Tickets go on sale Friday, December 1 and are non-refundable.

Call Mariette Blouin-Johnson, 905-591-2032

Table Tennis

BY ALISON SCOWCROFT

Have you ever wondered about the origin of table tennis? I did some research and found a couple of explanations of how table tennis came to be. This version is my favourite. Table tennis was invented in England in the 19th century. Upper class Brits, who played outdoor tennis in the summer, were looking for something fun to do during the bad weather. So someone came up with the bright idea of using the dinner table with books set up as a net, cigar box lids for paddles and champagne corks for balls. They called it whiff-whaff, because of the sound the "balls" made.

Around 1901, James Gibb, who was a fanatical whiff-whaff player visited the U.S. and came back with a celluloid ball. Using this ball changed the sound of the game, so it was nicknamed ping pong. Suddenly ping pong became a commercial success and soon it was trademarked. When an international federation was formed, they couldn't call it ping pong because of the trademark, so they called it the International Table Tennis Federation. This marked the separation between ping pong, the commercial game and table tennis, the sport.

In 2007, Horst Garbe organized and still plays in the BGCC Table Tennis Club, now run by Art Stefan. It is unique from some of the other BGCC clubs, in that the equipment, including the tables, is owned by the members and not by the Recreation Centre. Because of this, the owners do not allow the use of the tables by non-members. However, there is a proposal looking for approval requesting that the Recreation Centre purchase the tables and equipment. This would allow more people to use the equipment at different times. Although most members own their own paddles, which



can run in price from \$30 to \$300-plus, there are spare paddles for guests to use.

The current membership is ten people, all of them men. Come on ladies!!!

They play Tuesdays and Fridays from 2:00 to 4:00 p.m., and hope to add a third day to open it up to beginners. The members pay a \$20 fee twice a year to help with equipment maintenance and the cost of purchasing balls and related equipment.

The club follows the current international rules of play. Generally, they play doubles to accommodate more people. With some basic training, anyone can pick up the sport and begin having fun right from the start. It's a great way to spend a couple of hours, socializing, being physically active, and having fun!

NOTICES

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

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Judy Flow, Coordinator

Recreation Centre Report

Our goal is to maintain the Centre as the hub of social, recreational and fitness activities and programs that best meet the current and ongoing needs of our BGCC residents.

Centre Happenings

SURVEY

By the time you are reading this report, the survey results are being readied to be shared with each condo board and our BGCC residents. Thank you to our 700-plus neighbours and friends who completed the survey questionnaire. The questionnaire was the best way to get the broadest possible input.

HOT WATER HEATER

A new unit is in place to replace the old one.

DRY-O-TRON

An independent engineering study on dehumidification options for the Centre was recently completed to give us a good plan to pursue.

CENTRE RULES

An updated draft on the use and access to the Centre is under review.

LIFE-STYLE GUIDE

This continues to be overhauled to provide appropriate seasonal content and the service excellence that our residents expect.

ACTIVE AGING WEEK

A separate guide was implemented and the program will be modified next year with emphasis on service excellence and value our residents tell us they expect.

Budget 2018 - 2019

The operating budget for next year was completed and we are committed to making sure all maintenance and wellness contractors deliver the highest quality services for the cost.

Happy Holidays & Happy New Year!

Vic Mangal, Condo 4 - President and Treasurer
Susan La Rosa, Condo 5 - Secretary
Phil Bannon - Condo 1
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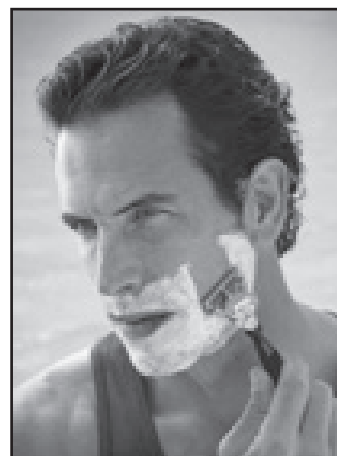
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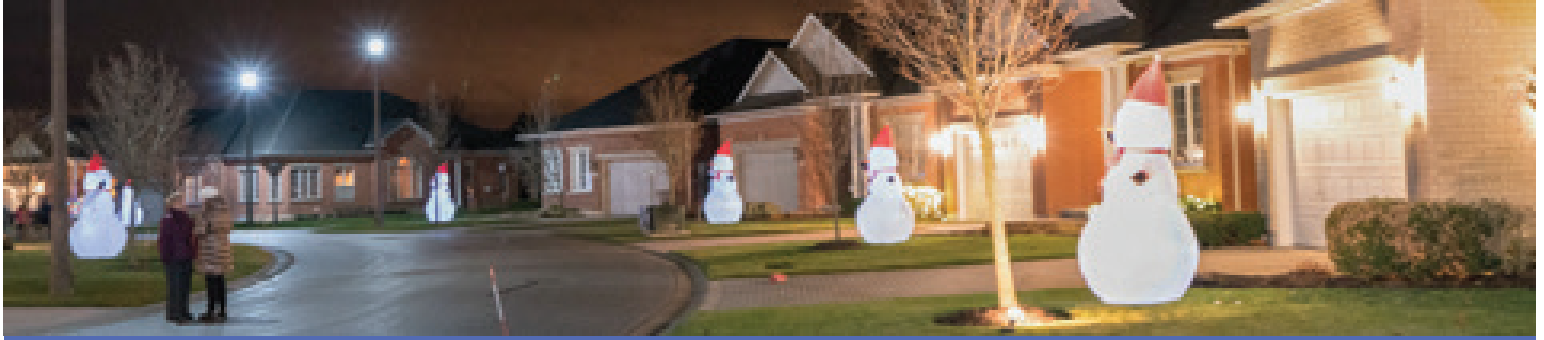
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~ Helen Keller ~



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BY PETER SIMS, WEBMASTER

CLASSIFIEDS

This is by far our busiest page and many residents check in every day. But it's not just Buy and Sell. Recently we have had questions posted such as how to replace or repair our sometimes peculiar outdoor light fixtures. Responses come quickly.

Residents interested in organizing particular activities will post notices looking to see who else might be interested.

The most recent items appear at the top of the page. Older items drop off the bottom after two months. If you have listed an item and it sells, please let the webmaster know so he can take the ad down.

BALLANTRAE SUMMER GAMES

Did you like the gorgeous photos in the last edition of *HOTG*? ourbgcc has even more!

In fact there are so many that we had to create three separate pages to hold them all.

Want to show your neighbours down south? All Games pages, including results and photos, will be available until the end of January when they will be taken down.

The "Canada 150" page will be taken down at the end of the year.

WHAT'S ON IN THE AREA

Even in the quiet times after Christmas, you will always find many things to do outside our immediate community. Editor Jane Keast keeps you up to date on events in Stouffville, Uxbridge, Aurora, Newmarket, Markham and Richmond Hill—everything from the York Symphony to church suppers in Goodwood. At the time of writing there were over 60 events listed. Check it out!

If you know of a local event that is not listed, please email: whatsoninthearea@gmail.com. Jane would love to hear from you.

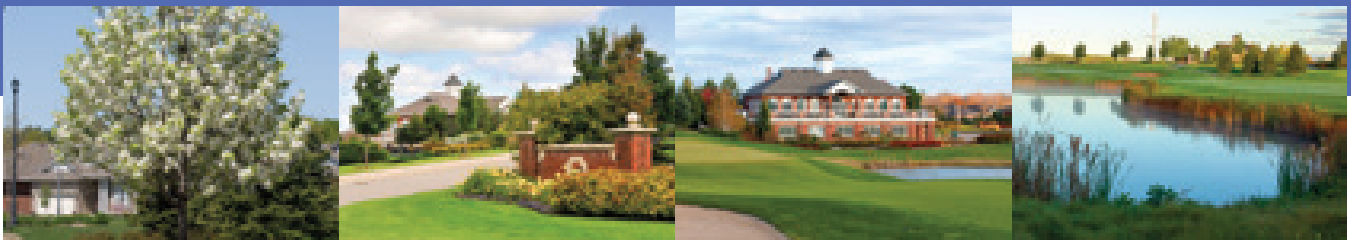
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Imagine how proud we would be if our son or daughter were awarded one of Canada's highest awards for service to our country.

This was the news that our neighbour Marlene Robitaille received some months ago. Her son Ray was to be awarded the Order of Merit of Police Forces for his outstanding years of service in both police and military. Canada has several awards for outstanding service. The Order of Merit, designated by the Queen, is the highest award, which Ray received in 2017. (The Order of Canada is the Canadian National Award established in 1967.) The Order of Merit of Police Forces was established in 2000 and is awarded for outstanding long-term service on a national basis.

Ray Robitaille is Deputy Chief of the Calgary Police Service, having served there for 27 years. His duties have included undercover work, supervision of the drug investigation team, police sniper, commander of the public safety unit, and forming nation-wide relations with other agencies. This included being a member of the Triservice Emergency Management Committee of the Canadian Association of Chiefs of Police. Ray spent time as a NATO police advisor during a training mission in Afghanistan. He has received many awards for leadership, lifesaving and community service in Calgary. He has also received special medals from NATO, the USA and Afghanistan for his police service, as well

as the Queen Elizabeth II Diamond Jubilee Medal in 2012.

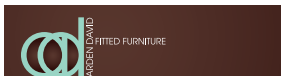
In May 2017 Ray's family was present at Rideau Hall as the award winners were marched in. Each recipient was presented with a distinctive medal by Governor-General David Johnston. It is a cross with a red maple leaf in the centre, topped by a crown, hanging from a blue and gold striped ribbon. Ray said he was very humbled as he felt he was just doing his job.

In true Canadian fashion, Marlene and Ray's extended family celebrated with a family bonfire and singsong accompanied by four family guitarists. It was a proud and memorable time for a national hero.





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