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June 2014

Green

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Summer*



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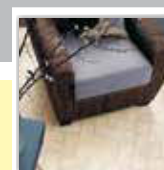
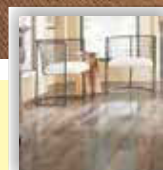
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Publishers: Kay and Lloyd Pinnock

Editor: Valery Vollenweider

Assistant Editor: Margaret Lunn

Social Liaison: Kathy Billington

Contributing Writers

John Gorman, Maurice Smith, Pat Wood,
 Ken Miyauchi, Enid Sanders (Secretary),
 Lynne Balfour (Assistant Secretary)

Proofreaders

Mary Hallam (Coordinator),
 Helen Mitchell, Diane Ross, Joan Larkin

Photographers

Brian Freedman (Coordinator), Marna Moldon,
 Geri Flotron, Linda LeGallais, Pat Whittingham,
 Shirl Sankoff, Mary Freedman

Production/Advertising

Barbara Renaud 905-640-5361

Advertising Sales Representatives

John Kassies 905-640-8929 (Coordinator),
 Ed Arnold, Pat Bolsby, Terry Coulson
 Pat and Ray Stadnick, Dave LeGallais,
 Donna Powers

Distribution

Al Moldon, Bruce Hyland

Comptroller

Anne Brewing

Board of Directors

Betty Ann Jarvis (Chair), Barry Beazley,
 Bob Herbert, Lloyd Pinnock, Ray Knight

Founding Editor

Ruth Flanagan

Publishing & Printing

Business & Office Centro, Inc.

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Home on the Green is intended for general information purposes only, and neither endorses nor promotes any of the products or services represented herein, and assumes no responsibility for the accuracy of any statements made in the magazine.

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 of any information submitted by them.

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Mission Statement

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

Front cover image taken by Pat Whittingham







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INITIATION

This is my first issue as editor and I must admit I'm honoured and excited, and I'm looking forward to working with the exceptional, dedicated team of volunteers who make *Home on the Green* the success it is. I would like to thank Doreen Cunneen for the contributions she made as editor of this magazine for the past few years. I also offer my praise and thanks to our contributing writers: John Gorman, Maurice Smith, Pat Wood, Ken Miyauchi, Enid Sanders, and Lynne Balfour for their wonderful stories that keep us amused and informed in each issue, including of course, this issue and many more to come.

Home on the Green has entered its second decade of publishing news, views and happenings in the Ballantrae Golf and Country Club community. In coming issues we will be introducing a few new elements to expand the range of articles, to profile some of the exceptional people in our BGCC community, and to provide helpful information from internal (BGCC) experts as well as external sources.

In our community there are many amazing people who have lived fascinating lives, accomplished wonderful things, survived unimaginable challenges, pursued interesting hobbies, and done incalculable good for others less fortunate. We want to hear about them. We want to tell their stories in *Home on the Green*. These people probably won't come forward themselves, so we're asking you, their neighbours and friends, to "tell on them." Tell us about your fascinating friends and we'll take it from there and, with their permission, profile them in *Home on the Green*. You can send in your tips and suggestions by email to homeonthegreen@rogers.com.

We've been thinking of introducing a fun photo contest to get great shots for *Home on the Green* from the many avid shutterbugs in our community.

Rules, photo specifications, judging team and other information will be announced later, so stay tuned for details. Your own photo may yet make it to the cover!

We live in a community that is rich in beauty, nature, and exceptional people. It's a community whose lifeblood is its volunteers. It's a community that is enriched by those who donate their time, talent and resources to meaningful causes. I'm proud to be a member of this community and am looking forward to becoming more involved and getting to meet everyone.

As you may know, our magazine is funded entirely by the income we get from our advertisers. Please support our advertisers as much as possible, and be sure to let them know that you saw their ad in *Home on the Green* magazine.

Feedback, suggestions and articles are essential to our publication. We would like to hear from you, our readers. Tell us what you think. Tell us what you would like to see. Send your submissions by email to homeonthegreen@rogers.com.

By the time you read this, the "longed-for" summer will be here. I hope it will be a warm, safe, active and delightful summer for everyone here in BGCC. ☺



Valery Vollenweider
Editor



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It has been close to six years since I hosted an Open House at the Ballantrae Community Centre to introduce a proposed design/concept for a new plaza on the northeast corner of Aurora Rd. and Highway 48. Delays have been attributed to Ministry regulations related to the development. This site plan application will be reviewed at the June Council meeting. The proposal is for a 25,000 sq. ft. commercial retail development, with limited second-floor professional and medical offices.

I would like to thank Rocky Sankoff and Leo McGuire for bringing a Hydro electricity billing issue to light on behalf of our community. Seventy-four residents are known to be affected by an incorrect billing process. All of the homes in this community should be billed as Medium Density. Your billing rates are reflected accordingly. Please review your most recent Hydro bill, page 2, under your electricity charges column. This should read that your service type is Residential- Medium Density. If it reads Low Density, contact Hydro One.

Hydro One will reclassify your service to Medium Density. However, they are only prepared to refund a limited amount of money.

A number of new residents to the community have not been receiving delivery of the local newspaper. Their attempts to resolve delivery issues failed. I met with the directors of the newspaper on behalf of the community and resolved the issue. We identified 80 addresses that were not being serviced. The paper has updated their delivery records accordingly. Please contact me if you are not receiving the local paper and wish to do so.

Many of you have been monitoring the on again, off again dispute between our MP and our Mayor. This public dispute is based on an application by Rogers to install a telecommunications tower in Stouffville. Inappropriate remarks have been exchanged. Common sense will prevail!

Council will introduce a more effective policy which will include expanded advertising and marketing responsibilities to address all future cell tower applications.

I met recently with Town staff and the owners of the proposed tennis bubble, in the Ballantrae Community Park. The bubble and the new clubhouse are scheduled to be in full operation by October of 2014.


I would like to thank and congratulate all of the residents who took the time and made the extra effort to come out to the Ward #2, Community Cleanup on Saturday, April 26. Our efforts over the years have paid off. We are seeing fewer large, bulky garbage items being collected every year. All residents just committing to clean up the litter on their own properties would go a long way to protecting our environment.

On Sunday, September 8, I will be hosting the 5th Annual Ballantrae Family Fall Fair, at the Ballantrae Community Park. Families will enjoy a full day of activities including: non-denominational church service, Ballantrae Scouts' pancake breakfast and Beavertails, farmers' market, craft and bake sale, pony rides, petting zoo, ATV rides, Doo Doo the Clown, live local entertainment, Stouffville Fire & Emergency Services, York Regional Police, Museum, Library and an assortment of other Fair delights. Come out with your family and enjoy the day.

We are still awaiting a Court ruling on the illegal dumping charges at the two Bolander sites on the east side of Highway 48, south of Aurora Rd. The court order denying any dumping operations is still in effect.

Over the past few months, Town staff have been conducting information meetings with the public, promoting participation in the design of our Leisure Services/Library complex expansion plan. The proposal includes a 70,000 sq. ft. expansion of the Leisure Services Centre complementing a 7,000 sq. ft. expansion of the Library. I have provided further information, details and diagrams of the expansion on my website.

I am pleased to announce a new addition to our community. Pedro Pereira, the current owner/operator of the Fishbone Bistro in Stouffville, will be expanding his operations to include a summer café/patio at the Cedar Beach Pavilion at Musselman's Lake. The newly renovated, licensed, full-service restaurant will feature a glass-enclosed patio overlooking Musselman's Lake. Please support our local small businesses.

I would like to invite you to visit my new, improved and easy-to-use website for updates on Town Council, Community, Social and Fundraising Events. If you have not registered for or are not receiving my regular "Community Update" emails, please contact me at www.philbannon.ca. 



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IT'S A MATTER OF SAFETY!

Recently a neighbourhood incident brought home how many of us in Ballantrae are taking chances with health or safety.

Our neighbour, a friendly, active gentleman of 85, appeared to be missing. His friend, with whom he had a date for lunch, called to pick him up and could not reach him at his door or by phone. His neighbours had not seen him. By the next day his beloved newspapers had gathered on the doorstep. A worried neighbour called the police. Evidently the police will not break down a door even if a problem may have occurred inside. They must make every effort to find a relative with a key. Although no neighbour had this information, eventually the police were able to locate a daughter in Toronto, based on the unusual spelling of their surname. However this search caused several hours' delay. When the daughter arrived with a key, they found our neighbour on the floor of his bedroom. He had fallen, hitting his head at least 30 hours previously and had had a stroke. There was considerable bleeding. This situation would have been terminal in a few more hours.

It shows us that we need to protect ourselves better if we live alone. There are several solutions.

Be sure a next-door neighbour (who does not go away for long periods) has a key and is aware of a family member who can be contacted in case of an emergency. Some of us may be very private. In that case sign up with a call service like LifeLine (www.lifeline.ca) or LifeCall (www.lifecall.ca.) This involves wearing a wristband or necklace with a radio contact button in a small pendant which you can push for help. There is a radio-like box set centrally in your home. If you press the button on your pendant, the LifeLine team will talk to you to see if you need help. If you do not answer, they will contact emergency services and notify a family member immediately. (We have used this service for several family members.)

None of us can anticipate when we might need help. A fall or illness can occur unexpectedly. If you live alone please take precautions. It was almost too late for our neighbour! ☹

Editor's Note

As a follow-on to Lynne's story, we have included the following article providing information on preventing falls.



Lynne Balfour

FALLS IN OLDER ADULTS PREDICTABLE AND PREVENTABLE

Learn how you can decrease your risk factors and prevent a serious fall

Each year across Canada thousands of seniors suffer serious injury related to falls in their homes. In 2011, there were 4,181 fall-related emergency department visits among York Region residents aged 65 years or older.

Falls among seniors can lead to impaired mobility, decreased independence, even long-term care admission. Fortunately, there are many things seniors and their families can do to decrease the risks and head off a fall before it happens.

Mary Tang is an advanced practice nurse for geriatric emergency management at Markham Stouffville Hospital. Every day she provides expert geriatric assessment to at least one or two seniors, brought by ambulance into the emergency department after a fall.

Working alongside other hospital clinicians, Ms Tang first ensures the senior receives the appropriate assessment and treatment for his or her injury. Next is an investigation into

what caused the fall and how to prevent it from happening again.

"Our goal is to decrease the number of falls for every patient," Ms Tang says. "Really no one should be falling."

Major risk factors for falls include being over age 65, taking multiple medications, health conditions such as diabetes, arthritis and osteoporosis, lack of regular physical activity, mixing alcohol and medications and a history or a fear of falling.

From Ms Tang's perspective, preventing falls is everyone's responsibility. She works closely with each patient and his or her family and, depending on the situation, her interventions may include involving the hospital's on-staff physiotherapist, education about how to reduce risks and referral to other organizations.

...Continued on page 9



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...Falls in Older Adults, continued from page 7

For example, Ms Tang may connect the senior to the Central Community Care Access Centre (CCAC) which provides a range of services for eligible patients such as in-home occupational therapy assessments to reduce safety hazards and medication management. The interdisciplinary Regional Geriatric Assessment Outreach Team is another important resource; as part of the Regional Geriatric Program, the team conducts comprehensive in-home geriatric assessments.

According to Ms Tang, one reason prevention is so important is because elderly people can deteriorate quickly after a fall with an injury.

“Families will say, ‘Oh my mom fell a year ago, had a surgery and things were never the same,’” she says. She explains falls can lead to decreased mobility, increased pain, depression or delirium for those with dementia and even long-term care admission if the senior and his or her family find they are no longer able to manage independently in their home.

“It’s a lot of stress for the families and on the health care system,” she says.

Estimates peg the cost of falls among seniors to the Canadian health system at around \$1 billion annually. Coupled with a rapidly aging population, the issue is a growing concern. Ontario’s central region, which encompasses York Region as well as North York and parts of Simcoe County, is poised to experience greater-than-average population aging over the next 10 years with an estimated 127,868 more seniors by 2021.

Bonnie Thamm is manager of the senior services program for public health services. In 2012, her team provided falls prevention consultations and resources to 50 senior-

serving organizations. A key component of their toolkit is *A Step Ahead to Falls Prevention*.

“It’s an interactive, four-hour module that organizations can request we give to their health professionals to increase their knowledge and skills around falling,” Ms Thamm says. “They can take what they learned and apply it with their clients in the community.”

This approach builds the capacity of community agencies to decrease falls using specific tools and strategies to educate seniors on how to protect themselves.

“Sometimes I think seniors believe falling is a normal part of aging and family members might think that as well, but it’s not,” says Gaylia Roffey, a public health nurse working in the seniors program. “The truth is, falls are predictable and preventable. And through education and awareness, older adults can remain independent and in their own homes healthier and longer.”



TIPS FOR SENIORS TO PREVENT FALLS

- Eat balanced, healthy meals to avoid weakness, fatigue and dizziness.
- Exercise regularly to strengthen and maintain muscle and improve balance.
- Use medications safely. Keep your doctors and pharmacists up-to-date on your most current prescription medications, over-the-counter drugs and all herbal remedies you take.
- Wear the proper footwear to avoid tripping.
- Do a home safety check to eliminate tripping and slipping hazards, such as area rugs.
- Use assistive devices such as handrails, canes, grab bars and raised toilet seats, as recommended by your physician or therapist.

FALLS PREVENTION RESOURCES

- York Region’s public health services offers *A Guide to Falls Prevention*, available for download at York.ca or by calling Health Connection at 1-800-361-5653.
- Seniors looking for more information on exercise and falls prevention classes (and organizations interested in hosting classes) can visit centrallhin.on.ca or call 1-866-392-5446.
- At seniors.gov.on.ca, the Ontario Seniors’ Secretariat offers a risk assessment questionnaire, winter safety tips and guidance on what to do if you fall. The secretariat also offers a one-hour seminar for seniors on how to prevent falls. Email infoseniors@ontario.ca to learn more.



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SERVICE DOGS

While out and about you may encounter someone approaching you with a very special companion, a service dog. Pause for a moment and recognize what a remarkable sight it is. Most of us are familiar with a Seeing Eye Dog, but the scope and variety of people that service dogs are now assisting have increased over the years.

One of the first references to a guide dog can be found in The Webster Dictionary of Nursery Rhymes. A poem from the 16th century states "B - was a blind man, led by a dog." In modern history the training of these dogs started in Potsdam, Germany during WWI, by Dr. Gerhard Stalling to aid returning veterans blinded by mustard gas. The idea did not catch on in the rest of the world until an American dog breeder, Dorothy Eustis, wrote an article about the Potsdam School. It was published in the *Saturday Evening Post* in 1927. Upon hearing of the article, a young American blind man, Morris Frank, wrote Eustis and begged her to train a dog for him. She took on the challenge and the rest was history. Buddy, Morris's German Shepherd dog, enhanced his life: "Buddy delivered to me the divine gift of freedom." Together they travelled the U.S. making appearances and encouraging interest in the program. By 1936 there were 250 trained guide dogs assisting their owners throughout the U.S. Canadian Guide Dogs started training in 1984 in Manotick, Ontario. In 2007, they graduated their 600th "team." These training programs are now found throughout most of the world. Historically, German Shepherds and retrievers have been used due to their ideal size, intelligence and work ethic. However, other breeds are now being considered.

Whereas Seeing Eye Dogs are carefully selected from reputable breeding programs, other service dogs can come in all shapes and sizes, and from a variety of backgrounds. Often they are rescued from shelters.

Hearing Ear Dog Guides are becoming more common. Deafness can be very isolating for an individual. The assistance of a dog to alert its owner to any number of sounds including a baby's cry, the oven timer, the phone or even an intruder can offer security and independence for someone, not to mention companionship. Generally these are mixed breed dogs of medium to small size. They are selected for their outgoing personality and trainability. Puppies and young dogs go through a period of socialization with trained volunteers and are then taught to respond to basic obedience commands. Ultimately they must be able to alert their owner, by touch or a specific behaviour, to a minimum of three sounds and lead the owner to the source.

Dogs are also being trained to assist with a variety of physical disabilities. They pull wheelchairs, pick up and present items, assist with balance

issues and many other tasks specific to their owners' needs. Again retrievers are favoured here due to their ideal size, (not too big or too small), their outgoing and intelligent personalities, as well as their tendency to be confident but non-aggressive.

People with more invisible disabilities are also being aided by service dogs. A variety of breeds, including mixed, have been trained to detect and alert owners to the onset of seizures or anxiety attacks, enabling them to seek help and often avoid injury or embarrassment.



One of the most recent uses for service dogs is the Autism Assistance Dog. Canada Dog Guides, recognizing the need as this condition becomes more prevalent, initiated a training program in 2009. Dogs are provided for suitable candidates between the ages of 3 and 18 years. They provide security, companionship and love. They can be a calming force in high-anxiety situations and can reduce stress for the child as well as the parent. While the child is tethered to his/her dog the parent can relax knowing the dog will not allow the child to wander and will keep him/her within view of the parent or guardian.

It should be noted that of all the dogs that enter service training, only a small percentage actually make the grade for various reasons. Those that don't qualify are placed in loving homes and their owners receive a delightful, well-trained pet.

I have only scratched the surface of this remarkable subject. Further information can be obtained in many fine books or on the websites of the Guide Dog organizations. I

hope the next time you encounter a service dog, you will appreciate the dedicated breeders, trainers and owners of these marvellous animals! 🐾

Linda LeGallais



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"The best way to find yourself is to lose yourself in the service of others." - Gandhi

Just this last February, I was privileged to be part of a team of volunteers with the Habitat For Humanity International Global Village Program, where volunteers come together to work on building a house for a family in a foreign country.

The country was New Zealand; the volunteers were 13 people from the United States and Canada, ranging in age from 21 to 78; and the family: Tahlia, William and their six children.

The house we were about to build meant a great deal to the family. "Moving into this brand new home means less sickness, fewer doctors visits and fewer school absences - basically a better future." The family was living in an old, damp, rental home with rotten window frames.

The day we arrived, the prefabricated home was being delivered. The cement foundation was ready and waiting for us. We started the build by unloading the materials delivered, and putting up the framing. The progress we realized each and every day was tremendous. In just two weeks we built a three-bedroom bungalow. Tahlia and William worked with us daily, as each family must contribute 500 hours of sweat equity to Habitat projects.


The gratification of working with a group who all share the same vision - "a world where everyone has a decent place to live" - was incredible. With each day that the build progressed, the relationships amongst the volunteers grew as well. This was an experience of a lifetime. As our two weeks came to a close, standing on that cement foundation was a beautiful home for Tahlia, William and their children. The smiles on their faces said it all!

Our farewell was difficult, but amongst the tears, hugs and good wishes one thing was certain, we would meet this way again. Humanity at work can be miraculous. Gandhi was right! 🙏

Mary Freedman

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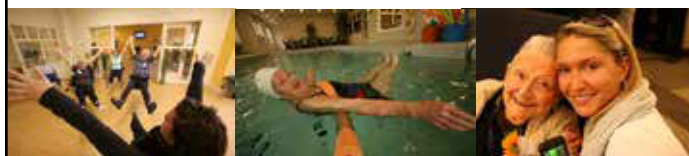
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You Too, CAN BE A *Somebody*



John Gorman

In an earlier column, I suggested that a course in empty-nest living be offered to residents of BGCC. The proposed instruction was to be entitled Retirement 101.

It was to have been designed to assist couples to overcome the unique stresses occasionally encountered when adapting to spending most of their waking hours together.

Surprisingly, this tongue-in-cheek suggestion resonated with many readers who seemed to easily identify with the problems of transition from busier lives. Those past lives had, of course, been more focused on careers and immediate family.

Even if some of the residents of our community continue to be employed, nevertheless they also recognize the challenges of spending considerably more time alone together.

Now, the demographics of our community have changed somewhat in recent years.

Generally speaking, the “pioneers” in Condo One were somewhat older and most were retired or very close to it. On balance, a lowering of the entry level age has been noted, and it seems more of them are still gainfully employed.

However, it is obvious (at least to me) that certain behaviours can be found in a majority of households. It is in recognition of these common traits that I suggest further commentary and offer suggestions. As time has passed, the most significant development in our household that I can share with you is the arrival of *Somebody*. If you think briefly, I am certain you will recognize that *Somebody* is a frequent visitor in your residence as well.

This entity is somewhat of a phantom, never truly observed or heard, but clearly a constant force in the home.

Just this morning I heard my wife announce, “*Somebody* forgot to shut the garage door last night!” And last evening, “*Somebody* apparently didn’t put the garbage out by the curb!”

Trust me; I have tried to spot this apparition for a long time now. It first appeared shortly after I retired and is more brazenly active as I age.

This uninvited guest is becoming more forgetful and thoughtless, causing my wife increasing aggravation. Now this nuisance has combined with some other issues that are at least mildly irritating.

These issues occur in what I refer to as the language of togetherness.

This language includes many phrases, suggestions and questions that are to be avoided if at all possible.

I will identify some of these for your consideration.

Consider these:

I knew that.

Yes, but...

I told you before...

Didn’t you say you were going to...

I asked you to remind me...

I suppose it’s my fault...

Where did you leave it...

I thought you said...

If you can spare the time.

Maybe you should do the shopping.

They’re your family.

Don’t worry about me...

We need to talk.

I believe you will be able to add to this list, or come up with one of your own if you are able to discuss this with your partner.

In my home, we have had many happy moments considering several of these statements.

In fact, those discussions have made me appreciate the fact that we have two separate, but quite comfortable bedrooms in our bungalow.

Often, when we tire of assessing blame, we turn to examining the activities and lifestyles of our children and their offspring.

These are topics that allow consensus to be reached.

Regardless of their success or situation, we can always find room for concern and even criticism.

To begin, I am certain my friend *Somebody* would agree that they could be more attentive and communicative. ☺



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COSTCO: REVERED OR REVEILED?



Ken Miyauchi

While I'm into saving money and passing on money-saving tips, I don't usually write about one particular retailer. I'm going to make an exception because Costco is more than a retailer; it is a business phenomenon and the mere name excites its patrons with religious-like fervour.

Costco began in 1983, and in 2011, its 600 stores generated \$93 billion in sales. It is the second largest retailer in the US, behind only Walmart; and according to *Consumer Reports*, is the number one retailer in terms of customer satisfaction.

Costco has no advertising, no signage to aid shoppers, no bagging at checkout, and a fee just to enter the store. Its limited selection of 4,000 products pales in comparison to Walmart's 100,000 items. So, why would 64 million people join Costco and 90% faithfully renew each year? Costco shoppers are extremely loyal and strongly believe that they save money.

The markup at Costco on most items is 15%, compared to 25% for the average supermarket, and 50% for the average department store. Costco states that most of its profit comes from the membership fees and not the products themselves. The average annual household income of the Costco shopper is \$96,000 so the fee does not seem to be a concern. However, most shoppers complain about the "Costco Effect" which causes shoppers to routinely spend more than they intend and buy more than they need. Yet Costco fans, and there are many in BGCC, continue to favour its stores.

So what's the secret to saving at Costco? Len Rapaport, President of International Press Association, has written an article, "Secret Price Codes Will Save You Money At Costco." Mr. Rapaport has given me permission to publish his secrets in this article, but I encourage you to read his complete guide at Hubpages.com.

Here are the inside tips to shopping at Costco:

- Prices ending .97 are markdowns on products that did not sell and are being cleared out. Not every markdown, however, is a real bargain. Regular prices end in .48, .79, .89, and .99.
- Prices ending in .88 or .00 are manager's markdowns on returned but saleable products.
- An asterisk (*) on the upper right side of the price sign is an indication that this product will not be reordered once the stock is depleted. If interested, don't wait.
- Instant rebates on the price sign are offered by the manufacturers and passed on by Costco at checkout.
- Holiday specials usually occur the day after the holiday and have a .97 price.
- If the price goes down on an item you purchased at full price, Costco will refund the difference for up to 30 days.
- Members receive coupon books. Use them to purchase staples, not just luxury items.
- Costco has a two-year satisfaction guarantee; so if you are displeased, you can return it within two years. On electronics, computers, and cameras the return policy is 90 days. I have even purchased an item in the US and returned it in Canada.
- The Executive Membership at \$110 is twice as expensive as the Basic Membership; however, Executive Members receive a 2% reward on most purchases. In 2013, I received a reward of \$66.37, meaning my Executive Membership cost \$43.63 instead of the Basic Membership at \$55. This is primarily based on shopping for eight months, since I do not shop at Costco nearly as often while in Florida.
- Costco prices will not always be the lowest. Some manufacturers will provide special markdowns on discontinued items, but Costco does not participate because of insufficient quantities to satisfy all Costco stores. Also, on occasion, some retailers will price items below cost. Black Friday and Boxing Day are such occasions.
- Computers, cameras, and electronics are often purchased from the "grey market" (third party dealers rather than directly from the manufacturer). In these cases, Costco offers its own warranty of 2 years, usually double that of the manufacturer.

Jim Sinegal, the Costco founder and retired CEO, stated that Costco "is a value place. But you need to deliver." And deliver, it does. Costco is regularly commended by *Consumer Reports* as a retailer with high quality goods at low prices. As Paul Harvey used to say, "and now you know the rest of the story" and why we all love Costco. 🐶

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BRAIN POWER: STAYING MENTALLY FIT

Have you ever misplaced your car keys, forgotten your PIN number or found it impossible to retrieve someone's name from your memory bank? Not to worry. While everyone has occasional memory lapses – especially as we get older – the good news is that we can actually improve our mental acuity, no matter what our age.

Give your little grey cells a work out!

Like the rest of your body, your brain requires regular exercise to stay in tip-top shape. If it's exercised regularly, it stays sharp – it may even get sharper. If it's not, it declines. In fact, regular physical and mental exercise has been shown to be the best defence against age-related mental decline.

So how can you help your brain stay in shape? Here are some suggestions:

- Read a book. It doesn't matter if it's fiction or non-fiction, history or romance, biography or mystery, reading exercises your brain and improves your vocabulary.
- Go back to school. This doesn't have to be anything that involves a lot of homework or exams. Sign up for a cooking class, tap dancing lessons, a wine-tasting course or anything else that interests you, just as long as you're learning something new and memorizing new information.
- Learn a language. The frontal lobes of the brain are the most likely to fade with age. Learning a language not only stimulates the frontal lobes, but causes other parts of the brain to grow, such as the hippocampus, which is responsible for the development of new knowledge, orientation in space and the fixing of short-term memory into long-term memory.
- Make music. Reading music provides mental stimulation and playing an instrument requires powers of recall, as well as concentration to maintain tune and tempo with both your right and left hands – a real work-out for the brain! If you can't play an instrument, it's never too late to start. If you already play an instrument, learn a new one.
- Go online. There are several great apps and sites devoted to giving your brain a great workout – and they're fun too. One popular site, Lumosity, lets you select the mental function you'd like to improve, such as memory, attention, problem-solving or mental flexibility, by playing word games or solving fun puzzles.
- Solve the daily crossword puzzle or Sudoku – two more great ways to strengthen your mental skills and creative, mathematical thinking.
- Take up a new hobby. Hobbies that require hand-eye coordination and a certain amount of mental calculation stimulate your visual and spatial abilities. So if you've ever wanted to take up woodworking or knitting, now is the time.
- Take a trip. There's nothing like new surroundings, new languages and new experiences to stimulate your brain. And you don't have to travel to far-away countries. Simply exploring new towns and neighbourhoods at home will enrich your mind.
- Break a sweat. Any physical exercise increases blood flow, delivering oxygen and glucose to the brain while reducing the build-up of harmful plaques. In turn, your body will release more endorphins, which will make you feel energized, while producing a sense of pleasure and well-being. Even a brisk 20-minute walk with a friend will do the trick.
- Play games. Have regular bridge nights with friends or play board games with the grandchildren and you'll expand your powers of recall, test your mathematical skills, and employ your strategic abilities and logic.

Don't blame your age!

It's easy to blame age for those annoying “senior moments,” but there are many other things that can affect your brain, such as medication, lack of sleep, alcohol, tobacco, depression and stress. Or it just may be that you are a very busy person and have too much on your plate. But whatever your schedule, try and take some time for yourself and have fun exercising your brain. 🧠

Moir Potter

Writer/Researcher specializing
in Health and Wellness



Maurice Smith

LEGENDS AMONG US

Bringing up the subject of ice skating with most Canadians and their minds, I suggest, immediately turn to hockey. Not so however if your last name is Hyland. Ice skating, as Bruce and Margaret Hyland know it, is figure skating which was founded in the late 1700s, about 100 years before a black rubber disc was chanced over ice.

Figure skating reached its pinnacle in North America after the Second World War. During that same period the Hylands also hit their peak.

Their involvement in the sport started when Bruce, who had been a prominent roller skater, was asked by a friend to try dancing on ice skates. He was a natural and soon paired up with Margaret. In 1947 they became the first ever Canadian National Ice Dance Champions. In 1949 when The Toronto Skating Club was looking for a professional dance coach they asked Bruce to switch from being a competitive skater to take on this position. Bruce agreed and he and Margaret, whom he married in 1957, soon hit their stride becoming prominent leaders in the business. For more than two decades they were the power and go-to couple in the Canadian ice skating profession.

Those who knew them through that time frame indicate they stood alone in stature, public image and appearance. Margaret was always so positive, well appointed, glamorous and one great talent.

The group of professional skaters who came under their tutelage reads like a list of who's who in the skating world. All this during the most important, and most say, peak, golden age of ice skating.

Debbi Wilkes and Guy Revell, Kurt Browning, Donald Jackson, Brian Orser, Elizabeth Manley and Peggy Fleming, just to name a few, flourished and rose to the podium under their guidance. They trained and coached their students to the Olympics on five different occasions. They were the coaches for Maria and Otto Jelinek when they claimed the world championship in 1961 and 1962. They were there when Wilkes and Revell won Olympic silver and world bronze in 1964. Many other skaters came to Canada from around the world to seek fame under their guidance.



The following episode took place between Margaret Hyland and six-time Canadian champion Toller Cranston during the World Championships in Yugoslavia in 1970. Toller fell during his early performance. Margaret, taking him aside, convincingly told him that falling at the Worlds

was simply not an option and then added he was not to do it again. Those few comments resonated and were taken so deeply by him that he would go on to perform many more times at the Worlds and never fall again. Those few kind words are still stored away in his memory in 2014.

When their Olympic journey ended after a twenty-year stint, they toured professionally throughout Canada, United States, South Africa and Japan. They produced skating shows that performed in Japan, Hawaii, Peking and at Montreal's Expo 67.

With the end of their coaching of figure skaters came a slight change in direction. They started a Power Skating School which became the largest in Canada, having over 3000 students at one time. A number of

ex-NHL players attended their school, including Kent Douglas, both Mahovlich brothers and Paul Henderson. The techniques the Hylands developed and taught are still used in the training of many elite hockey players.

From 1983 through 2001 Bruce and Margaret organized and produced ice shows year round, in the interior of Countryside Mall in Clearwater, Florida.

In 1994 both were inducted into the Canadian Figure Skating Hall of Fame, as coaches and builders.

When the Air Canada Centre opened in 1999, Bruce and Margaret were front and centre. They were presented to the audience as "National Champions and Legends in the ice skating world."

In January of 2014 they were again feted, this time in Ottawa, during the events surrounding the 100th anniversary of the founding of The Canadian Figure Skating Association, now Skate Canada.

To prove that fruit does not fall far from the tree, their grandson, C.J. Pugh and his partner Jessica Sawkins were

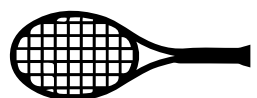
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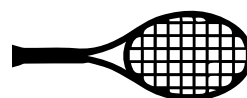
the Canadian Junior Pairs Champions in 1999. At the time their coach was Jacqui Pugh, the daughter of Margaret and Bruce.

As Toller Cranston advised me, "the real legacy the Hylands left upon retiring was that they were recognized as a friend to all their fellow skating associates; whether competitor or student."

Yes, they are your neighbours in BGCC. 🧑🏻‍🤝‍🧑🏻



BGCC Tennis Registration Day



It looks like the long winter brought out all the TENNIS JUNKIES in anticipation of a great spring and summer season of tennis. We had one of our best turnouts ever for the initial day of registration. Even the hail and rain couldn't discourage seventy-two of Ballantrae's EAGER BEAVER TENNIS ENTHUSIASTS from paying their sixty dollars to enjoy another year of fun, excitement and social camaraderie. Club membership this year is expected to be about 120, as many members had not yet returned from their winter hideouts.

This year we have stepped up some of our programs and organized events. This is what we have in store for our members:

- Four weekly Round Robin events: men's, ladies' and two mixed
- An enhanced Intermediate Men's group play
- Ladies' Intermediate League extended to four hours
- Advanced Men's group play
- Mixed Ladder
- Novice group play
- FIVE SOCIALS plus a year end Awards & Dinner Dance Party
- Men's, Ladies' and Mixed Club Championships which include a wine and cheese Draw Night for establishing the teams.

I don't think we have to say more except to thank the EXECUTIVE, DIRECTORS and VOLUNTEERS who make our BGCC Tennis Club the GREATEST!! 🏆

Iggy Natoli



Spring Concert

After our brutal winter, *It Might As Well Be Spring* was pretty much our sentiment as the Dave Parsons' Quintet remembered the music of Richard Rodgers.

Rodgers had one of the most successful careers in musical theatre ever, collaborating with two talented lyricists: Lorenz Hart in the early years and Oscar Hammerstein later on. These men were completely different in personality and work method, yet Rodgers was able to produce fantastic music with both.

Not at all *Bewitched, Bothered or Bewildered*, the audience enjoyed old standards, *My Funny Valentine*, *The Lady Is A Tramp*, *Blue Moon* and the lesser known but lovely, *Blue Room*.

Dave got all lovey-dovey in the second half with *My Romance*, dedicated to his wife, Marilyn, and *Isn't it Romantic?* The group's singer, Lisa Levy, finished up with a sweet version of *Edelweiss*, written by Rodgers with Hammerstein for their greatest musical, *The Sound of Music*. I had to hold back from singing along all afternoon. 🎵

Pat Wood



Ladies' Golf League Registration

The Ballantrae Ladies' Golf League enjoyed a successful registration and coffee event on April 28, 2014. We welcomed back the returning members as well as greeted 15 new ladies. Our traditional opening "scramble" was held on May 5. Although it was a chilly day, the sun was shining and we had many hearty souls who dusted off their clubs and hit the links. The day was capped off with lunch in the clubhouse. We look forward to a warm summer of fun and fellowship! ☺

Sandy Hinch



Ladies' No-Stress Golf Meet and Greet



Even though it rained, there was a terrific turnout for the Ladies' No-Stress Golf Meet and Greet on April 29. Sixty enthusiastic participants signed up for a second year in a row. We expect to have a wonderful season and are happy to include anyone from Ballantrae Golf & Country Club who wishes to join us.

Contact: Deb Kimpton 905-642-6426 or
nostressgolf@yahoo.ca





After Dinner Dessert Lounge Event A Smashing Success



To celebrate the re-opening of the Recreation Centre, about 150 happy guests came out to enjoy the first Ballantrae Social Committee event of the year – the After Dinner Dessert Lounge – on Saturday, March 8.

The partygoers indulged in delightful treats while mingling with their BGCC neighbours and dancing away the winter blues. Events such as this make our community the special place it is!

Our warmest thanks for the fine effort, dedication and organizational skills must go to event lead coordinator Mary Freedman, the members of the band, staging manager, Brian Freedman, and the very efficient and dedicated team of volunteers who handled the many elements that made this such a successful and fun event.

It was professionally organized with all the bells and whistles including festive lighting, sparkling table décor, tasty snacks, mouth-watering ice cream and dessert tables and great music, making it the perfect evening to welcome spring . . . even if it drags its heels! 🍷

Gerbild Somann



Naples Picnic 2014

A hot, sunny, Florida day welcomed us to Naples for the annual beach picnic. We were a group of happy "Ballantrites," thankful to be escaping our brutal winter. Our hosts, Sherry and Mike Adam, provided all the basics for a grand lunch in a cosy pavilion in the woods. Lots of chatting with old and new neighbours as well as a beautiful beach sunset rounded out the event. All in all, a splendid day!! ☺

Pat Wood





CONGRATULATIONS TO OUR HALL OF FAMER!

In May, BGCC's own Bruce Gowdy was inducted into the Canadian Bridge Hall of Fame. Bruce received his award in Calgary and was the eighteenth person in Canada to be so honoured. Way to go Bruce!

Bruce became a Life Master at the young age of 19 and was a member of the Canadian Olympiad bronze medal-winning team in 1972. He won a silver medal in the World Senior Open Pairs Championship held in 2002.



Duplicate Bridge

The Duplicate Bridge group is still going strong every Monday afternoon at 1:15 in the card room. We normally have four to six tables and rotate partners.

If you are interested in joining the fun, please call Pat Wood at 905-640-9182.

Pat Wood

Ballantrae Choir

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Rehearsals resume on **Tuesday, September 9, 2014**

Re-registration starts	6:45 p.m.
Information meeting	7:00 p.m.
Rehearsal begins	7:30 p.m.

We welcome potential choir members as space allows.

Please contact

June Dyer at 905-642-4994 with your sectional preference.

Mark Tuesday, December 9 on your calendar for the Choir Christmas Concert!

Details in the September issue of *HOTG*

Ballantrae Choir Concert

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THE LAST TIMESHARE

This past winter, Hubby and I attended our last timeshare presentation. We are done, finished, too old, nevermore to succumb to the lure of a freebee for only our time.

The carrot for our last presentation was a free five-day cruise. Hey, we were driving to Florida anyway. Why not take advantage of a few extra days in the sun for only a couple of hours listening to the pitch? We could work in a visit to a theme park on our extra day, and as practiced presentation goers, there was no fear of commitment.

Things did not work out as I envisioned. I say I, because I am the one who usually gets hooked answering the phone call you get in July offering the package. Hubby is a willing participant but usually not the instigator.

We left home a few days early. The package included three nights at the Hilton in Orlando at a reduced rate. Our timing was impeccable, as we landed in Atlanta in the middle of the worst ice storm they had ever experienced.

The interstate was completely blocked, but we were able to get off the road and up the sheer icy ramp to a gas bar, where we spent the next seven hours. There was food, free hot chocolate and coffee, and a place to sit. We organized a euchre game (always travel with a pack of cards in the glove box), and proceeded to wile away the time waiting for the roads to open. A couple from Sarnia, a woman from Detroit travelling with her dog, and a guy from Ohio trying to get back to Fort Myers rounded out the players.

Every once in a while, someone would come in giving an update on conditions. One big fellow suggested driving southbound on the northbound lanes to get past the jam up. I smiled to myself as the guy from Sarnia slowly shook his head at that suggestion.

About 3 p.m. when some meltage was happening, we topped up with a hotdog and left in tandem with our card buddies to negotiate the side road. Lots of cars in the ditch and abandoned on the road itself, marked the way, but we were able to follow this side road far enough to get past the trouble and back on the interstate. We arrived in Orlando at midnight, tired, and a little stressed from our adventure.

Not really bright, but early next morning, we attended our presentation as scheduled. (If we had missed it, we would have forfeited our hotel stay for which we had already paid.) As always, they

guesstimated how much money we had spent over the years on vacations (in our case, they were not even close), and how much we could expect to spend in the future. When they projected over ten years only, we got the message.

The pitch was that your purchase of a timeshare would guarantee your vacation costs as you spent your week in one of the gazillion units available in Orlando with a gazillion kids running all over the place, from the vending/games machines to the myriad of pools. Of course you could trade your unit for another property. (I have always wondered what would happen if everybody traded at the same time.) Not at all tempted, we politely declined, thanked them for their coffee, and stepped outside into the cold rainy weather to collect our free cruise.

Checking out the cruise company on the internet was a revelation. The free cruise turned out to be quite costly with port taxes for your inside room next to the engines. There was not one good review, only terrible stories of missed connections, and high extra costs; literally horror stories about the cruise company who bought up last minute cabins from various lines. We decided not to try our luck on that particular adventure as our freebee flew out the window.

Our theme park day dawning cold with a steady downpour, we hunkered down in our hotel room with nice sandwiches from Panera Bread to watch movies on HBO. That Liberace movie with Michael Douglas and Matt Damon is a dandy. The park could wait.

You know I don't like to make final pronouncements but I am comfortable with this one. Hubby has to answer the phone starting in July. ☎



Pat Wood

CABOT LINKS: A CAPE BRETON “MUST”

Up until 2012, if you wanted to play a true links course, you had to fly across the Atlantic to the British Isles or west to Oregon's Bandon Dunes. Now we have a true links course in Canada in the town of Inverness on land that was formerly a coal mine. How fitting it is that the game that was born in Scotland has now traversed the ocean and taken root in Inverness, first settled by Highland Scots in the 1800s, and still a place with strong Celtic traditions.

Whatever your definition of true links golf, there is no doubt that Cabot Links is the “real McCoy.” It occupies a sandy coastal site that drains exceptionally well, resulting in firm, fast fairways. Trees are few and far between allowing it to be scoured by wind. There are plenty of deep pot bunkers, and in almost all cases, approaches to greens are unobstructed, promoting bump-and-run shots. Greens are firm and hard to hold with lofted shots. The back nine has a dune-like landscape.

Looking out onto the course with the blue Northumberland Strait and round Margaree Island beyond and golden fescue rustling in the breeze, you'd swear you were in Scotland. The par-70, 6,803-yard course, designed by Albertan Rod Whitman, offers views of the sea from every hole.

In keeping with true links traditions, Cabot Links is planted from tees-to-greens with 100 percent fescue. Drop your first putt and you'll be rewarded with the sound of it clinking into a tin cup. You don't have to hire a caddy but I highly recommend it. Ours gave us many valuable tips, especially on the cleverly contoured greens.

Unless you have a medical condition, you do have to walk the course. And what a joy that is, especially around numbers 10 and 11 that play around MacIsaac's Pond, where lobster and crab boats bob in the harbour. Numbers 12 to 16 play right along the beach. With luck you'll spot dolphins or whales while you practice your bumps and runs, plus every other shot in the book.

Number 14 will likely be the signature hole. A nod to the famed seventh at Pebble Beach, it's a short 90-yard, par-three with a downhill pitch to a peninsula green jutting into the water.

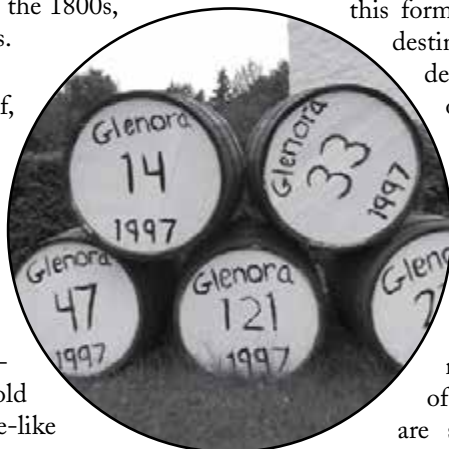
The folks who own Cabot Links (Ben Cowan-Dewar and Mike Keiser of the highly ranked Bandon Dunes) fully intend to make this former coal-mining outback a world-class golf destination. In fact, Bill Coore of the renowned design team, Coore & Crenshaw (architects of the newly renovated Pinehurst Number 2 and Bandon Trails among other greats) has already visited Inverness to route the next 18.

Dining at the resort's Panorama Restaurant with floor-to-ceiling glass walls overlooking the 18th hole is especially memorable, as the sun sets into the Gulf of St. Lawrence and the last of the golfers are sinking their putts. Chefs, John Haines and Tracy Wallace, a husband and wife team, make everything from scratch using the freshest seafood, local meat and organic produce from a nearby spring-fed garden. Their seafood chowder, brimming with lobster, scallops, shrimp, bacon, potatoes and leeks has won several awards. Cabot Links recently won a Wine Spectator Award for its comprehensive list of vintages from around the world.

There's also an ample selection of single malts from the Highlands, Islay, Orkney and the Glenora Distillery just ten minutes away. Glenora, which opened in 1990, calls its “water of life” Canada Single Malt because only whisky distilled in Scotland can be called Scotch. Now this area of Cape Breton not only boasts Canada's only true links course, but also North America's first single malt whisky distillery...two excellent reasons to pack your clubs and head east. 🍷

www.cabotlinks.com

Anita Draycott



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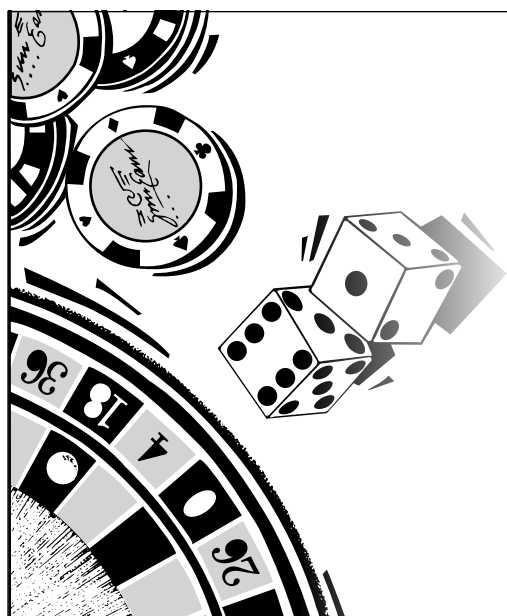
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Date: Wednesday, October 8, 2014

Departure from Recreation Centre: 9:45 a.m.

Cost: \$12 per person

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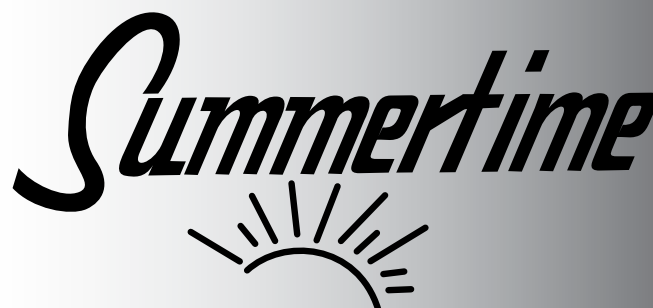
Recreation Centre

4 p.m. - 7 p.m.

Thursday, August 7, 2014

Pam Tulino

905-591-4004



Ballantrae Social Committee

LADIES' DINE AROUND

Location:

CROW'S NEST PUB AND RESTAURANT

115 Prospect Street

Newmarket

Date: Tuesday, July 8, 2014

Time: 6 p.m. Cocktails and nibbles

7 p.m. Full sit-down dinner

Choice of five entrees

Cost: \$35.00 (tax and gratuities included)



For reservations contact:

Verna Woodruff

905-591-0264

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or

Kathy Billington 905-591-1390

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The Ballantrae Social Committee will be presenting:

AN EVENING OF MURDER AND MAYHEM!

Saturday, October 25, 2014

Ballantrae Recreation Centre

Cocktails: 5:30 p.m.

Dinner: 6:30 p.m.

Price: To be advised

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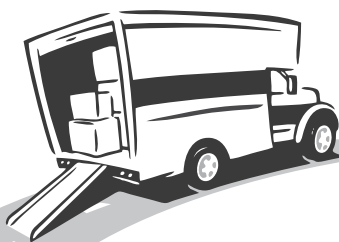
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elizabethjenkins@rogers.com

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phmitch9597@rogers.com



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July 1, 2014

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Bring the grandchildren!

2:00 – 5:00 p.m.

Hosted by the Social Committee

Mark the date for

THE ANNUAL CRAFT SHOW

Saturday, November 1, 2014 at
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10 a.m. to 2 p.m.

To book a free Crafter's table
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TIME TO CELEBRATE

The 10th Anniversary of
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Golf Tournament

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Where: Mill Run Highland Course

When: Wednesday, August 27, 2014

Time: 8:45 a.m. Shotgun start — Scramble format
1:15 p.m. Lunch

Cost: \$90.00 per person includes
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door prize raffles and more

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The New Breast Cancer Facilities at Markham
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Contact: Kay Corlett at 905-591-0239
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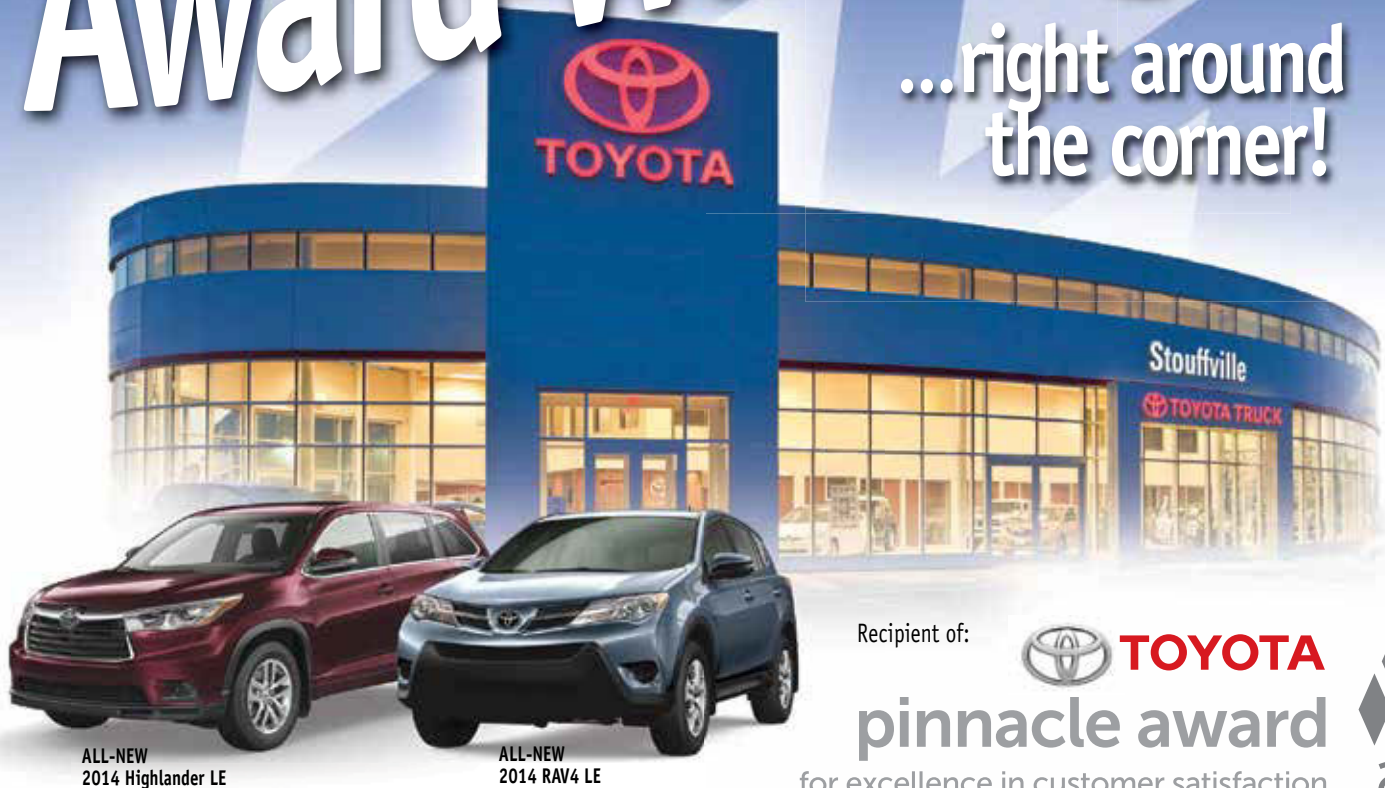
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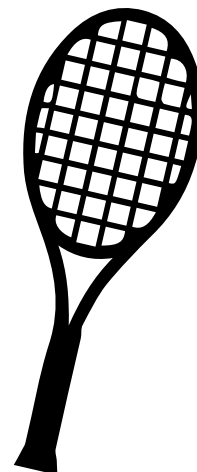
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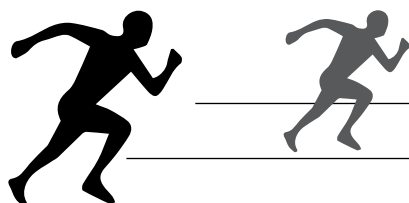
Judy Flow, Co-ordinator

UPDATE!!

Ballantrac Summer Games T-Shirts

The remaining 2013 T-shirts have been packed and delivered: 80 have gone to Cuba and 88 to the First Nation Reserve, Mishkeegogamany, in northwestern Ontario. Once again many thanks to the residents who donated their shirts.

Pat Stadnick



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~ William Shakespeare: *As You Like It*, Act 2, Scene 1 ~

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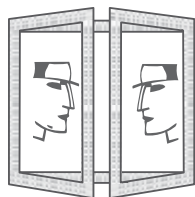
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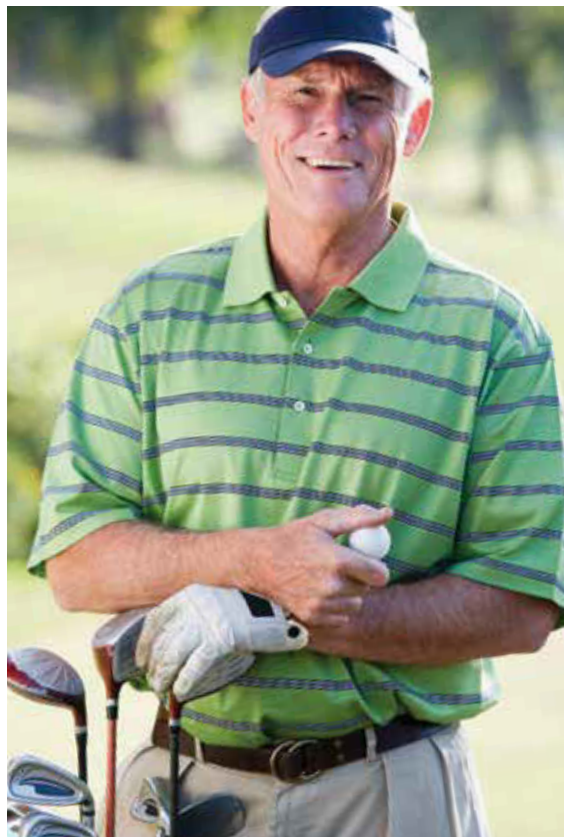
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THE HAWKS OF BELL AND TREE

Before you get too excited let me clarify the situation.

Early in the morning, or at dusk, there are a few hawks that leave their nests to soar above the margins of local fields searching for small four-footed rodents that are up early looking for breakfast and have the misfortune to become exactly that... someone's breakfast.

These nests are located either in a group of tall trees or in the ruins of an old bell tower near the local pub. Hence the name of the pub, Bell and Tree.

There was one reported instance where a sedentary mouse was actually plucked off a neighbour's driveway. In the hawk's shoes, or talons, that must have been a delightful sight – a free meal waiting. The owner of the house went outside to retrieve his morning paper and saw the hawk munching on his or her prey under a dying silver lilac tree.

Anyway, enough anecdotes about the hawks. This story has nothing to do with any of our two-footed neighbours.

This is about the Hawks of Bell and Tree, a local touch football team, sponsored by the pub of that name. They won the area championship going through an undefeated and unscored-on season.

What? You never heard of them? Didn't know about the league? Let me enlighten you. Rather than list some impressive statistics, I'll give a short biography of the players, and their original home towns, (in parentheses), and if you see them, you can say you read about it here first.

Zeidvalksoff (New York) moved here a couple of years ago leaving the US of A as a draft dodger. A master of disguises, he often returns to his home country where he is really *persona non grata*. His dad spent a fortune sending him to college to get a science degree. But for all the money spent on tuition, all he got was a quarterback. He was definitely the team leader, scoring 11 touchdowns in 16 games and passing for 3 dozen more.

Moonohfer (Miami) also moved north, fed up with constantly having to replace his roof after hurricanes. He was an end and caught a dozen touchdown passes. He is also responsible for leaving cats outdoors overnight, and losing them. For several nights he sat by one of the water hazards near his house waiting to catch the crocodile that he thought lived in the water and was devouring his pets. One of the locals put him straight last summer.

Another stalwart on the squad is Midnitein (Moscow) who played a lot of soccer and other sports in the Russian capital. He made a fortune in oil futures and lives here with his seventh wife. He plays left tackle (left of centre that is).

Apreden (Paris) comes to us from that viable Ontario community, where as Mayor, he was caught with his hand in

the till and emigrated here. Although he tries to keep a quiet profile in Condo 1, that is nearly impossible due to his very large red nose. He is another lineman on the Hawks.

Vairweltuh (Nova Scotia) came to Ballantrae from the Maritimes where he had played several contact sports such as rugger (rugby), tossing the caber, and tackle football. It took a game or three before he became accustomed to the fullback's job, which was not hammering every opposing player who came within ten yards of him and that a gentle touch was all that was required to end the play. Penalties cost us dearly in the first few games and were responsible for our only close victory (7-0). In most of the games we won by a margin of about 30 points. This young man took 90% of the penalties (actually 18 of the 20 penalties) we were assessed.

Lefmiartin (San Francisco) and Meitmein (St. Louis) are a couple of former hard-hitting linebackers who had to forget what they learned in tackle football south of the border and apply their talents to the softer pat of a touch football game.

De Buoyzfrum (Syracuse) had trouble at the border when they found him with a hollowed out copy of Shakespeare filled with a banned substance. He claimed the material as a medicinal prescription. The border guards tested the material and what followed at the inspection kiosk was a comedy of errors.

Shufleofter (Buffalo) is a former college star who wrecked his knee at an establishment on 42nd Street in New York playing pool (someone whacked him with a cue after he scratched trying to sink the black ball in three consecutive games). He can be seen in the fitness room daily trying to get fit so that he can play next season

Harryvederci (Rome) and M.Adam Mosel (from Armentieres) were former soccer stars who moved to the area from Europe after they were implicated in fixing soccer matches. However, nothing was ever proved and they no longer fear extradition. If they can be trusted, they will be used as kick specialists next season.

So next season if you're bored with playing bocce on uneven ground, tired of missing six-foot putts, or just fed up with some of the local pool sharks, c'mon out and watch the Hawks in action. And don't forget to wear your hat with the likeness of a hawk perched on top! 🦅

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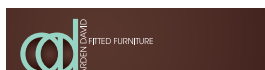
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