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Volume 13 Number 1



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

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

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Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items 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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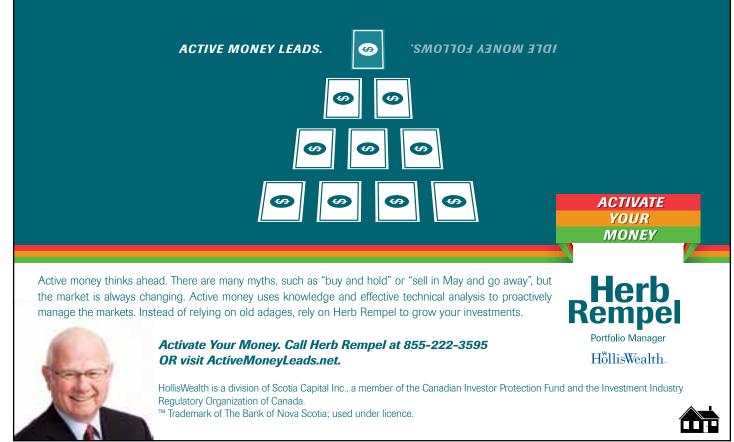
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#### A MESSAGE FROM THE PUBLISHER

It's been a long wait but summer is finally here. It really is a beautiful time here in Ballantrae and I hope you are enjoying every minute.

One of the pastimes we enjoy all year, but especially in summer, is eating. Whether you are outside barbecuing or enjoying a picnic, meals just seem to be more relaxed and delicious this time of year. We are fortunate to live in an area with fabulous fresh produce. There are so many farmers' markets, roadside stands and local farms where we can sample good food and stock up on fresh produce.

We decided to focus on food this issue and we hope you enjoy learning more about a couple of the farms and markets near us--Rose's and Hulshof's. We have also featured the chef at Ballantrae Golf Club. Even if you don't golf, you likely enjoy Chef Sheryl's excellent regular menu and seasonal specials. Her interesting profile will give you an appreciation of all she "brings to the table."

For those of you less interested in food (are there any?) and perhaps more interested in drink, you might like to pour yourself a wee dram and read about the Scottish Golf and Whisky Trail in our travel story. To help with your participation in the summer games, Dayna Stoddart has written on the importance of nutrition for peak performance. All this, plus our regular contributors and columns.

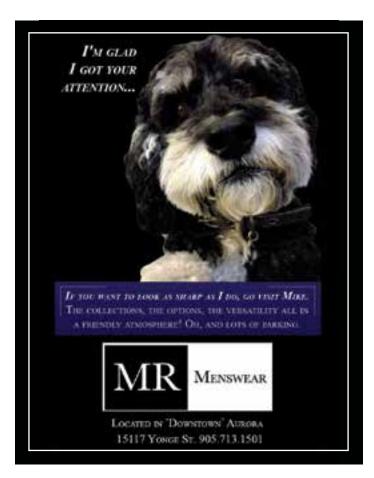
This is the second issue with our fresh new look and we continue to evolve as we go. We depend on your feedback to ensure we are meeting the needs of the community. In this issue, we have made some minor adjustments to the layout and text in order to improve readability. We will continue to make improvements as needed in order to keep you engaged and, hopefully, entertained.

Finally, there are many folks involved in getting each issue of *HOTG* into your hands. These volunteers do a remarkable job. In addition to the contributors and columnists responsible for the actual content you read, there are proofreaders, photographers, the advertising sales team, comptroller, secretary and the many folks who deliver the magazine to your door. I want to thank them for their commitment, enthusiasm and hard work. We are often in need of new volunteers and I would welcome anyone who might be interested in devoting some of their time to contact us at homeonthegreen@rogers.com. We also advertise for vacant positions from time to time on our website, ourbgcc.com. Just go to Activities on the main page and scroll down to *HOTG*. Click on it and you will come to our home page. You can also find our current and past issues here.

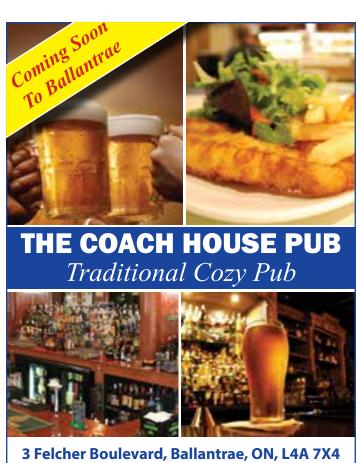
Enjoy the summer, the Ballantrae games and, of course, all the wonderful food available. I hope to see you on a patio somewhere soon!

Donna Clark

Donna Solaik









## A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



The past winter and spring calendar slipped by very quickly. This Town Councillor was indeed busy and there was no time for a break after the election of last fall. Not complaining.

In March council approved a \$70.3 million budget for 2015 which included \$14.3 million in new funding for capital projects. The balance of \$56 million is to maintain and operate town and regional services.

This business plan and operating budget includes a 2.95% tax increase, plus an additional 1.0% for contribution to reserves

It is interesting to gauge how our tax change measures against increases within the other eight communities that comprise York Region. We are about mid-range with our 2015 increase. We do, however, continue to enjoy one of the lowest residential tax rates in all of these comparable communities.

I continue to support the expansion of the Memorial Park Leisure Centre in town and also 24/7 EMS being operated from the hall on Highway 48 across from our front gates. The value and need for these projects cannot be questioned. However, I also support a financially responsible approach being taken towards both.

Questions, such as the following, have been asked pertaining to the Ballantrae Golf Club lands:

- 1) Can Schickedanz Bros sell the golf course property?
- 2) Can it be sold to another developer?
- 3) Could Schickedanz Bros, or a new owner, build homes on the golf course?

The answer to questions #1 and #2 is straight forward. The golf course is a private enterprise and as such, could be sold and/or leased out, as is the present situation at the choice of the owner. The answer to #3 is a lot more complex. However, the short answer to this happening in the near-term is absolutely not, and certainly not while this resident is the local ward councillor.

The BGCC development was established under the official plan for Whitchurch-Stouffville and was adopted by council in September 2000. This plan clearly spells out the purpose, permitted uses and land use policies for all the BGCC property. That official plan was approved by the Region of York in March 2001 and then the Ontario Municipal Board in June 2004.

There is a particular, very important section of the By-law in the Whitchurch-Stouffville Town Official Plan which is as follows:

The overlay designation . . . recognizes the potential to develop certain lands through the passage of OPA 114 for a golf course facility exclusively. No residential or condominium community uses, buildings or structures, shall be permitted within this defined land area. The uses of the subject area shall be limited exclusively to a golf course, cart paths and trails.

The areas surrounding BGCC were further protected by the Oakridges Moraine (2005) and Green Belt Provincial legislation. All these various pieces of legislation would have to be changed before any more homes could be constructed. Could that happen? Perhaps. The process would be so onerous that it is very unlikely to happen in the near future.

The By-law and legislation mentioned above are posted in their entirety on my website for review by those interested in more detail.

Much speculation surrounds the property immediately south of our Highway 48 gate. As an update, the woodworking factory located there has ceased operation and the 20-acre site is now scheduled for residential development. This complies with current zoning. A portion of this land was previously owned by Schickedanz Bros. As part of their sale transaction they included an allowance for the purchaser to make use of the sewage treatment facility used also by BGCC residents. Town staff and I have met with the current owners on a number of occasions with the intent of ensuring that any development of these lands is in keeping with the current residential density throughout the area.

This August we are all invited to join in the BGCC Summer Games. Chairman Harry Renaud and his committee have lined up nine days of competition, all kicked off with a parade on Saturday August 22. There are 21 events in total (3 new ones), so surely you will be able to find an event to your liking. You may even take home one of the championship medals!

I invite you to visit my website (see below) where I endeavour to keep you informed further on these matters plus other development and social activities in town.

Maurice Smith ● Councillor, Ward 2, Whitchurch-Stouffville Tel: 905-640-1910 ext 2102 ● www.mauricesmith.ca

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## Ladies and Gentlemen, presenting... Nineteen on the Park!

Do you love movies, live theatrical, dance and musical performances? Do you realize that these are available just 20 minutes away?

We are fortunate to have a lovely venue called Nineteen on the Park, the Lebovic Centre for Arts and Entertainment right downtown in Stouffville. Located on Main Street, behind the clock tower and a landscaped courtyard, this restored and redesigned building accommodates a theatre with 152 seats that can also be used as an open room for meetings, receptions, and craft and trade shows. The building is wheelchair accessible, has a good professional sound and light system, kitchen facilities for catering and easy parking.

The Summer Patio Series features a number of outdoor performances. Imagine sitting in a courtyard under the stars, sipping a glass of wine and listening to a variety of singers. This year the program features: Adam Crossley (July 9) who is a singer/songwriter with a beautiful voice for ballads; soul singer Samantha Martin backed by the Delta Sugar group (July 30); Patricia Camo (August 13) performing songs inspired by the writings of Thompson Highway; and The Fitzgeralds (August 27) who are champion fiddlers, singers and step dancers.

Do you enjoy the documentaries from the Toronto Film Festival (TIFF)? Or Academy Award films such as *Still Alice* or *Monsoon*? They are just a couple of shows on at Nineteen on the Park's film festival held monthly during the year.







There is also an excellent small professional dance company called Motus O based at Nineteen on the Park. They have presented both modern dance (often with a humorous bent) as well as more traditional offerings such as the past performances of *Petrouchka* and *A Christmas Carol*. This troupe runs theatre camps for children in the summer.

During the year there are always presentations for children (your grandchildren?) on weekend afternoons. They are popular. Beauty and the Beast was a sell-out!

Planned performances this fall will feature The Sultans of String, Morgan Sandler and two comedy performances by Girls Night Out Improv and Robert Post Comedy Theatre.

Be sure to visit this wonderful facility. You cannot fail to be impressed by both the building and the opportunities to enjoy both live and filmed performances (www.19onthepark.com).

~ Lynne Balfour



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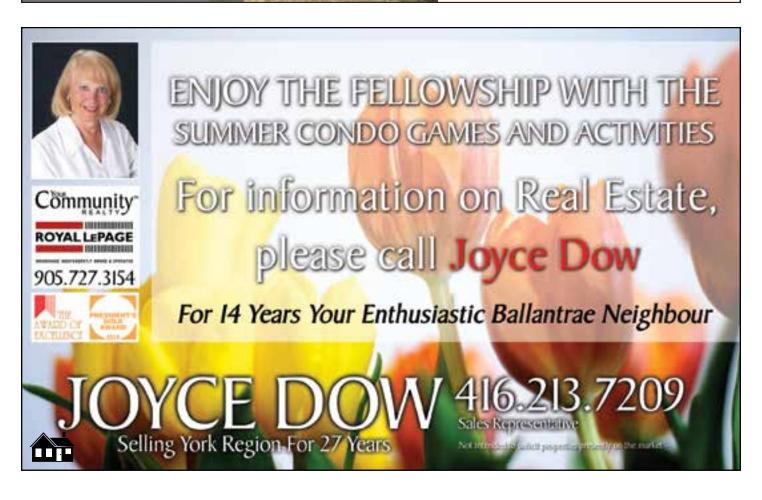
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# Choose the Best Foods for Fuel and Energy

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." DR. ANN WIGMORE



We have all heard the expression, "You are what you eat." I could not agree more. Nutrition is a foundation of our health; it is our "fuel." If we feed our bodies junk, we will probably feel like junk, perform like junk and eventually the junk will get the best of us. Healthy eating and exercise go hand in hand for a lifestyle that promotes health and well-being for optimal aging. The way to fuel your body is to include good whole-food nutrition, and sufficient hydration intake.

#### Here are four things to start doing NOW!

- 1. When grocery shopping, stick to the perimeter of the store as the inner aisles usually stock the majority of processed foods. A rule of thumb: only buy foods containing no more than three ingredients. This way you can ensure that the food is not overly processed and retains more of its original nutrients.
- 2. Follow the magic rule of three: eat three meals, three snacks and drink three litres of water a day.
- 3. Avoid all white foods: white rice, white sugar and white flour.
- 4. Avoid artificial sweeteners. Try substituting with enzyme-rich raw honey or mineral-loaded molasses. Many people consume sugar and caffeine for energy. The problem is that they give you energy by stimulation, not nourishment, which eventually burns out your adrenals.

Consider the Mediterranean Diet This diet, rich in vegetables, legumes, fruits, whole grains, fish two to five times per week, extra-virgin olive oil, olives, raw nuts and seeds, is a healthy way to eat. It also includes naturally fermented yogurt and cheese (goat or sheep) in the dairy category; red meat once or twice a week; four eggs per week. It DOES NOT include any processed foods.

**Fuel your body with these nutrient-dense, energizing super foods** Evaluate your daily intake and ensure you get fuel from each category. This will help condition your body over time. You will also sleep better and recover faster after exercise.

**Fibre** The key to improved energy is fibre because it helps with digestion. If the food you are eating isn't moving through you, you are going to feel sluggish and heavy. Fibre slows down the absorption of glucose that helps to regulate blood sugar and avoid spikes and crashes that can leave you feeling drained. Sources: lentils, split peas, black beans, ground chia and flax seed, steel cut oats, broccoli, cabbage, artichokes, pears and raspberries.

**Vitamin B12** Vitamin B12 is linked to red blood cell formation, the nervous system, brain function and energy levels. Fish and seafood are sure-fire, hearthealthy sources of B12. A four-ounce serving of cod or tuna provides 100% of your daily requirement; three ounces of clams provide ten times that amount! Sources: poultry, beef, lamb, organ meats, dairy, fortified cereals, fish and seafood.

**Greens** Alkaline-forming foods help balance your body's pH levels, which in turn reduce inflammation. When your muscles are inflamed it's harder to move efficiently, causing greater fatigue. Sources: kale (a super food incredibly rich in vitamins and minerals), spinach, broccoli, seaweed, Swiss chard, collard greens, asparagus, cabbage, and garlic.

**Nitric Oxide** Nitric oxide increases blood flow to the muscles, helping your body produce energy more easily. Sources: beets (produce nitric oxide which can boost energy and improve athletic performance), celery, radishes, arugula, spinach, endive, parsley and fennel.

**Water** Not drinking enough water causes the blood to thicken, making your heart work harder to pump it. Dehydration causes you to feel sluggish with low energy. Water-dense foods count towards your overall intake of water, so consume lots of hydrating foods. Sources: herbal tea, broth-based soups, watermelon, berries, cucumber, celery, iceberg lettuce and oranges.

~ Dayna Stoddart, Wellness Director





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# 2015 BALLANTRAE SUMMER GAMES

The community's enthusiasm for the 2015 Ballantrae Summer Games was evident on Registration Day on May 9.

Over 400 folks signed up to participate in the various events or to act as volunteers to assist in the organization and management of the activities. This number represents a 10% increase over 2013 and reconfirms the positioning of the Games as an iconic community gathering.

The organizing committee did a fantastic job of signing up people for events and explaining the specifics of the various contests. In addition, demonstrations of the competitions were available to illustrate the fine points of the various categories. There are now a total of 21 events with age-related categories allowing all residents who wish to "compete" an opportunity to do so. Several new contests have been added for 2015 – Darts, Bean Bag Toss, Scrabble and Mah Jongg.

During the August week of the Games there will be daily Awards Presentations in the Hospitality Tent at the Recreation Centre, with free food, entertainment and a cash bar. You might want to brush up on your Karaoke skills in preparation.

Condo 3 will be defending the Games Trophy they won two years ago. The Trophy is awarded to the condo with the highest percentage of population participation — either as competitors or volunteers. You are reminded that the official Games Week is August 22-30 and that the goals of the Games are to promote community building, fun, participation and friendly competition.

It has also been announced that the Opening Day Parade at 11 a.m. on Saturday, August 22 is "Going to the Dogs." Residents are invited to bring out their favourite pups to lead the way at the head of the parade. It has been suggested that this feature will make certain the march through the community is a "real howl."

For information regarding the parade, (and to complain about these slogans,) you are invited to contact Linda LeGallais, 905-640-9306, linda. legallais@gmail.com or Enid Sanders, 905-642-3381, esanders@rogers.com.

~ Harry Renaud













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## **Gates & Stereotypes**



The conversation with my new friend was moving ahead nicely. We had met for coffee after service at the Stouffville church. He is a long-time resident of the town of Stouffville but we had not spent much time chatting until this particular morning. "Elaine and I live in Ballantrae," I offered, to which he replied "I know quite a few folks up there. What street are you on?"

My mention of Legendary Trail drew a blank with him so I offered positioning coordinates relative to the Ballantrae Golf & Country Club. Suddenly his eyes narrowed and he triumphantly accused me of living "in there."

I asked him to elaborate on his "in there" comment. His expansion of the designation brought forward the inevitable "in that gated community" characterization.

I continue to be fascinated with the change in tone and character of the conversation that usually accompanies the discovery that I own a modest property in that "gated" development. Reactions to this seemingly minor revelation seem to expose a somewhat stereotypical attitude in a great number of town residents.

What intrigues me is that my friends who live in "downtown Stouffville" seem to regard us "up here" in BGCC as somehow different. The prevailing consensus appears to be that we are affluent snobs. While I am not at all certain what a snob is and whether I would qualify, I am positive that I am not affluent. If my wife ever comes to believe that we are, I am doomed.

Since trading our property in Thornhill 11 years ago for our residence here, we have witnessed a nice increase in property values. However, if we had remained in Thornhill we would have seen a bigger and more rapid escalation in market value. While my pension income has remained static, the cost of living has risen considerably since I retired more than 17 years ago. Real estate taxes and condo fees continue to advance.

Most "townies" are unaware that we contribute to the maintenance of several services that we do not significantly access. They do not know that we maintain our own roads, street lighting, snow removal and pay a privately owned water treatment plant for their services. We contribute our share of education costs to service current and future generations even though we no longer have offspring in these facilities.

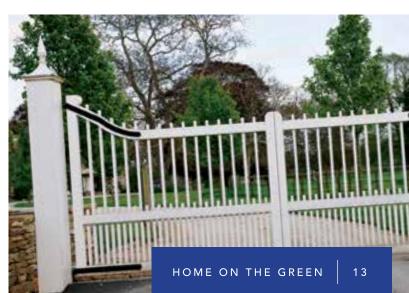
More importantly, much of our so-called affluence is dispensed in local shops and contributes to the health of the local business community. If you really want to meet your BGCC neighbours, hang around the prescription counter at Shoppers Drug Mart.

I could list the great number of local establishments my wife and I patronize on a regular basis. Meet me at the world famous Fickle Pickle one day to compare lists. If you need proof that local merchants value our business, just take a look at the advertisements in this magazine. There is a waiting list of advertisers.

In addition, many members of our community are active in various levels of service in this town. We have had residents serving on Town Council and another was recently appointed Executive Director of the W-S Chamber of Commerce.

I could go on but – I have to sign off now – it's my night to raise the drawbridge.

~ John Gorman





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## Making a list & checking it twice...

Santa creates a list and checks it twice, so why shouldn't we? I have to admit that I'm a checklist freak. I create checklists for everything: grocery shopping, opening/closing our homes in Ballantrae and Florida, etc. In Ballantrae, we are always in travel season, so I thought I would share my travel checklist.

CHECKLIS

Regardless of destination, there are tasks that are required for all travel. These tasks are listed in chronological sequence.

Checklists minimize problems created by our forgetfulness and ensure a worry-free vacation. Also, there is a sense of accomplishment in checking off the items. Perhaps this article may even encourage you to create your own checklists.

## Weeks/months before your departure date:

Check your passport and renew if required. Some countries will not allow entry within six months of your passport's expiry date. Check to see if your destination country requires a special visa and apply if necessary. ── Visit your dentist and doctor sufficiently in advance so that your condition is "stable" by your departure date. Obtain any required inoculations. Renew prescriptions to ensure an ample supply while travelling. Make a list of all medications and take a copy with you. **T** Go to the "travel.gc.ca" website and read the travel advisories for your destination. Purchase travel medical insurance if you don't have an annual plan that covers the current trip. Consider trip cancellation, trip interruption, trip delay, and baggage Arrange for pet sitters, house sitters, and others who may be looking after things

Advise your credit card companies of your

in your absence.

- travel plans to avoid having your card rejected while travelling.

  Suspend newspapers and other mailings.

  Prepay bills. By examining past bills, you can guesstimate the amount to prepay. Pay on the high side so that you do not incur any interest charges. Any surplus amount will be subtracted from the next bill.

  Have your vehicle serviced if travelling by car and check that your auto insurance covers
- and check that your auto insurance covers your destination. Some insurance policies will not cover your vehicle while in Mexico so you may require separate coverage. If renting a vehicle, ensure that your policy covers the rental car.
- Test your camera(s). Ensure that you have an ample supply of batteries and memory cards. They can be very expensive if purchased while travelling.
- Scan and copy your important documents in case of theft or loss. Carry the photocopies and have the scanned versions readily available through the internet.
- Create/update your "Just In Case" document (critical financial information, personal identification data, and other key information) to assist you in recovering lost items or to assist your heirs should the unspeakable happen.

## The week before your departure date:

- Pack your clothing and other essentials (except the last minute stuff) for the trip.
- Pack your identification and travel-related documents.
- Ensure that your electrical items have dual voltage or pack a converter as well as the appropriate plugs.
- Charge and pack audio/visual devices and earphones for use during travel. Ensure that you have all necessary cords and cables.







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<ul><li>Arrange for taxi/limo transportation if required.</li><li>Complete any tasks required to close up your</li></ul>	Check weather warnings and confirm flight departure if required.
home that can be done in advance.	Prepare or purchase food for the travel day(s) to the destination.
The day before your departure date:	Pack all of your items in your vehicle, or if
Pack all medications except for the day(s) of travel to your destination. Keep those in a	being picked up, have everything ready to go at the front door.
separate location.	Complete any last minute tasks required to
Pack last minute items (e.g. clothing, personal	close up your home.
care accessories).	Check travel congestion warnings and allow
Complete check-in and pre-boarding procedures if required.	sufficient travel time with an extra buffer for unexpected delays.
Gas up the vehicle if required.	Confirm that all items on your checklist are
Notify relatives, friends, and neighbours of	checked off.
your absence.	YOU ARE READY TO GO!

~ Ken Miyauchi

## GOOD REASONS TO VISIT www.ourbgcc.com



#### **BALLANTRAE SUMMER GAMES**

On the main Games page you will find a detailed schedule of events as well as a listing of who to contact, e.g., volunteering. Each sport in the Games has its own dedicated page under the main Games heading. Look under your favourite sports for the various Captains, how to contact them, additional scheduling information and listing of the rules. All results will be posted as soon as they are received.

#### WHAT'S ON IN THE AREA

This popular page displays events not just in Stouffville but also in Uxbridge, Markham, Aurora and Newmarket. Looking for live theatre? You'll find listings here. How about country breakfasts? You bet! If you know of an upcoming event, drop a line to Jane Keast, whatsoninthearea@gmail.com.

#### **REC CENTRE**

The Recreation Centre page has recently been reorganized to make it easier to find various features, including the Lifestyle Guide. The Lifestyle Guide is updated at least once each issue so do check back for the latest program information. Did you know that the online Lifestyle Guide can be downloaded onto your tablet for easy access?

#### FREQUENTLY ASKED QUESTIONS

Are you new to the site? Does something not look quite right? Under the **Help** menu look for the **FAQ** page (Frequently Asked Questions). There you will find answers to 12 of the most common questions residents ask about Ourbgcc.

Here's an example: Most of the pictures are very small. How can I make them bigger? Most photos can be enlarged just by clicking on them (tapping with a tablet). Often you can click a second time and they will get even larger still. Use your browser's Back button to return to the original page.





## Ballantrae Ladies' Golf League Registration Day

On Monday, April 27, the women of the Ballantrae Ladies' Golf League met for the welcome coffee and registration for the 2015 season. The morning saw an enthusiastic group of "swingers" greeting old friends and engaging new ones in lively conversation. For many, it was a chance to catch up after spending the winter in warmer climes. We all look forward to a season of fun and golf on our beautiful Ballantrae course.

Anyone interested in joining the league should inquire at the pro shop, or contact Sandy Hinch, 905-591-3552; sandyhinch@hotmail.com



# BGCC Tennis Club Registration & Opening Days

On April 25, thanks to the efforts of our social directors and volunteers, our tennis club registration process became a social event whereby members enjoyed coffee, smoothies and goodies. Our directors were present to provide information about their programs.

We had a fabulous turn out. Last year we had roughly 123 members with 46 people signing up on registration day. This year our numbers rose to 96, which included 11 new members. So welcome to all. Our two courts undergo spring maintenance every year. Thanks to those who volunteered to install our shade tents.

The first social of the year was held on May 9. The weather co-operated and Iggy Natoli organized tennis activities for 46 members while Ginny Tullis and the volunteers provided a great luncheon for all. New members that attended were welcomed thanks to the work of our social director and the other members.

Our tennis club Weekly Court Time Schedule is available online (www.ourbgcc.com/Tennis). Booking times on the sign-up board are required two days in advance.

Those homeowners wishing to use our courts on their own, but who are not members of our club, should contact the First Service office in the Recreation Centre.

Hope to see you on the courts.

~ Garry Stoddart, President











## HIGHLAND FLING

## Plenty of single malts and too many double bogeys make for a spirited Scottish romp

It was over a few amber elixirs with my friend Margaret that the idea for our Highland fling was hatched. Margaret, an expert on all things distilled, was keen to venture into the Hebridean Highlands and beyond to sample some of Scotland's smokiest single malts. Machrihanish Dunes, the first links course to open in Scotland in 100 years, along with a few other gems, were on my hit list. Margaret and I are kindred spirits who enjoy nothing more than hitting the links by day and enjoying a wee dram by night.

From Glasgow we flew to the Hebridean island of Islay, home to some of the peatiest single malts on the planet. Islay boasts eight distilleries with names best pronounced with a rich Scottish brogue: Laphroaig, Lagavulin, Ardbeg, Bowmore, Kilchoman, Caol Ila, Bunnahabhain and Bruicladdich.

The three ingredients for making whisky are barley, water and yeast. But the alchemy depends on from where that water comes, how long the barley is malted and smoked over peat fires, the shape of the stills and the skill of the master blender. The liquid smoke or "reek of peat" found in Islay whiskies depends on their phenol levels.

Each distillery has its own claim to fame. Laphroaig, established in 1815, is the preferred tipple of Sean Connery and of Prince Charles who bestowed upon it a Royal Warrant in 1994.

Created in 1891 by Willie Campbell, Macrie is Islay's only golf course. I guarantee you'll never forget it. Number seven gets my vote for "Blind Hole of the World." The tee is tucked into a low spot such that nary a fairway can be seen. Then there's a forced carry over a towering dune. The green too is out of sight. Blind faith and perhaps a wee dram in your hip flask are recommended.

From Islay we took a ferry to Kennacraig and followed the long and winding road to Machrihanish. This remote southern end of the Kintyre peninsula inspired Sir Paul McCartney, who has a farm in the area, to record his hit, "Mull of Kintyre."



HIGHLAND FLING

BOWMORE
DISTILLERY







The opening hole at Machrihanish requires a drive fired diagonally across the Atlantic Ocean to an undulating fairway skirting the beach. How much of the bay to bite off depends on your courage and the wind. When Old Tom Morris was hired to create the 18-hole course in 1879 he remarked that the links "had been specially designed by The Almighty for playing golf."

True links aficionados put the venerable Machrihanish course on their list of places to play before they die and now there's another reason to take that long, winding road. The new Machrihanish Dunes is the first links to open on the west coast of Scotland in 100 years. Acclaimed architect David McLay Kidd and his team had to work under strict environmental rules laid down by Scottish National Heritage. This meant moving minimal dirt, digging no drainage or irrigation and buying a herd of black sheep to "mow" the rough. The happy triumph, as the course slogan goes, is "the way golf began."

In nearby Campbeltown, known as the whisky capital of the world in the 19th century, we enjoyed a tasting at Springbank, the only distillery in Scotland to be owned continuously by the same family since 1828. They take great pride in handcrafting their vintages using traditional methods.

While technology has its place in this day and age, when it comes to Scottish links and single malts, it seems that honouring the tried-and-true ancient traditions is the way to go.

~ Anita Draycott

## Volunteer Appreciation Event

Glenys Mackay, Outreach Co-ordinator for CHATS (Community Home Assistance to Seniors), was the guest speaker at the Volunteer Assistance Program's appreciation event held May 1 at the Recreation Centre.

~ Judy Flow





## Dave Parsons' Spring Concert

Dave Parsons was in fine form as he presented a tribute to Tony Bennett to a full house of enthusiastic Ballantrae residents on Sunday, April 19. Dave recently attended a Tony Bennett concert that helped with his presentation of Bennett's background and his singing career. Bennett will turn 89 in August of this year!

The quintet comprising Dave at the piano, Sam Carothers on bass, and newcomers Rick Faye on drums and Marshall Ochowy on sax and clarinet were outstanding. Marshall replaced Fred Duligal who had succumbed to cancer in March.

Vocalists Rick Levine and Lisa Levy sang many of Bennett's most popular tunes.

Parsons and his group received an enthusiastic standing ovation for a truly outstanding concert.

~ Al Roeder







## Florida South Reunion

Sunset on the Gulf of Mexico is a joy to behold, especially when one is surrounded by friends. A hardy group of sun worshippers from Ballantrae braved the heat early in March to dig their toes into the sand at Delnor-Wiggins Pass State Park beach. They shared the afternoon with fellow denizens of Ballantrae who yearly seek refuge in the area from the sleet and snow of the North. This year's version of the Naples potluck dinner was, once again, a great success thanks to Mike and Sherrie Adam's efforts. Gracious hosts to the end, they provided hams, chicken and other meats to go with the salads and other treats at the beach pavilion. After a delicious meal, revellers made their way to the beach to watch the sun dip below the horizon, then headed to the Adam's condo a few miles away for dessert.

Each year, Mike and Sherrie go to great lengths to make all of us snowbirds from Ballantrae feel like we're at home for a few hours, albeit without the snowdrifts. Everyone pitches in to make the day a success, but the hosts are the ones who make it an event. When you are far from home, it's great to bring friends together for a day of sun, sand and fellowship.

~ Blair Tullis





## Ladies' No Stress Golf League





The Ladies' No Stress Golf League opened its season with a "Meet and Greet" on April 28 at Maples of Ballantrae Golf Club. Fifty-seven ladies have registered with the league this year and we are looking forward to an active season of golf and camaraderie. In addition to regular Tuesday morning games at Maples, one Friday per month we will explore other courses in York Region. The first of these was on May 29 at Foxbridge Golf Course.

Our first game of the season was on May 5; play will continue to September 29.

For further information please contact: Deb Kimpton, nostressgolf@yahoo.ca or 905-642-6426.

## Pass The Popcorn!

Our first Movie Night was held on Friday, February 27, 2015 at the Recreation Centre. Tickets sold out a month ahead of time and we had a full house. Seventy brave souls ventured out on a freezing evening to see *The Hundred Foot Journey*. The movie was a hit as were the fresh popcorn and chocolates. The Social Committee's contribution of the big screen as well as the purchase of the popcorn machine were much appreciated.

Overall, the evening was very successful and many suggested that we have movie nights more often. A big thank you to all who attended and assisted. And special thanks to my husband, Upkar, for making the popcorn.

~ Ajit Sappal







# Q&A WITH SHERYL THOMAS

## BALLANTRAE'S EXECUTIVE CHEF SHARES HER PASSION FOR COOKING AND A FEW SECRETS!

## HOW DID A JAMAICAN CHEF END UP IN STOUFFVILLE?

I was born in Jamaica and took my culinary training at the Runaway Bay Heart Academy. I worked as the sous chef for many hotels in Jamaica, including Sandals Royal Plantation. The Executive Chef there was a Canadian named Hugo Hirn. We kept in touch and when he returned to Canada to work at Beacon Hall Country Club in Aurora, he offered me a job there. I also worked as the sous chef at Summit Golf & Country Club. When I found out there was an Executive Chef position here at Ballantrae I applied and got the job.

## HAVE YOU ENTERED ANY CHEF COMPETITIONS?

In 2004 I was chosen to cook for the world's top twenty chefs at Sandals Royal Plantation.

#### DO YOU HAVE A SECRET INGREDIENT?

My favourite cuisine is French and my secret ingredient is wine. I use it in many of my dishes, for example in the beef jus that comes with the Steak Frites and Prime Rib. My Ginger Hot Pot contains sherry. My favourite drinking wine would be a French Chardonnay.

## I NOTICED SOME CARIBBEAN INFLUENCES IN YOUR MENU

That's true. I am a Caribbean chef after all. For example, the Chicken Supreme is jerk chicken with homemade mango/pineapple chutney. My ribs are

also jerked. Ginger in the hot pot is an ingredient often used in Caribbean cooking.

#### WHAT EXACTLY IS JERK?

It's a seasoning made from various herbs and spices. It must contain Scotch Bonnet peppers, fresh thyme and allspice. Without those three ingredients it's not jerk. And if it's not hot (as in spicy) it's not jerk.

## THANKS FOR SHARING YOUR JERKED RIBS RECIPE. WHAT DO YOU RECOMMEND DRINKING WITH THEM?

Jamaican Red Stripe beer.

## WHAT ARE THE MOST POPULAR MENU ITEMS?

The breaded and baked scallops with my slow-cooked sundried tomato sauce are popular. So are the Jerk Ribs. Ballantrae residents also love my liver. We've moved the Prime Rib night from Sunday to Saturday. I cook the roast with the bone in starting with a high heat to give it colour. Then I lower the temperature and roast it slowly, basting every half hour. I make the jus with red wine. And you can't have Prime Rib without Yorkshire Pudding!

#### WHAT'S YOUR FOOD PHILOSOPHY?

I feel that you must have a passion for creative cooking and that you must cook from the heart.

~ Anita Draycott

# Chef Sheryl's Jerk Ribs Recipe



#### **JERK MARINADE**

1/2 Scotch Bonnet pepper (Handle with extreme care. Wear rubber gloves!)

2 tbsp ground allspice

1/4 cup chopped green onion

1 cup chopped Spanish onion

4 tbsp chopped fresh ginger

2 tbsp soy sauce

6 cloves garlic

1 tsp salt

1 cup water

4 tbsp vegetable oil

Marinade

Blend all ingredients together.

#### **INGREDIENTS**

2 racks of baby back pork ribs 1 large Spanish onion chopped 2 stalks celery chopped 10 litres water Salt to taste ½ cup jerk marinade (divide in 2)



#### **DIRECTIONS**

Combine all ingredients in a roasting pan or stockpot, bring to boil, and simmer for 45 to 60 minutes or until tender. Remove ribs from hot liquid and cool. Rub ribs with remaining jerk marinade and refrigerate for 30 minutes. Bake in oven at 375F for 10 minutes. Or, you can finish the ribs on the BBQ at 350F for 4 minutes on each side. Add extra flavour by squirting the ribs with some Jamaican Red Stripe beer. You may also use the jerk marinade for chicken or fish.

# FASHION SHOW



This year's Ballantrae Fashion Show, held on Sunday, May 31, was a resounding triumph! The sold-out crowd of 160 ladies enjoyed a delicious lunch. The gorgeous Ballantrae models, representing all five condos, strutted down the runway outfitted in the latest fashions supplied by Peppertree Klassics in Markham. Over \$4,000 was raised for the Heart & Stroke Foundation. Kudos to all who attended and supported the event and especially to the Social Committee team who worked tirelessly to ensure the afternoon's success!

~ Pam Tulino























Wednesday, July 1, 2015 / 2:00 - 5:00 p.m.

Snacks, Music & Cash bar Prizes for Best Costume & Best Hat Bring the grandchildren!

Hosted by the Social Committee

## Stratford Festival's Carousel

Wednesday, September 23, 2015

#### AT THE AVON THEATRE

This wrenching musical drama by Rogers and Hammerstein features a luscious score that includes You'll Never Walk Alone, If I Loved You and June Is Bustin' Out All Over.

Price: \$125 per person includes bus and lunch

Contact Ron Brewing at 905-640-8836 or rbrewing@sympatico.ca

## **Annual Craft Show**

Saturday, October 31, 2015 / 10 a.m. - 2 p.m.

#### **RECREATION CENTRE**

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## Ballantrae Men's Golf League 2015

#### Tuesdays from Early May to Late September

The Ballantrae Men's Golf League held its registration on April 26.

Ninety-five members attended the opening meeting, which is by far the best turn out we have had in the 14 year history of the league. The official Tuesday morning league opener was held May 5 with an amazing total of 80 golfers teeing off. Luckily the rain held off!

We play every Tuesday from early May to late September. It's a good chance for residents to come out and play a friendly round of golf with fellow neighbours. We have a free BBQ on the last Tuesday of every month, along with a free banquet on the last Tuesday of September. The cost is \$135 if you wish to be included in the weekly 50/50 draw and \$90 without. We look forward to another great season of friendly competition and great weather.

If you wish to join, please contact:
Phil Kostandoff - 905-640-6222 or Jay Adams - 905-640-2843

## Slots at Georgian Downs

Wednesday, October 7, 2015

Cost: \$13.00 per person (includes bus ride, \$10 for slot machines and \$5 food credit)

Bus leaves the Recreation Centre at 9:45 a.m. and returns at approximately 5:00 p.m.

Tickets are non-refundable

Please call: Mariette Blouin-Johnson: 905-591-2032

## Aga Khan Museum Excursion

Wednesday, October 21, 2015

Cost is \$40 per person, including tours and bus. Lunch is available at the museum.

Bus leaves the Recreation Centre at 9:00 a.m. and returns at approximately 3:00 p.m.

Please call: Kathy Billington 905-591-1390

## "For the Joy of Singing"

Rehearsals resume on Tuesday, September 8, 2015

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

Mark Tuesday, December 8 on your calendar for the Choir's Christmas Concert!

Details in the September issue of HOTG

## Ladies' Dine Around

Tuesday, July 15, 2015 - 6:00 p.m.

## CYNTHIA'S CHINESE RESTAURANT 16715 Yonge Street, Newmarket

7:00 p.m. - FULL SIT-DOWN DINNER \$35.00 tax and gratuity included - CASH BAR

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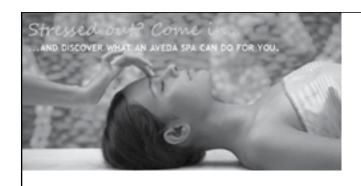
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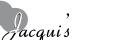




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## Rose Family Farm



A trip up to Rose Family Farm on Davis Drive is always a fun outing. The property has been in the Rose family since 1840 with the sixth generation currently farming the land.

The original operation could be described as a typical Canadian farm of its time. Crops of hay, oats, barley and wheat were grown, with livestock of cattle, pigs and chickens. All of the work was done by hand with the help of horses, just like the song Old MacDonald's Farm without the sheep.

Today's operation specializes in the rotation of three main crops: potatoes, corn and pumpkins, and the only livestock they need to look after are the weekend visitors.

The current owners, Wilfred and Norma are a delightful couple, who Hubby and I have come to know through mutual friends. Wilfred has a lovely, round, cheerful face and a wonderful dry sense of humour. Norma is a modern, attractive farm wife, a great baker and cook. They recently celebrated their forty-fifth wedding anniversary.

Wilfred's mother, Blanche, will be 107 this summer, living on her own up until three years ago. Obviously, farming agreed with her.

The Roses have three children. Their two daughters both now live in the city, with many return visits to the family homestead. Their son, the sixth generation, runs the farm nowadays, with help from his father and some seasonal workers from Mexico. Many of these same fellows return year after year.

About fifteen years ago, the Roses started a chip shack operation on weekends, which now occupies most of Norma's time. They're now on their second building with an ever expanding menu as well. To the most delicious fries, they've added poutine, or as Wilfred calls it "heart attack on a plate." Personally I don't like my fries slopped up with cheese and gravy, but Norma tells me poutine sells out every weekend.

They also have several strawberry fields near the house. At strawberry time the place is packed, with people eating strawberries, chomping fries and generally enjoying a lovely day in our too short Canadian summer. No matter how busy, Norma and Wilfred always take time for a chat and a short visit.

As you must know by now, I'm not particularly fond of change, so the continuity and longevity of the place appeals to me. It must be very satisfying to look out on your own land with contentment. Something like the feeling I get just sitting on our porch looking at our tiny patch.

So if you're bumbling around on a summer weekend, bumble up to Rose Family Farm. It's a treat! Oops, I forgot to mention the butter tarts!

~ Pat Wood





## Mixing Beer & Horses

Clydesdales are draught horses intended for work and were brought to North America by Canadians of Scottish descent. They originated in the Clydesdale Region of Scotland where local mares were bred to Flemish stallions, and were first recognized as a breed in 1826. Originally a small draught horse compared to a Percheron or Belgian, its conformation has changed over the years. During the 1940s Clydesdales were bred for more height for shows and parades. They are generally bay in colour with distinctive white markings and extensive feathering. These gentle giants stand up to 18 hands (4 inches = 1 hand) and can weigh in at over 2,000 pounds.



But how did they come to be the symbol of the Anheuser-Busch Brewery? In 1933, August Busch Jr. gave his father a team of Clydesdales, complete with wagon, to celebrate the repeal of Prohibition. August Sr. recognized the advertising potential of the horses and took them to New York City where they drew crowds. He purchased a second team and toured throughout the Atlantic states. Budweiser Clydesdale teams of eight horses with two spares now tour throughout the world.

Anheuser-Busch owns approximately 250 horses at any one time. They are bred in various U.S. facilities such as the Warm Springs Ranch located near the brewery in St. Louis, Missouri. The breeding program for these horses is exceptional, but not every horse makes the grade as a Budweiser Clydesdale. First they must be gelded and exhibit a very even temperament. They must be at least

four years old, 18 hands high, weigh 1,800 to 2,300 pounds, have a white blaze on their face and four white stockings. Most of the horses selected to represent the company do so by pulling the traditional beer wagon in parades throughout North America.

The company's first television commercial aired in 1967 and featured a Budweiser team travelling through various locales to the tune of *Here Comes the King*. It was Super Bowl XX in 1986 when the now famous Super Bowl/Clydesdale history began.

The first ad was simple and featured a team pulling the wagon, but things have changed! As any of you who have enjoyed the ads will attest there are some pretty remarkable behaviours demonstrated by the horses, dogs, cattle and even the sheep.

An exceptional trainer was required to train these animals. Enter Robin Wiltshire, an Australian who emigrated to the U.S. to pursue his rodeo career. It turned out his real talent was not riding broncs, but training horses. After training one to rear on command for a print ad, companies began to seek him out. Eventually he was able to purchase a ranch in Wyoming. His Turtle Ranch has now become world famous as a premier animal training facility. The Budweiser Clydesdales are sent to his ranch with instructions from the producer as to the concept of the ad. He uses a system of gentle, repetitive training with food reinforcement. In the last days of training he uses noise and commotion to condition the animals to life on set. Several animals will be taught the same behaviour so as not to put too much stress on one. When asked in an interview which animal was the most challenging to train, he replied, "the sheep." They are featured in the Budweiser commercial called "the Streaker."

Wiltshire is sought after by many television and movie producers and has done ads for Coors, Chevrolet, Blue Cross and for the Tarantino film *Django Unchained*. Most of his work can be seen on YouTube. My particular favourite is the Budweiser commercial "Puppy Love" - I highly suggest checking this out on YouTube, just make sure to bring the Kleenex!

~ Linda LeGallais

## Play Free Pickleball This Summer

If you haven't tried it, pickleball is an unusually easy and fun sport to play. It can be learned in about half an hour, doesn't need a lot of skill or athleticism, and is available close to Ballantrae!

The game was born 50 years ago in the U.S. when a family with kids was bored one summer afternoon. They found a badminton net, but couldn't find a shuttlecock, so they improvised with a Wiffle Ball™, and created paddles which are akin to table tennis paddles. It is rumoured that the game was named after their dog, Pickles, because the ball they used was his!

Played on a badminton-sized court but with a lower net, the game combines elements of tennis, table tennis and badminton.

Pickleball has become popular throughout our community, with approximately 200 people having participated to date.

Now is the ideal time to give it a try. As of early June there are four outdoor courts available behind the Whitchurch-Stouffville Museum & Community Centre (14732 Woodbine Avenue, south of Aurora Road). It is organized by the town of Stouffville and BGCC residents can join in at no charge!

Courts are available Tuesdays, Wednesdays, Thursdays and Saturdays from 10.00 a.m. to 1.00 p.m. Balls are supplied, and paddles for beginners are available. Players help set up the nets. It's a very social game and you don't need a partner as folks take turns playing doubles with each other. Round robin tournaments are also organized.

If you are interested in playing, please contact Dennis Carter who will arrange to meet you at the courts, explain the rules, and get you started. Tel: 647-977-2373 / email: dwcarter@rogers.com

~ Sue Gamble

## **Recreation Centre News**

Last winter the Recreation Centre's Condo 1202 Board, comprised of Carole Draper, Harry Renaud, Bill Balfour, David Rushton, Wayne Burgess and Past President Bob Herbert, along with the assistance of Karen MacKay acting as facilitator and team coordinator, undertook the task of creating a vision statement on behalf of the entire Ballantrae community.

That vision statement is "To provide the facility and services for quality, comprehensive wellness programs and amenities for residents of the Ballantrae Community."

All wellness programs/amenities will be based on the following framework: Emotional, Vocational, Spiritual, Physical, Intellectual, Social.

Using this as our framework, the Board identified three areas of concern requiring a comprehensive study and in-depth analysis. The three areas are: Physical Plant/Building/Facility Usage, Marketing/Promotion/Communication and Revenue/Data Information/Analysis.

The Board also recognized that it alone could not do justice to such a study so we sent out a request to BGCC residents seeking volunteer assistants to work on those three committees. We were fortunate that 18 individuals responded.

As you read this, the committees have been formed. The task of being able to provide a Health/Wellness/Illness Prevention Program, second to none, for the benefit of every resident of Ballantrae, centred around the Recreation Centre, has begun. We also recognize and appreciate the benefit of having Dayna Stoddart, our highly skilled and dedicated Wellness Director.

It is a daunting task, but with the diverse knowledge and skills of our amazing volunteers, the Board is confident that progress will be made towards the fulfillment of a vision that we hope all Ballantrae residents will share.

As the committees progress, we will provide updates through the pages of *Home on the Green*.

~ The Condo1202 Board

## Hulshof Farm Market

Summer is the season for buying fresh local produce from our nearby farmers and entrepreneurs. One notable such entity selling only Ontario products is Hulshof Farm Market on Bloomington (west of the Ninth Line, on the north side).

A Baker family owned the farm from the 1880s until 1968 when the Hulshofs purchased it. From growing produce on five to six acres of land at that time, the Hulshofs have expanded the farm to 50 acres, most of which are devoted to vegetables. Jimmy Hulshof took it over from his father in the mid 1980s and now he and his wife Elayne run it.

The Hulshofs specialize in vegetables from the brassica family...broccoli, Brussels sprouts, kale, cabbage and cauliflower. They also sell other Ontario produce such as asparagus, sweet corn, squash, salad greens, radishes and pumpkins.

But that's not all. Their extensive repertoire includes a wide variety of delicious food options to tempt your palates. They offer farm fresh eggs (the only item available year-round) and they raise their own roasting chickens. Carnivores can choose from ready-to-barbecue rib eyes, burgers and sausages from Ontario butchers. Potted herbs and homemade preserves make great hostess gifts. Don't miss Wednesday specials on baked goods and delicious pies that you can top with Kawartha Dairy ice cream, considered by many as the gold standard. "Legal raw milk" from Sheldon Creek Dairy, with a layer of cream on the top, tastes like the milk from your grandmother's days. This year the Hulshofs have added freshly cut flowers and locally made soaps, body butters and lip balms to their offerings.

So pay them a visit and see for yourself!

~ Sue Gamble





#### **HULSHOF FARM MARKET**

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www.hulshoffarmmarket.com

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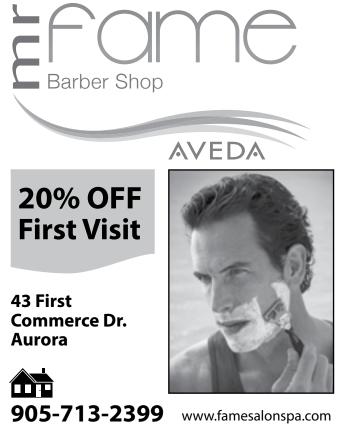
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## NOTICES

### Ballantrae's Volunteer Assistance Program

"Residents helping residents to meet temporary, non-emergency needs"

We celebrate our resident volunteers, who gladly assist a growing number of our fellow residents just needing a little help.

### **CALL US FOR:**

### **DRIVES**

To doctor's appointments, physiotherapy, grocery shopping, etc.

### **ODD JOBS**

Such as changing light bulbs, dog walking (short-term only), etc.

## FRIENDLY VISITS

### **INFORMATION**

About community and local resources

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

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

 $\label{eq:medical_policy} \mbox{MEDICAL EQUIPMENT now available FOR LOAN - See BGCC website: www.ourbgcc.com.} \\ \textit{Judy Flow, Coordinator}$ 

## Join the Choir!

Do you like to sing... in the shower, in the kitchen, anywhere?

If you can "carry a tune," we welcome you to the Ballantrae Choir (no personal auditions). You don't need to read music. Tenors and basses are especially needed. We have a great conductor. Join us on Tuesday nights for the joy of singing!

Please call Choir Chair, June Dyer, at 905-642-4994 to let us know your preferred singing range so we can plan.

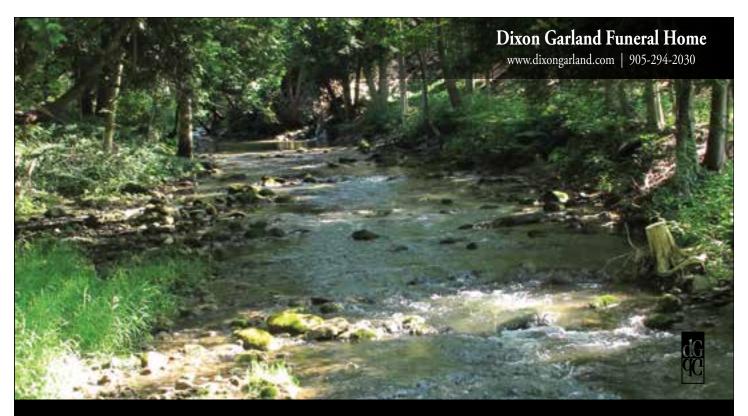
### Ballantrae Bereavement

## 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.

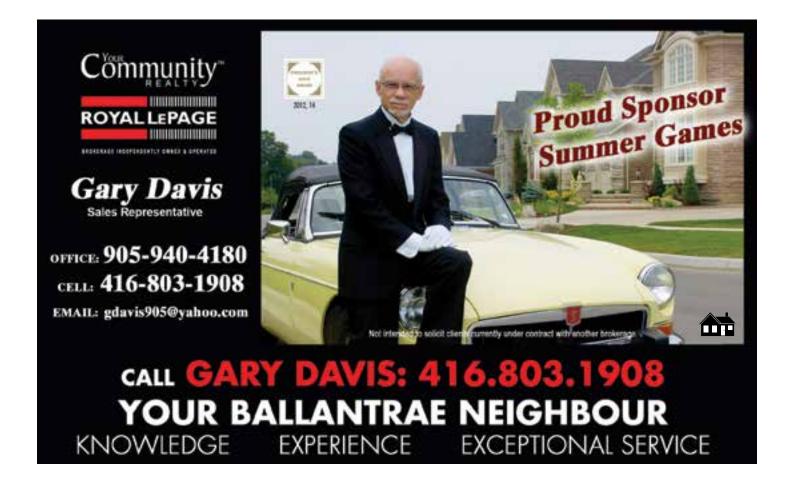
If you feel you might benefit from a visit by one of our volunteer counsellors - or perhaps know of someone else in need – please call:

Our Dedicated Message Centre: 647-999-8070



And this our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything.

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





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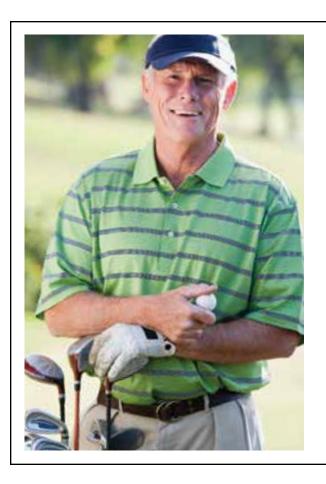


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# LET'S GO SHOPPING... at the Funeral Home

My Dad suffered a massive stroke and was in a coma in the emergency department of Richmond Hill Hospital. I was the last one to arrive. I found my mom, four brothers and my sister gathered around Dad's bed in a small room in Urgent Care. Dad had tubes and monitors hanging out of him.

A doctor came into the room and asked for the head of the family. My mom and siblings looked directly at me (the eldest child), and that is when my military training "kicked in" and I took charge. The doctor took me out into the hallway and said that the tests had shown that the prognosis was not good. If Dad did come out of the coma he probably would be in a vegetative state. The doctor asked me if we wanted to take extraordinary medical steps to keep Dad alive or to let him die in peace. Whenever I am not capable of answering a question, I always go to my standard response: "If it was your decision, what would you do?" The doctor was silent for a few minutes and then said, "If it was my father, I would let him go in peace." I then said, "I agree." The doctor had me sign a form and then he walked over to the chalkboard with all of the emergency patient names on it and wrote in big letters, beside Dad's name, DNR (do not resuscitate).

Dad was moved to a room in the Palliative Care ward where he stayed for a week before passing. Each day the family would gather in Dad's room and discuss, amongst other things, the planning for Dad's funeral. I had obtained from the local funeral home their menu of goods and services and a price list. I took Mom aside and we talked about what she wanted and what Dad would want for a funeral, burial, etc. Then my siblings got involved and, to prove that they loved Dad more than any of the rest of us, they each suggested buying only the best and most expensive services/items. It was a "Cadillac" funeral; people said it was one of the best that they had ever attended. Then we stuck Mom with the bill. It took her a year and a half to pay off the funeral invoice.

Fast forward three years. I was visiting Mom for a few days and at breakfast I asked her what she wanted to do that day. She replied, "Let's go shopping at the funeral home." She had been giving some thought to how she wanted to exit life, her funeral, burial, etc. and wanted to ensure her wishes were followed. She wanted to pre-plan and pre-pay for all funeral arrangements so that her kids would not be burdened with having to make those decisions. The staff of the funeral home were fantastic! They put us at ease as they went over every item on their menu in detail so Mom could make informed decisions about burial or cremation, casket or urn and the different elements of the funeral ceremony. We went shopping in the large room of caskets and urns to pick the one she wanted, in her price range. After all her wishes were written down, the funeral home arranged a payment plan to fit her budget. She told me, on leaving, that she now felt at peace that everything was planned and paid for. When Mom did pass two years later, all we had to do was make one phone call to the funeral home and her plan was implemented to the very last detail. Everyone in the family said it was a godsend that she had relieved us of the onerous burden of making funeral decisions during our time of grieving.

Fast forward four years. My wife and I have had periodic discussions on what we individually want our funerals to be. We had a detailed plan, in our heads, but had not put it down on paper, nor told the family. We thought there was no urgency and we would get around to it some day. My military training taught me to always plan for the worst case scenario and so, during one of our funeral discussions, I asked, "What would happen if we both died in an accident while wintering in Florida?" We did not know the answer and that provoked me to suggest, "Let's go shopping at the funeral home." Today we have detailed pre-planned and prepaid funerals, including transport home from Florida. We have shared our desires and plans with our family and they now know to make that one phone call to the funeral home and everything will be looked after.

So, the next time your spouse asks you where you want to go shopping, consider the funeral home.

~ Terry Chapman



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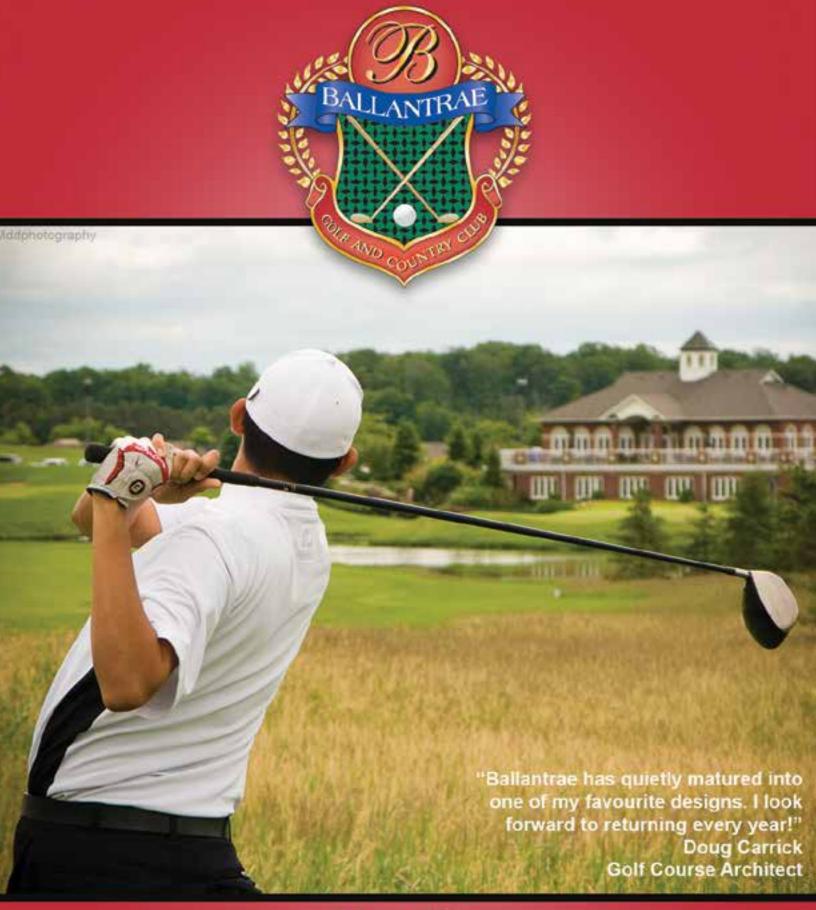












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