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COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

In This Issue:

Profile

Q&A with Beekeepers
Susan & Hugh Foster

Potluck

Summerlicious!

The BGCC Volunteer Assistance Program

Interview with Judy Flow

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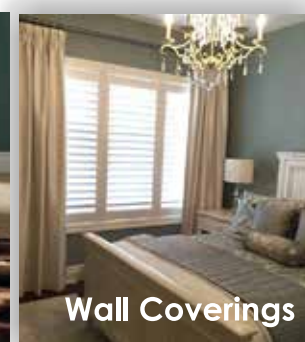
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Summer 2018

HOME ON THE Green

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



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MESSAGE FROM THE PUBLISHER



Summer has arrived. Certainly we all deserve to enjoy the long, hot days and lovely evenings, especially after an eventful spring here in Ballantrae. First there was the early April ice storm that had residents virtually shut in for a few days. And then we had to endure a major windstorm on May 4 that downed power lines and left us without power for almost 48 hours.

A few of us were hit hard by the power surge caused by the snapped hydro poles. What I learned was that despite having a surge protector on our computer, delicate electronic circuitry has proliferated throughout our home, leaving common appliances as vulnerable as computers to the effects of surges. We lost some small appliances, our furnace (circuit board) and our four-year-old washing machine. Many neighbours fared much worse.

Guarding against surges is now easier and relatively cost effective. It requires a whole-house suppressor hard-wired to the service panel—a process that takes a licensed electrician about an hour and costs around \$400 all in. We now have one installed and only wish we had known about it earlier. If you haven't already, you may want to investigate this option.

On a happier note, our editors and contributors have put together another great issue full of interesting columns and articles. I hope you enjoy reading the Profile about Hugh and Susan Foster, our resident beekeepers. No, their beehives aren't here in Ballantrae, but rather at their cottage

in Parry Sound. You may have already enjoyed their wildflower honey that was available at last year's craft sale. You will also learn more about the Ballantrae Volunteer Assistance Service led by long time resident, Judy Flow. Read about Judy's journey and how her league of wonderful volunteers provides our residents with myriad valuable services.

HOTG would like to welcome our newest volunteer to the editorial team. Johanna Burkhard and her husband Ron Renwick moved to BGCC last summer. Johanna is a well-known Canadian food writer and author of nine cookbooks. She has contributed many recipes to publications including *Canadian Living*, *LCBO Food & Drink* magazine and was a long-time columnist for *The Gazette* in Montreal. Johanna will be editing and contributing recipes for our Potluck section. In this issue she has provided some delicious summery ideas from her book entitled *500 Best Comfort Food Recipes*.


We would also like to thank Sandy and Brian Hinch for allowing us to photograph our cover from their lovely patio.

Enjoy your summer,

A handwritten signature in black ink that reads "Donna Clark". The script is fluid and cursive.

Donna Clark






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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



BALLANTRAE PLAZA (Aurora Road and Highway 48)

By the time you are reading this article I suspect the walls will be up and the roof on at least one of the buildings being erected in the Ballantrae Gate Plaza. There was a very minor setback, as with many construction projects, due to the late winter ice storm. How soon we forget! But it is full forward now.

There will be two distinct buildings on this site. The 3,200-square foot facility on the northeast, will contain a national brand coffee shop. The developer is hopeful it will be opened this fall. The second building on the site will contain approximately 21,000 square feet on the main floor and 10,000 square feet for medical offices on the second. At this time the owners are still negotiating with a number of potential occupants, but have confirmed a pharmacy on the main floor, two doctors and a dentist on the second floor.

The goal is to have the plaza open, at least partially, by Christmas.

WHITCHURCH-STOUFFVILLE TOWN HALL MATTERS

Despite the unfortunate turmoil at Town Hall, as reported by local and national media, there have been some positive outcomes. I was selected by fellow councillors to be on the evaluation team to review and interview those applying for the most senior positions that have become available. These new hires, such as the Manager of Human Resources and the Director of Leisure and Community Services, are great finds for the workplace. We were also able to fill vacancies in the positions of Deputy CAO, Director of Development Services and Director of Public Works with promotions from within. I am confident the town now has a seasoned, viable working team at the top management level. Recently, in light of the Mayor's absence from the premises, I have also had the honour, as well as the challenges, of serving as Deputy Mayor. This added responsibility has required me to spend even more of my time at Town Hall of late.

MEMORIAL PARK LEISURE CENTRE

Have you been to the newly renovated Leisure Centre yet? I was appointed as the Council representative for this project almost two years ago. It has taken that long to work through the planning and construction of this great new facility. It includes a new Latcham Art Gallery, an expanded library (more than double in size), fitness centres, exercise rooms, swimming pools, a recording studio and a gymnasium which hosts a full size basketball court, in addition to pickleball, badminton and volleyball courts.

I believe this facility will become the activity hub for all of Stouffville. It is well located in the centre of town with many young families within walking distance. It is worth a trip if only to walk through this beautiful new Leisure Centre.

CAPITAL EXPENDITURES/UPGRADES IN THE BALLANTRAE AREA

As a councillor I sometimes find it frustrating to have to work through the various levels of governments in order to have completed what I perceive as immediate requirements within our ward. At times there seem to be more road-blocks than necessary.

To this end, I still have staff seeking approval from MTO for a necessary upgrade to the intersection of Highway 48 and Aurora Road. As residential and commercial development occurs, the traffic increases and improvements must be made for the safe flow of vehicles through this area.

Likewise I believe sidewalks will be required along Highway 48 both north and south of Aurora Road. The owners of the plaza under construction at the Aurora Road intersection and the housing developer, Ballymore, have committed to contribute to the cost of this project.

A new single story field-house facility was recently opened at Ballantrae Park. It will support park-user groups, programs, camps, tournaments, and serve as a meeting space for community functions.

EMERGENCY SERVICES IN BALLANTRAE AREA

I have always been a proponent of providing increased services from the EMS station immediately outside our front gates. Now the new housing development in our area has made this a priority. To this end I supported adding a permanent full-time crew (24/7) in the 2018 budget. Recruitment was started with the completion of the updated fire master plan for our community. With the addition of full-time crews, a significant capital upgrade will be required to operate the current facility. I also supported this expenditure during the 2018 budget deliberations.



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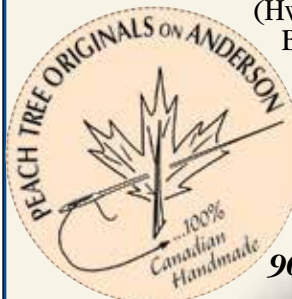
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Fantasy Islands

BY
PAT WOOD



Have you ever had the fantasy of escaping it all to a tropical island, just chillin'? I haven't actually, but I came as close as I wanted on a recent trip to the Intercontinental Hotel in Papeete, Tahiti. A beautiful hotel, it was an ideal stopover before a cruise.

A highlight of this tropical paradise was the infinity swimming pool flowing into the ocean with Moorea in the distance. The pool had a sandy beach and sandy bottom, so it was like being in the sea without any wave action or sea creatures. It even had a swim-up bar, unfortunately closed on the Sunday morning we were there.

A circumnavigation of the island gave us a further appreciation of the lush beauty of Tahiti. Papeete is not so appealing, but the downtown market was interesting and the Polynesian people kind and welcoming. Bora Bora was lovely, but our other two stops rather primitive. Polynesia generally is referred to as "unspoiled" which, in my book, is usually a euphemism for primitive, so for a "chrome and convenience" girl like myself, the Intercontinental was a great fit. Did I mention the eye candy bellhop in the lobby complete with a six-pack and teeny-weeny loincloth-style shorts?

Hawaii, on the other hand, fit the bill perfectly. Honolulu is a fabulous place, its main street filled with glitzy shops right next to that fabulous beach. Our Korean taxi driver took us everywhere, past a myriad of high-rise condos and King Kamehameha, to all the touristy stuff, ending at the three-storey Ala Moana Mall that requires a map to navigate. The best day of the trip left me wondering how we could transplant Ballantrae there.

Lahaina, on Maui, is a browser's heaven and the lava fields on the big island are both interesting and

foreboding. Lovely beaches are everywhere, although they do have a homeless problem on some. Our taxi drivers were Pilipino so our only contacts with native Hawaiians were the dancers on the stage at the mall, which seemed a shame.

The cruise itself was again wonderful. The voyage included nine sea days which we filled lounging at the pool, playing trivia and cards, taking naps, and reading, probably in that order. We had the most fun trivia team ever including a couple from California, a couple from Wales and a guy from upstate New York. I had expected to be a bit bored, but enjoyed every day and even learned needlepoint. Not to mention the eating and drinking.

We took a cooking class with an egg theme, making chocolate soufflés, frittatas and galettes (crepes) with ham, cheese and fried eggs on top. You watched the chef, then returned to your station to imitate. All the ingredients were laid out for you in little glass dishes, this method being called *mise en place* (French of course), and according to the chef the only proper way to cook. We also learned the correct way to chop which Hubby had already mastered. However, his galette had to be repaired, while mine was perfect. We ate what we made, chased down with mojitos. Even Hubby had a great time once he got over the cost, covered by our shipboard credit.

So we had a great holiday and experienced two different but similar cultures. For me Hawaii is the tropical paradise of choice. It's closer (that 24-hour trip to a bed in Tahiti is a killer), has all the beaches, flora and fauna, with the added tourist sights and modern conveniences. But hey, that's just me! I'm looking forward to summer in Ballantrae, quite a paradise of its own.





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Allergies in Dogs & Cats

BY ENID SANDERS



As I write this, it is still winter, but I know that spring and summer are on their way and that means sunshine, showers, warm weather—and for dog and cat owners, lots of itching and scratching. Just like us, dogs and cats have allergies that leave them scratching for dear life.

I am going to deal with some of the common things that make our pets itchy and offer some ideas of how to help them.

DOGS FLEAS

Fleas are everywhere and definitely thrive in the warm weather so it is difficult to avoid them. Today there are many remedies available from the vet that will effectively rid dogs of fleas and keep them off. At

the end of the day, fleas are blood-sucking insects and humans are warm-blooded mammals, as are cats and dogs. Fleas cause more problems for our pets than for us, but we can still fall victim to their biting ways. The reason fleas are less of a problem for humans is due to our lack of body hair. If your dog has fleas there is a good probability that your home will be infested, so it is very important to make sure that our pets stay flea free.

MANGE

Mange is the common name given to diseases that are caused by mites. Most of our dogs will never get mange, but it is important to note that sometimes veterinarians mistake mange symptoms for allergies and the drugs that are used to treat mange will actually suppress the immune system and make a dog more itchy.

LICE

Dogs get a different kind of lice from the type that people get so we do not have to worry about giving our dogs lice or getting lice from them.

YEAST INFECTIONS

Most dogs get yeast infections in their ears and these can be extremely itchy and painful. It is important to keep the dogs' ears clean and dry especially in the warm weather.

ATOPY

Atopy means inhaled environmental allergies. When people have allergies, they usually have congestion, watery eyes and sneezing. Dogs' allergies tend to manifest themselves as intensely itchy reddened skin. Dogs can be allergic to many of the same things people are – dust, grass, hay, pollen and it is almost impossible to keep them unexposed to these things. There are some medicated shampoos and sprays that will help.

FOOD

Some dogs also have food allergies that will result in gastrointestinal problems. However, sometimes their food allergies result in itchy skin. Treating this is trial and error to see what works.

CATS

Cats develop allergies when their immune systems become sensitive to substances in their surroundings. Cat allergies are usually divided into three main categories – flea allergy, environmental allergies and food allergy. This can result in itchiness and skin problems. Cats may also exhibit sneezing, coughing and wheezing.

Following is a partial list of some of the things to which cats may be allergic:

Pollen, grass, plants, mold, mildew, food, perfume, fleas, some cat litters... and the list goes on. It is really trial and error to try and find out what is making your kitty so miserable.

Unfortunately, allergies are a fact of life both in humans and pets. We just have to try and identify what is causing the allergic reactions and if we can, eliminate the cause or use whatever solutions are available.

Some veterinarians specialize in allergic treatments for pets, but first we should try using common sense. If necessary though, consult your veterinarian.

"If a dog jumps into your lap, it is because he is fond of you; but if a cat does the same thing, it is because your lap is warmer." *Alfred North Whitehead*

NOTE TO READERS

I would like to do an article about funny things that have happened with your pets. I am inviting you to send me some short stories or articles telling me about those incidents. Please send your copy in WORD format to homeonthegreen@rogers.com



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Why Are My Pictures Too Dark?

BY
PAT WHITTINGHAM



I am often asked to identify why pictures are too dark (or too bright) and how to correct them. The first step is to see where this occurs. How does the image appear on the camera LCD or electronic viewfinder? If poor, the camera setup may be at fault.

If it looks OK on the LCD/EVF, how does the image appear on your computer screen? You might need to adjust the screen brightness. If it looks good on the screen but prints dark after adjustment, the monitor is likely set too bright. This is common and probably requires that you lower the screen brightness and/or calibrate the screen. If using image adjustment software



on the computer/iPad, you could start by increasing the image brightness by about thirty percent before printing.

Rare, but possible, is a mismatch between printer and paper, but this often just leads to a dull image.

If the image problem is traced to the camera, it may result from under exposing a scene, or an exceptionally bright area like the sky, which the camera uses to set the overall exposure. Shooting into the sun will darken the subjects in the foreground for example. Look to see what options your camera provides to set exposure. In critical portraits, using a spot exposure point aimed at the subject's face may be better than an area setting or weighted centre point. The ability to select exposure points separate from auto focus is a valuable feature on more advanced cameras.

It is not uncommon for cameras to be misadjusted through the use of the PASM and exposure compensation dials when present.

I suggest you set the camera on full automatic to see if this helps. This often overrides any forgotten or misadjusted exposure settings including aperture, shutter speed or ISO settings. In difficult cases, you may need to restore the camera defaults by removing the battery for a short period and then looking for a re-set control in the menu.



With a properly set up camera and careful composition, you should be able to improve your "keepers."

Of course, even a properly set up camera may produce dark images when the light level is too low. On these occasions a flash or supplemental lighting may be helpful. This is in itself a skill that needs to be learned in order to avoid overblown elements in the image.

Photography is all about light and creative use of natural and artificial light to "expose" the sensor (or film). Hopefully my basic suggestions will help you make better pictures, whether printed or displayed electronically.

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Our BGCC Computer Club

BY ALEX FLOW



HIGHLIGHTS OF THE SPRING MEETINGS (Where was Spring?)

1 We have all noticed the trend to increased provision and use of internet streaming of data. Brian reviewed some sources you might use: Netflix (\$), CraveTV (\$), iTunes (\$) and Amazon Prime Video (free if you are a prime member). A few free ones include: Crackle by Sony, Roku, YouTube, NFB (National Film Board of Canada), Rogers Anyplace TV and Bell Streaming Service.

If you have a smart TV you can put these on your system for easy access. You might try some out to see what you like or want to pay for. These are but a sample of the increasing number of sources that are becoming available.

2 Some APPS you might consider if you don't have them already: **Google Maps:** a very good map site providing world-wide access, offering satellite imagery, street maps, 360° panoramic views of streets (Street View), real-time traffic conditions (Google Traffic), and route planning for travelling by foot, car, bicycle (in beta), or public transportation.

Google Translate: an excellent translation facility in numerous languages providing conversation mode, two-way instant speech, and translate as you type.

Google Photos: Google has replaced Picasa with Photos. Picasa will no longer be updated or supported, but the program remains fully usable in its present form. Google Photos is a new photo gallery designed for the way you take photos today. Your photos and videos will be automatically backed up and organized, so you can find and share them faster - and never run out of space on your phone. Photos has most of the features of Picasa and offers a few new ones, such as identification of animals.

All the Google apps are available on PC, iPad, iPhone, and Android.

Waze: Waze has several innovations that make Google Maps feel stale. Waze is hyper-focused on serving as a navigational aide for drivers. Real-time traffic alerts from actual humans allow Waze to provide routings to intelligently direct you around backups such as accidents as well as notify you of items on the road and law enforcement activity. When you're out of town,

it's useful to see the speed limit right on the screen. Your speed is there as well, complete with a red font when you're going over the limit. The interface is optimized for a quick glance and doesn't get cluttered with anything non-essential.

Another surprisingly useful feature is integration with Spotify. Once you connect your Spotify account (it works even if you're not a premium subscriber) you'll get some suggested tunes for the drive without having to leave the app.

CS-Cam Scanner: Cam Scanner is a mobile document scanning and sharing app that helps you scan, store, sync and collaborate on various contents across smartphones, iPads, tablets and computers. CS will even scan written text and foreign languages.

3 Finally, I would like to cover an issue that may be of interest to some residents. In February/March I had a series of eye operations which limited my close vision for a time until I could get new corrective lenses. Al Moldon helped me adjust the computer to get reasonable screen vision and use.

First we went to Windows Live Mail – in **View** on the top line select Text Size, and use largest text. When you want to create a new email you have the ability to select font type, size, colour and use bold text.

If you have Windows 10: Click on **Edge**, then click on the three dots in the upper right corner. The first item in the box that opens is Zoom – select the % that seems most useful for you.

Click on Start, select **Settings** from the list, then click on the **Ease of Access** box. You might want to turn the **Magnifier** on. In **Other Options** you can change the Cursor thickness.

Examine other apps you use to see if you can make adjustments. I am using MS Word to write this article. I can select various fonts, font sizes, colours, and bold text as required. Amazon Kindle allows you to change text size, as do some other apps. Take advantage of what is offered.

Thanks again for your help, Al.





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Laura's Casual Kitchen, Uxbridge

BY ALISON SCOWCROFT



Owner and one of the chefs at Laura's Casual Kitchen, Laura Reybroek greets guests with warmth and a beautiful smile. As a mom of six children, she knows how to make you feel at home and how to cook for a crowd. Laura earned her culinary degree at Liaison College in Whitby and began her career by catering for various events. When most of her kids had grown up and moved on, Laura decided on a different career path and began running a food truck that she still owns and operates. You can rent it for outdoor weddings, parties or business events. As Laura is very involved with the community, you will see her truck at various functions throughout the year.

Laura's current location in Uxbridge opened in October, 2017. The restaurant seats 28 people and they serve wine by the glass, as well as beer and cider from Second Wedge Brewery in Uxbridge. Sourcing things locally is important to Laura. In the summer months she buys all her fruits and vegetables from nearby producers. Her bison burger meat comes from Thunder Ridge Bison Farm. Who knew we had bison on the Oak Ridges Moraine? Laura mixes the bison meat with Angus beef for the perfect consistency, flavour and juiciness.

The mouth-watering menu offers simple, delicious fare. You can dine in, or take out; the choice is yours.

Laura's most popular items are the Southern Fried Buttermilk Chicken Sandwich and the Meatball Sandwich. Other temptations include: Smoked Brisket, Mac & Cheese Balls, Fries, Poutine, and Tator Tots that are deep fried and sprinkled with her own BBQ seasoning. Everything is made from scratch, including the dressings, marinades, spice rubs, sauces and gravy.

Providing a homey ambiance, the restaurant offers two communal tables. Laura says it does her heart good to see people come in as strangers and end up leaving as friends because they have had the opportunity to meet and chat while enjoying down-home food.

Future plans? Laura is hoping to expand into catering beyond the food truck. She also wants to sell her marinades, sauces and gravies and offer weekend brunches. So stay tuned for more good things to come.

I would suggest taking a drive to Uxbridge, walking on one of their many trails, and then enjoying a hearty lunch or dinner at Laura's Casual Kitchen.

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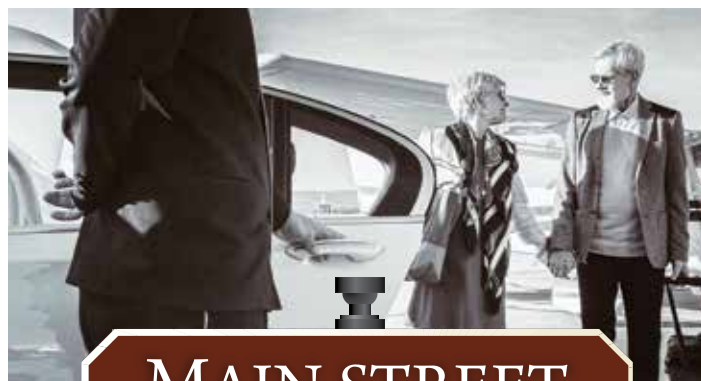
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Potluck

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

BY JOHANNA BURKHARD

The following recipes are from my cookbook, *500 Best Comfort Food Recipes*. Enjoy.

ITALIAN WHITE BEAN SPREAD

Instead of hummus, try this terrific easy-to-make bean spread to serve with warm squares of focaccia or crostini. The dip can be refrigerated for up to five days.

MAKES 2 CUPS (500 ML)

- 2 tbsp (30 mL) olive oil
- 1 small onion, finely chopped
- 2 large cloves garlic, finely chopped
- 1 tbsp (15 mL) white balsamic vinegar (or use white wine vinegar)
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 2 tbsp (30 mL) finely chopped oil-packed sun-dried tomatoes
- 1 tbsp (15 mL) chopped fresh Italian parsley
- 1 tbsp (15 mL) chopped fresh basil leaves

Salt and freshly ground black pepper

1. In a small skillet, heat oil over medium heat. Cook onion and garlic, stirring occasionally, for 3 minutes or until softened (do not brown). Add vinegar and remove from heat. In a food processor, puree kidney beans and onion mixture until smooth.
2. Transfer to a bowl. Stir in sun-dried tomatoes, parsley and basil; season with salt and pepper to taste. Cover and refrigerate.

GREEK WHITE BEAN SPREAD:

Instead of fresh basil, increase chopped

parsley to 2 tbsp (30 mL) and add ½ tsp (2 mL) dried oregano leaves to the onions when cooking.

SWEET PEA SOUP WITH MINT

Wonderful served cold on a hot summer's day but also delicious when served piping hot. Minted Pea Swirl is optional but makes for a wow presentation. Instead of the swirl, add finely chopped mint to soup when serving.

MAKES 6 SERVINGS

- 1 tbsp (15 mL) butter
- 1 large onion, chopped
- 2 cloves garlic, finely chopped
- 1-½ cups (375 mL) diced peeled Yukon potatoes
- 4 cups (1 L) chicken or vegetable stock
- 4 cups (1 L) frozen green peas
- 1 cup (250 mL) light (18%) cream
- Salt and freshly ground black pepper
- Minted Pea Swirl (optional)*

- ¾ cup (175 mL) frozen green peas
- ⅓ cup (75 mL) lightly packed fresh mint leaves
- ½ cup (125 mL) chicken or vegetable stock

1. In a large saucepan, melt butter over medium-high heat. Cook onion and garlic, stirring, for 2 minutes or until softened. Add potatoes and stock. Bring to a boil. Reduce heat, cover and simmer for 20 minutes or until potatoes are very tender.
2. Add peas and cook for 3 minutes or until just tender but still bright green. Let cool slightly.
3. In a food processor or blender,

puree soup in batches until smooth. Stir in cream. Season with salt and pepper to taste. Place soup in an airtight container and refrigerate for at least 8 hours or overnight.

4. If serving warm, return soup to saucepan and heat until piping hot. (Do not let boil or soup may curdle.)
5. Minted Pea Swirl: In a food processor, puree frozen peas, mint and stock until smooth. Transfer to a bowl and refrigerate.
6. To serve, ladle soup into bowls. Add small spoonfuls of Minted Pea Swirl to the center of each and run a skewer through to create an attractive pattern. Serve immediately.

GRILLED SALMON AND ROMAINE SALAD

Grilled salmon on a bed of fresh-tossed greens makes for an easy and delicious dinner. The dressing does double duty as a marinade for the salmon and a dressing for the salad. Works great with cubes of chicken or turkey threaded on skewers, too.

MAKES 4 SERVINGS

- 4 bamboo skewers soaked in water for 15 minutes
- Preheat greased barbecue grill
- 2 cups (500 mL) lightly packed fresh parsley leaves
- ¼ cup (60 mL) freshly squeezed orange juice
- 2 tbsp (30 mL) extra-virgin olive oil
- 2 tbsp (30 mL) red wine vinegar
- 1 tbsp (15 mL) Dijon mustard
- 1 clove garlic, cut into slivers
- ¼ tsp (1 mL) salt

Continued on page 19

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Potluck

...CONTINUED FROM PAGE 17

¼ tsp (1 mL) freshly ground black pepper

1 tsp (5 mL) grated orange zest

1 (500 g) skinless salmon fillet

8 cups (2 L) torn romaine lettuce

2 cups (500 mL)

halved cherry tomatoes

½ medium seedless cucumber, halved lengthwise and sliced

1. In a food processor, combine parsley, orange juice, oil, vinegar, mustard, garlic, salt and pepper; Process until parsley is very finely chopped, scraping down sides with spatula. Transfer to a bowl and stir in orange zest.
2. Cut salmon fillets lengthwise into 4 even strips. Thread lengthwise with a bamboo skewer. Arrange skewers in shallow baking dish; spread with ¼ cup (60 mL) of the dressing. Let marinate at room temperature for 10 minutes, turning occasionally.
3. Place salmon on greased grill over medium-high heat; cook for 10 minutes, turning once halfway through, until fish flakes when tested with fork and flesh is opaque. Let stand for 5 minutes.
4. Meanwhile in a bowl, combine romaine, cherry tomatoes and cucumber. Pour over remaining dressing; toss to lightly coat. Divide salad among serving plates and top with salmon.

PEACH ALMOND CRUMBLE

When you pair fresh ripe peaches with a crumbly nut topping, it's a juicy sweet treat.

MAKES 6 SERVINGS

• **Preheat oven to 375°F (190°C)**

• **8-inch (20 cm) glass baking dish, greased**

FRUIT

4 cups (1 L) peeled sliced peaches, nectarines or plums

2 tsp (10 mL) cornstarch

⅓ cup (75 mL) peach or apricot preserves

TOPPING

½ cup (125 mL) large-flake (old-fashioned) rolled oats

½ cup (125 mL) all-purpose flour

⅓ cup (75 mL) packed brown sugar

⅓ cup (75 mL) sliced blanched almonds

¼ tsp (1 mL) ground ginger

⅓ cup (75 mL) butter, melted

1. Fruit: In a bowl, toss peaches with cornstarch; stir in preserves. Spread in prepared baking dish.
2. Topping: In a bowl, combine rolled oats, flour, brown sugar, almonds and ginger. Drizzle with butter; stir to make coarse crumbs. Sprinkle over fruit.
3. Bake in preheated oven for 30 to 35 minutes or until topping is golden and filling is bubbly. Serve warm or at room temperature with ice cream, if desired.

KILLER CARROT CAKE

The lucky members of the BGCC Tennis Club enjoyed this luscious cake contributed by Blair Tullis for the Opening Day celebration. And there was none left!

MAKES 12 SERVINGS

- **Preheat oven to 350°F (180°C)**
- **13 x 9-inch (33 by 23 cm) metal baking pan, greased and lightly dusted with flour**

2 cups (500 mL) unbleached all-purpose flour

1-½ cups (375 mL) granulated sugar

2 tsp (10 mL) baking soda

1-½ tsp (7 mL) baking powder

1 tsp (5 mL) salt

2 tsp (10 mL) ground cinnamon

4 large eggs

1-¼ cups (300 mL) vegetable oil, such as canola

2 cups (500 mL) grated peeled carrots (about 3 to 4)

1-¼ cups (300 mL) well-drained canned crushed pineapple

1 cup (250 mL) chopped walnuts

CREAM CHEESE FROSTING

½ cup (125 mL) butter

1 pkg (4 oz /125 g) cream cheese, cubed and softened

2 cups (500 mL) icing sugar

1 tsp (5 mL) vanilla extract

1. In a large bowl, combine flour, sugar, baking soda, baking powder, salt and cinnamon; stir well.
2. In another bowl, beat eggs and oil until blended. Stir in carrots and pineapple.
3. Stir carrot mixture into flour mixture until well blended. The batter will be quite moist.
4. Pour batter in prepared baking pan; bake in preheated oven for 35 to 40 minutes or until top springs back when lightly touched. Place pan on rack to cool.
5. In a bowl, using an electric mixer, beat butter and cream cheese until smooth. Beat in icing sugar and vanilla. Frost top of cake with icing.

Getting Reformer Results to Power Up Posture

BY DAYNA STODDART



I have been working with Penny Thompson for some time now on a fitness program using a machine called a reformer. Penny admitted that she's not an exercise room person, nor does she really enjoy group classes. She prefers one-on-one training and supervision so the reformer was the ideal solution.



"My goal was to improve my physical fitness and flexibility so I could continue to enjoy playing golf and tennis," said Penny

The reformer was invented by Pilates founder Joseph Pilates. It is a bed-like frame with a flat platform called the carriage which rolls back and forth on wheels within the frame. The carriage is attached to one end of the reformer by a set of springs. The springs provide choices of differing levels of resistance as the carriage is pushed or pulled along the frame. The carriage has shoulder blocks that keep its user in proper alignment, promoting good posture.

At the spring end of the reformer, there is an adjustable bar called a footbar which can be used by the feet or hands as the client moves the carriage.

The reformer also has long straps with handles that are attached to the top end of the frame. They can be pulled with legs or arms to move the carriage. The reformer's parts are adjustable for different body sizes and different levels of skill.

One of the best things about the reformer is its versatility. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar, perched on the footbar, perched on the shoulder blocks and with additional equipment, upside down, sideways, and all kinds of variations. In other words, the reformer can train many parts and dynamics of the body in many different ways with just one relatively sleek piece of equipment.

Although the reformer is often used in Pilates classes, we have discovered that it can also be a great rehabilitation tool allowing one to progress at a gradual pace. The various sets of springs and slings can be adapted to different tensions and weights to ensure a safe workout. Penny and I usually work for half an hour once a week. Each session starts with some lower body leg presses to warm up the hips, knees and ankles. Throughout the session we work on stability and mobility. After the lower body warm-up we work on the upper body. For example, Penny has some shoulder issues from repetitive use. We use weights and slings to strengthen her rotator cuff and focus on the shoulder girdle stability and mobility.

We then work on key foundation exercises doing variations on the plank. For every exercise I make sure that Penny is properly balanced and performing correctly. She has now become quite seasoned and has a very good mind/muscle connection. If she is not in balance or aligned, she has the sense to self-correct. We don't do a whole lot of repetitions; we focus on quality not quantity.



Sun Care: Hydration and Sun Screen Tips

BY JAN RICHARDS



"Two years ago I started at a very basic, gentle level. This has been a gradual process to get me to the point that I can do things such as planks and advanced situps. I've actually become a bit of a contortionist," Penny said. Penny realizes how important resistance training is with a focus on building and maintaining good posture. Having a strong core is key. If you don't have a strong core you set yourself up for future injuries. "What I like about this program is that it's gentle but progressive. My flexibility and range of motion have improved and I've incurred no injuries. Generally I have a great sense of well-being. Like many people, there are times when I don't feel like going to the gym, but once I come and do my workout I feel great. I also like the one-on-one training because it means I will be pushed according to my ability. For example I can now do a full plank. A couple of years ago that would not have been possible," said Penny.

Dayna Stoddard offers complimentary fitness assessments to all residents. If you are interested in a personal training program, head over to the Recreation Centre to make an appointment. Dayna also instructs group classes at the Recreation Centre that address posture and core work with a gently graded progression.

"I encourage you to come out and try a class. Having a Ball is on Tuesdays at 8:30 a.m.; Body Balance is on Thursdays at 8:30 a.m.

DO YOU KNOW that your skin is the largest organ in your body? The outer epidermal layer provides a waterproof barrier to protect you from infection and the inner dermal layer cushions your body from stress and strain. Your skin is your body's coat and needs to be hydrated and protected from the sun.

DO YOU KNOW that dehydration can be associated with heat exhaustion, heat stroke and even death? Everyone needs to exercise caution, especially the elderly, diabetics, and those with lung conditions and cardiac disease who are at an even greater risk of dehydration in warm weather.

YOU MUST TAKE SPECIAL CARE ON HOT DAYS.

- Avoid strenuous activity especially at the warmest hours of the day
- Drink plenty of fluids – eight eight-ounce glasses (two litres) of water/day
- Wear loose clothing and a hat
- Maintain your hydration and proper nutrition

LEARN TO RECOGNIZE THE SIGNS AND SYMPTOMS OF HEATSTROKE.

1. Rapid heart rate
2. Lack of sweating
3. Confusion
4. Light-headedness or fainting

As we age, our skin becomes thin, sensitive and weak. For proper sun protection we need to apply one ounce (shot glass size) of sunscreen to our exposed skin 15 minutes before we go outside. The Sun Protection Factor (SPF) should be 30 or greater. Sunscreens with a higher SPF offer more protection from the sun's ultraviolet rays, which are linked to the vast majority of skin cancers, premature skin aging and eye damage. If your skin is exposed to daylight – directly or indirectly – you need to apply sunscreen every two hours.

DO YOU KNOW that over 80,000 cases of skin cancer are diagnosed every year in Canada, of which, more than 5,000 are melanoma, the most deadly form of skin cancer? There are more new cases of skin cancer each year than the number of breast, lung, prostate and colon cancers combined, costing the health care system \$531,750,000 – over half a billion dollars. The majority of people diagnosed with melanoma are white men over the age of 55. (Source: The Canadian Skin Cancer Foundation).

So don't forget to **hydrate** and to **protect** your body's coat from the sun!

The Volunteer Assistance Program

BY LYNNE BALFOUR



Volunteer drivers (from left to right): Peter and Sheila Armet, Peter Sims, Enid Sanders, Yvonne Clunies, June Dyer

Volunteer Week in Canada reminded me of how lucky (and dependent) we are in BGCC for the many talents of residents who share time to make our community a better place. This interview profiles Judy Flow who is sharing her experience and expertise for our benefit. We appreciate Judy's hard work and guidance in making the Volunteer Assistance Program useful to our community.

A resident here for 14 years, Judy initiated and runs the Ballantrae Volunteer Assistance Program. This program is available from Monday to Friday, by phone or email, to help those who need assistance with small odd jobs, errands or local shopping or a drive to medical appointments in south York region

Judy, how did you happen to start the Ballantrae Volunteer Assistance Program?

My background is in social work. I realized that there were people in the community who might need this kind of help. There were strategic planning sessions of the Lifestyle Committee at our Recreation Centre and Betty Shukster, Eleanor Whittingham and I were on a committee that developed the idea. Al Moldon, our PC Doctor, was instrumental in setting us up with a private phone line using Magic Jack. In October 2010 the program started. We have about 25 volunteers, but we





Judy Flow answers the call-in line

need extra help in March and during golf season as our volunteers have less free time to help out!

Can you tell us about your professional background?

I graduated from Queens University (as did both my parents), then took a degree in Social Work at University of Toronto. Over the years I worked at Baycrest Senior Centre, Protestant Children's Homes (similar to Children's Aid), Helpmate Community Information and Career Bureau at Mackenzie Hospital in Richmond Hill (where I gained a lot of knowledge about local social services) and York Region Children's Aid Society as volunteer co-ordinator.

What interested you in the field of social work?

As I grew up, my family followed my father to jobs in many countries and parts of Canada: Columbia in South America, as well as Kapuskasing, London and Etobicoke. We met many people in different stages of life and different cultures. I was always interested in them.

Tell us about your family:

I met Alex a year after I graduated from University. He has a B. Comm. and a Masters in History, was a teacher and became a principal and assistant superintendent of education in the Toronto Board of Education. We have a daughter who is a lawyer in New York City and a son who lives with his wife and three children in Kelowna, B.C. Our grandchildren are six, four and two.

Did you take a break from work when your kids were young?

Yes, but I felt a need for activities outside our home. I started a Mother's Break program in a local church to benefit mothers and children, including myself. After our children were grown and I retired from the Children's Aid, I became a cruise consultant, something I had never considered because I became seasick easily! Eventually we went on many cruises as I had to know about different cruise lines and their ports of call

in order to advise our clients. As I got more clients, I was able to work from home which was wonderful.

Is there other information or assistance available to our residents?

The Ballantrae Volunteer Assistance Program provided help for 134 requests in 2017. The number increases each year. We have a list of services available in south York Region. Many of these are listed on the BGCC website, as is a list of medical equipment such as walkers and bath seats available for loan within our community. In BGCC neighbours help one another often, but if there is no one available, we hope that BGCC residents will feel comfortable to call our helpline (289-800-2540).



Norm Gibbons changes a light bulb

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BGCC Ladies' Golf

BY SANDY HINCH

After a long cold winter, the ladies of the Ballantrae Ladies' Golf League gathered at the Recreation Centre for the opening coffee and registration. We enthusiastically welcomed 15 new members and hope they enjoy our group and our beautiful course.

We had a good turnout for our first day of golf which was a fun step-aside scramble. We look

forward to a season of fun and fellowship. New members of all levels are welcome at any time during the year.

Fore!

Sandy Hinch and the Committee
905-591-3552
sandyhinch@hotmail.com



Men's Golf League Update

BY
JAY ADAMS

The Ballantrae Men's Golf League held their 18th opening meeting on Tuesday, April 24 with 80 members in attendance.

The members enjoyed a fine lunch supplied by Amica, Unionville and Newmarket. Amica has been a great supporter of the league for many years and we thank them for their contributions.




We are always looking for new members. If you are new to the community or know anyone who would like to join us, please contact the following:

Phil Kostandoff, 905-640-6222 or
Jay Adams, 905-640-2843.

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Breakfast With the Royals!

BY KAREN CLARK

Wearing fascinators, gowns and pajamas, 50 loyal royals arrived at 6:30 a.m. for a Royal Wedding Breakfast hosted by our creative BGCC Social Committee. The early morning "soirée" was organized by creator Gail Knaggs with the aid of her team, Kathy McLeod, Judy Rose, Evelyn St. Clair, Glyde McLennan and Patty Bourgon. The purple and gold décor reflected the pomp and circumstance of the ceremony, but pandemonium erupted when four uninvited hooligans tried to crash the party!

As the bridal limousine approached St. George's Chapel at Windsor Castle, the buzzing crowd settled down to watch the televised nuptials and great gasps could be heard when *the dress* was revealed.

Of the many prizes, the Best Fascinator went to Mary Flint.

With pinkies extended, the crowd savoured tea, coffee and scones with homemade jam. How civilized!



BEST
FASCINATOR
Mary Flint

Getting the BUZZ

profile

BY KAREN CLARK

Q&A

WITH BEEKEEPERS,
HUGH AND
SUSAN FOSTER

Arriving at 30 Golden Bear, I had to chuckle to myself as the Castle Pines bungalow was cream brick with pale yellow trim! Then Susan greeted me at the front door dressed in tan slacks and a yellow and cream striped sweater. Hugh, having just returned from golf, was sporting a dark yellow shirt! There was a distinct yellow theme going on here and I was keen to discover more about this “mellow yellow” couple! Anything but mellow, Hugh was more than anxious to share his passion.

HOW DID YOU GET INTERESTED IN BEEKEEPING?

We were visiting a market garden in Florida five winters ago and were intrigued by a beekeeping display. Also, there had been several reports in the news at the time about the decline of bee colonies, so the preservation of honey bees caught my interest. When we returned to Ontario that spring, I began to research how to start our own hives.

AS FAR AS I KNOW, THE BY-LAWS IN BALLANTRAE DON'T ALLOW HIVES IN THE BACK YARD. WHAT MADE YOU THINK THIS WOULD BE A VIABLE HOBBY?

Sue and I have been cottagers for over 40 years, and have property on Blackstone Lake in Parry Sound. The abandoned cattle farm behind us has over 300 acres full of trees and wildflowers. The closest farms are 25 to 30 kilometers away, so the flora resource for the bees is purely organic. We call it Bee Heaven.

WHAT DOES ONE NEED TO START BEEKEEPING?

The best place to start is by taking courses and learning from mentors. The Ontario Beekeepers' Association (OBA) oversees the industry in Ontario and their website will guide you through what you need to know. You must register your hives and an apiary inspector will visit your hives. Dickey Bee Honey in Cookstown is an excellent source of equipment, courses and advice. A basic starter kit costs approximately \$500 and consists of a cardboard NUC (pronounced NUKE) that will hold four plastic frames along with one queen bee and approximately 5000 drone and worker bees. Our reference bible is *Beekeeping for Dummies*! Although, as we have discovered, there is no one way to raise bees! Talk to any beekeeper and you will get many varied opinions and solutions to problems.



THE PROCESS OF MAKING HONEY IS EXTREMELY COMPLICATED. CAN YOU GIVE US THE SHORT FORM OF THE CYCLE?

It is an incredible miracle of nature, but somehow the bees just know exactly what to do. There are three types of honey bees in a colony: One queen, 200 to 300 male drones and up to 40,000 female worker bees in a full hive. The drone's job is to mate with a virgin queen. Once they have mated their job is done and they are eventually kicked out of the hive as they are taking up valuable space and food. A virgin queen will leave the hive and be fertilized only once in her lifetime before she returns to the hive and lays over 1000 eggs per day. The queen bee can live up to five years and her role is to fill the hive with eggs. She is the busiest in the summer months when the hive needs to be at its maximum strength. The queen bee has control over whether she lays male or female eggs. If she uses stored sperm to fertilize the egg, the larva that hatches is female. If the egg is left unfertilized, the larva that hatches is male. Her other job is to ensure that the hive's social structure is maintained by her pheromones (scent she releases). The worker

bees have different roles in their six-week lifespan. For the first two weeks they are busy cleaning the hive, creating new hexagonal wax comb on the provided frames and feeding the larva. They are also engaged in guarding the hive against intruders. For the next four weeks they venture out of the hive, continuously foraging to collect nectar, pollen, water and propolis, a glue like substance created from coniferous trees. Over time their wings become worn and tattered and they die.

HOW IS THE HONEY MADE, STORED AND COLLECTED?

The worker bee visits 50 to 100 flowers during a collecting trip. They take up nectar in their tube shaped tongue and place it into their "honey stomach," a storage sac. This combines with enzymes and water to produce a viscous like substance...honey! Besides collecting pollen on hairy receptacles on their back legs for their own use, they are providing a vital service to the plants by pollinating them. Returning to the hive, the bee ejects the stored nectar from the honey stomach into a cell on the wax comb.

Donning our protective gear and using a smoker to calm the bees, we remove the frames from the hives and take them by wheelbarrow to our garage. With a hot knife, the cap or film on top of the cells is scraped away. The frames are then





put in a centrifuge type bin and the liquid honey is spun out onto the sides. The honey then filters through a common mesh kitchen strainer into a five-gallon pail. This is a cold filtering process. Large commercial operations use heat to hasten the process, and in doing so, lose some of the goodness of the honey. Controlled by a spigot, we fill the plastic containers by hand. You have to enjoy getting sticky as this is a messy process!

We did three harvests this past summer and collected 185 bottles of honey. We give away the honey to friends and family. Selling it at the Ballantrae Craft Sale last fall was our first venture in sales. It was a big hit!

ARE YOU AFRAID OF BEING STUNG?

Getting stung is part of the process. At first my whole hand would swell up, but my system is used to it now and I don't even wear gloves when checking the hives. I always wear my jacket and hood as a sting near the eye could cause problems. We were especially anxious for Susan's sake as she had never been stung by a bee. Luckily she had no reaction to her one and only sting! The worker bees are the only ones with stingers and once they sting, they die. Generally they will only sting if irritated.

You can tell the mood of the hive just by the sound and activity around it. If the weather is sunny and warm and there is an abundance of



food, the hive will have a soft contented hum. If the day is cool and the sky is overcast with storm clouds – BEWARE!

WHAT ARE THE CHALLENGES OF THIS HOBBY?

The biggest challenge is to keep the bees from swarming. A swarm occurs when they sense that there is not enough room in the hive. If so, the queen will take half the hive and leave to find another location. Our *Beekeeping for Dummies* assured us that bees never swarm in their first year...well, guess what, off they went! It is quite a sight to see 20,000 plus bees in a cluster. The worker bees swarm around the queen to keep her protected until they find another home. You can purchase another queen or leave it to nature. The bees left in the hive will nurture a chosen female to become a queen and carry on.

Diseases and mites are another concern. It is important to detect and treat problems immediately. We use natural remedies as we don't like the use of chemicals. The most feared blight is American foulbrood, a spore-forming bacteria that is so contagious the whole hive must be burned.

Oh, and one last predator ... in cottage country is the black bear! I soon learned that I had to surround the hives with an electric fence.

YOU ARE SO ENTHUSIASTIC. HAS YOUR FAMILY EMBRACED YOUR PASSION?

Susan has been right by my side through this adventure and is considering taking the required



course to also become a registered Ontario Beekeeper. Our teenage grandsons show interest when they are able to get up to the cottage and my daughter designed our Blackstone Lake Wildflower Honey label. My golf buddies take turns being paired with me as all I talk about are my bees! I must say it is the number one focus when we get to the cottage. In the evening we often take our tea down to the chairs beside the hives and just watch the bees coming and going. Nature is so amazing!

Visit www.ourbgcc.com HOTG/ MORE to read more fascinating honey bee facts!



Prince EDWARD Island

An Epicurean Romp around The Garden in the Gulf

BY ANITA DRAYCOTT

"You can go to Charlottetown, see *Anne of Green Gables*, and then have a lobster supper, or, you can have a lobster supper and then go see *Anne of Green Gables*," quipped The Royal Canadian Air Farce's Roger Abbott many years ago in a CBC radio show roasting PEI.

I am recently back from what's been dubbed Canada's Food Island and I must confess that I did eat lobster every day and I also took in a performance of "*Anne*" at the Confederation Centre. But times have changed. When it comes to fabulous food and unique experiences, Canada's tiniest province is, pardon the pun, no small potato.

For the most part the PEI landscape defines the word bucolic: contented cows graze in rolling emerald pastures, fishing boats bob in rustic harbours, iconic lighthouses dot the coastline and the red mineral-rich earth imparts flavour to everything that grows here, including the famous spuds. Whether you've got a craving for some freshly harvested Malpeque oysters, locally made moonshine or Canada's best ice cream—you will never be far from a culinary treat on this 224-kilometre-long slice of bliss.

CHURCH SUPPERS

Want to roll up your sleeves and learn to cook some island specialties? Chef Derrick Hoare and his partner Christine Morgan have transformed a United Church in New London into The Table Culinary Studio. Where the choir used to sing, folks now gather at individual workstations to prepare lunch. Our session, called *Bounty of the Sea*, involved preparing several seafood dishes, and we learned how to shuck oysters, de-beard mussels and sear scallops.

After all the slicing and dicing, we sat down to a lunch of seafood chowder, lobster tails broiled with lime/chili butter, scallops with bacon jam and black garlic cream, lobster and blue potato salad and lemon mousse. At the end of the meal Christine handed out "fortune cookies" in the shape of clams, each holding a typical PEI expression. For example: "If I was any happier there'd be two of me."



An Iconic PEI Lighthouse

On summer evenings, guests book for a family-style three-course dinner around the refectory table. The experience ends with some local story telling or entertainment either inside or outside around the fire pit.

www.thetablepei.ca

FEAST AT FIREWORKS

Every evening chef Michael Smith and his "fire brigade" create the hottest meal ticket on the island, *Feast at FireWorks*, using ingredients from their organic farm as well as from a roster of PEI farmers, fisher folk, foragers and culinary artisans. Chef Smith and his wife Chastity recently purchased The Inn at Bay Fortune where he had manned the stoves back in the 1990s.

Before dinner, guests mingle and slurp freshly shucked oysters, hors d'oeuvres and cocktails served in the historic kitchen, location of chef Smith's first cooking show *The Inn Chef*. There are also food and drink stations located in the vast gardens.

The Feast begins at 7 p.m. as chefs use every form of live-fire cooking known to man, including a smokehouse, open hearth, grill, rotisserie, plancha and oven. No dials, no switches, just old-school cooking. Dinner is served family-style at long butcher-block tables overlooking Bay Fortune. Expect fresh baked bread, smoked fish, house-



Lupins In Full Bloom



Seafood Sensations From The Table



Fire Works Restaurant at Inn of Bay Fortune

made charcuterie, seafood chowder, foraged salad greens, wood-roasted meats, fish, vegetables and desserts.

Chef Smith is Prince Edward Island's food ambassador. His team intends to make the Inn at Bay Fortune a culinary destination where they envision raising their own cows and pigs, churning their own butter and selling produce and baked goods.

After your grand feast, roast some homemade marshmallows in the fire pit and retire to one of the inn's renovated rooms or suites, each decorated with works from local artists.

www.innatbayfortune.com

ONE POUND OR TWO?

New Glasgow Lobster Suppers has been a no-frills, family-run institution in PEI since 1958. All-you-can-eat hot bread, brimming bowls of chowder, mounds of mussels and crisp salads precede the queen of the crustaceans—you choose the size. Finish off with a mile high wedge of lemon meringue pie.

www.peilobstersuppers.com



Mussel Fest

EXPERIENCE PEI

Bill and Mary Kendrick have created a number of authentic PEI experiences so you can meet islanders and learn a thing or two. Highlights of their Charlottetown Taste the Town walking tour include hot and crispy fries at the Chip Shack where spud queen Caron Prins proclaims she is vying to have her chips named Best in the World. Some of her secrets include double cooking what Prins claims are

the planet's best potatoes. By the time you finish the tour you will have sampled oysters, mussels, craft beer, Scottish oatcakes and lobster rolls. So come hungry and be prepared to meet some characters.

www.experiencepei.ca

ROADSIDE ATTRACTIONS

PEI is full of foodie entrepreneurs. At Glasgow Glen Farm, chef Jeff McCourt produces intriguing cheeses, including Blouda, a winning combo of Gouda and blue.

www.glasgowglenfarm.ca

Islanders have been making moonshine since prohibition, but now the hooch is being legally produced at Myriad View Artisan Distillery Inc. in Rollo Bay. Pop in for a dram of Strait Shine.

www.straitshine.com

Cows, based in Charlottetown, was named "Canada's best ice cream" in a survey of readers of *Reader's Digest*. Folks also flock to Cows to buy "udderly" fun clothing and accessories, all with a bovine theme.

www.cows.ca

FOODIE FESTIVALS

From September 1 to 30, The Fall Flavours Festival includes more than 100 culinary and cultural events with celebrity chef cook-offs around the island.

www.fallflavours.ca

Who ladles out the island's best chowder? Or spices up the best Bloody Caesar? Find out at PEI's annual Shellfish Festival, (September 13 to 16) dubbed the "Biggest Kitchen Party in Atlantic Canada."

www.peishellfish.com

PEI Legal Moonshine



Cooking At The Table



Chef Michael Smith



BGCC Tennis Update

BY JOHN PERZ

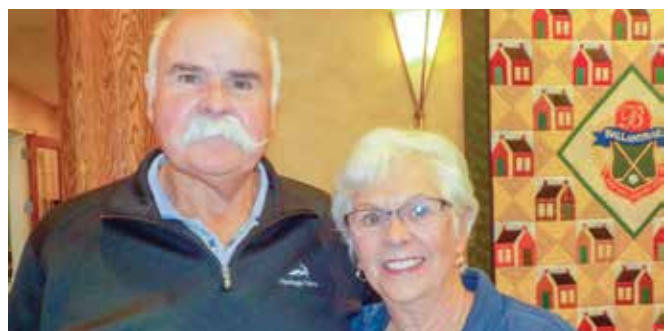
The BGCC Tennis Club held its registration day at the Recreation Centre on April 28. There were 86 members confirmed at the time, with a couple dozen more expected as perennial members return from extended winter vacations. All club activities got underway in May, including Men's, Ladies' and Mixed Drop-ins, Mixed Ladder, Men's and Ladies' Intermediate Leagues, Mixed Open and Novice programs, as well as a competitive over-55 team playing in the Inter County Tennis Association.

The opening social breakfast and lunch was held on May 19; the next social will be on Canada Day, Sunday, July 1. Club championships will start in August and culminate in the mixed doubles championship in mid-September. The year-end social will immediately follow the final matches on September 16.

It is never too late to join and we especially encourage new residents to try out our club. Any BGCC resident, age 19 and over is welcome to participate in up to three drop-in events to "test the waters" before joining. If you are new to the game, or returning after a long absence, our club provides group instruction and practice to get into the swing of things. All new members are assigned a mentor to help them meet fellow players and get to know our club.

Note that all BGCC residents have the right to use the tennis courts outside of the specific hours reserved for club activities; a sign-up board and booking rules are posted on the bulletin board beside the courts. However, participation in club activities, aside from the initial drop-ins, is restricted to club members.

For complete information and registration forms please see the "BGCC Tennis" listing under "Activities" at <http://ourbgcc.com/>



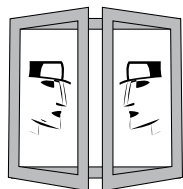
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A GREAT HIT

BY JOHN
GORMAN



The Dave Parsons Quintet presented the familiar music of American composer Harold Arlen in its spring concert. These much anticipated performances continue to attract an enthusiastic following.

An audience of 150 found themselves humming along to such wonderful melodies as *Let's Fall In Love*, *Stormy Weather* and the classic *Over the Rainbow* from *The Wizard of Oz*.

Dave provides an entertaining and informative patter between selections which compliments the considerable talents of the group and the unique song styling of vocalist Lisa Levy.

Net proceeds of the event go towards the maintenance and repair of the Recreation Centre grand piano. In fact, it may soon be time to replace this instrument if funds allow.

Members of the Ballantrae Choir provide much assistance organizing the intermission refreshments and setting up the audio and seating.

Don't miss the next concert which will feature the music of Duke Ellington.





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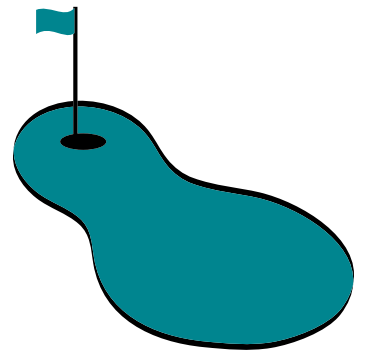
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We have about 40 women signed up and will continue to add people throughout the summer. It's only \$10 to sign up and \$18 to play each week.

We'll run "Away Fridays" once a month and also plan to have member/guest days. The

"no-stress" stems from the fact that most of us don't keep score and just want to enjoy the game, the people, and the peaceful outdoor atmosphere.

Join your neighbours for a fun game of golf. Come when you can, we'll set up the teams. No stress! All levels of play welcome.

Further information, email tuesnostress@aol.com or contact

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Pickleball In Stouffville: Beware, it's addictive!

BY DENNIS CARTER, STOUFFVILLE PICKLEBALL PLAYERS' COORDINATOR



It is a beautiful spring day in the park in the town of Vaudorf. The area by the tennis courts has a large number of people gathered around the entrance and on the courts. As you get closer you realize that there are people playing on the courts and many of them are over 50 years old. They are whacking a yellow wiffle ball back and forth on eight mini courts and at the same time they are laughing and seem to be having a lot of fun. Approaching one of the players waiting to play, you ask what they are playing? They say "pickleball" and you of course ask, "What is pickleball?"

They tell you that pickleball is a combination of tennis, badminton and table tennis. It is played on a badminton- sized court with a tennis-height net. You serve the ball underhand and usually you play doubles. Then they ask if you'd like to learn to play. You are quickly warned that the sport is "addictive" and if you start playing you might not be able to stop. So you take them up on their offer and now your favourite saying is, "Can we play one more game?"

This is the story of not only one person, but of many who have taken up the sport of pickleball and look forward to playing every week, often three or four times.

Pickleball now has over 2.5 million players making it the fastest growing sport in Canada and the USA. If you go south to Florida or Arizona for the winter, more than likely the community you visit has pickleball courts.

The beauty of the sport is it can be enjoyed at any level

of intensity. Pickleball helps you develop and maintain a good level of fitness and improve your coordination, balance, and agility. This sport is not just for the above 50 crowd as many young players are taking it up too.

WHERE & WHEN

The Town of Stouffville will begin pickleball at the Vaudorf courts for May and June and then move over to the courts near the hockey arena on the Ninth Line for the remaining months from July to October. Eight pickleball courts will be available for play.

Tuesday to Saturday, 10:00 a.m. to 1:00 p.m.

Monday & Thursday evenings, 6:30 p.m. to 8:30 p.m.

Fridays are dedicated to skill level 3.5 and above players.

FUTURE OF PICKLEBALL IN WHITCHURCH/ STOUFFVILLE

The town of Whitchurch/ Stouffville has indicated that it is going to build dedicated pickleball courts that will be ready for the 2019 season. The town has also indicated they will be dedicating time in their new Leisure Centre at 2 Park Drive in the fall and winter months for those looking to play pickleball indoors. There will be four pickleball courts in the new Leisure Centre. Times and cost will be announced as soon as possible.

If you need more information contact Dennis Carter at dwcarter@rogers.com;

www.stouffvillepickleball.weebly.com





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CONTACT Kathy Mcleod 905-640-7351

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Jay Adams, 905-640-2843 or Susan McKay, 905-591-2557.

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When: Sunday, July 1, 2018

Time: 2:00 p.m. to 5:00 p.m.

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6:45 p.m. Registration at the
Recreation Centre

7:10 p.m. Welcome, introduction,
information

7:30 p.m. Rehearsal begins

Annual Ballantrae Golf & Country Club Craft Sale

Saturday, October 20, 2018

TIME:

10:00 a.m. to 1:00 p.m.
at the Recreation Centre

**TO BOOK A FREE TABLE,
BGCC RESIDENTS MAY CONTACT**
Carol McNaughton, 905-640-0651
or Sheila Armet, 905-640-3753

14th Annual Christmas Concert!

Tuesday, December 4, 2018

MARK YOUR CALENDARS!

Questions?

Call Margaret Lunn, 905-640-2865
or Kay Corlett, 905-591-0239

Georgian Downs

Wednesday, October 10, 2018

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

TICKETS: \$13 per person

INCLUDES:

Bus ride and \$15.00 for slot machines

TICKETS ARE NON-REFUNDABLE

PLEASE CONTACT

Mariette Blouin-Johnson
905-591-2032

The Ballantrae Social Committee
PRESENTS

Pocket Concerts

Featuring some of Canada's finest professional
musicians, Pocket Concerts take the concert hall
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Pocket Concerts are coming to our very own
Ballantrae Recreation Centre. Imagine a
"Roy Thompson Hall quality" concert right here
in our community! Invite your neighbours, your
friends, your aspiring musical grandchildren. . .
a local event not to be missed!

DATE: Wednesday Sept 19

TIME: 3:00 to 5:00 p.m.

*Concert followed by
"Meet And Greet The Performers" reception*

COST: \$20 each for general admission
\$50 each for supporter level

(includes reserved front-of-the-hall concert seating,
donor name in programme, complimentary
wine at post-concert "meet and greet reception")

FOR TICKETS, CONTACT

Ron Brewing, 905-640-8836 or
Lorraine Farro, 905-642-9938

*Pocket Concerts... "An intimacy that's hard to find
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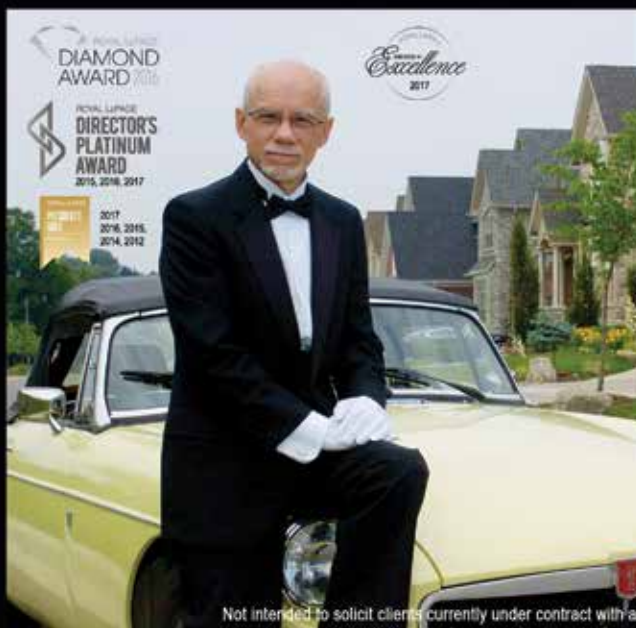
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HOME ON THE GREEN GOES GLOBAL

BY JAN RICHARDS



RBC Heritage Golf Classic, Hilton Head, SC

This year marked the 50th anniversary of the RBC Heritage Golf Tournament at Harbour Town Golf Links. Harbour Town is located in Sea Pines

Plantation on Hilton Head Island in South Carolina and was designed by famed golf course architect, Peter Dye with assistance from Jack Nicklaus. Famous for its Carolina Tartan winner's jacket, this year the Harbour Town Lighthouse was wrapped in red plaid – "Plaid Goes Gold" - to celebrate the 50-year milestone. The 90-foot (27m) tall



lighthouse at Harbour Town Marina is one of the most recognizable finishing holes in all of golf.

Sea Pines founder, Charles Fraser, built the lighthouse and established the Heritage Golf Classic in 1969. The tournament not only raises millions of dollars for charitable organizations and medical institutions, but it is also credited for putting Hilton Head Island and Sea Pines on the map.

The Heritage is one of only five golf tournaments given "invitational" status by the PGA Tour, offering a field of 132 invited players.

Some of the biggest names in golf and distinguished champions include Johnny Miller, Arnold Palmer, Jack Nicklaus, Tom Watson, Greg Norman, Nick Faldo, Payne Stewart and Jim Furyk. This year, in commemoration of 50 years of the RBC Heritage, artistic banners with portraits of the past winners lined Lighthouse Road leading up to Harbour Town Golf Course. The 2018 Heritage winner was Satoshi Kodaira from Japan.

The course is a 7,100-yard links style surrounded by low country marshes, sand dunes, the Atlantic Ocean, towering Sabal Palmetto palm trees and Loblolly pines. You might spot white-tailed deer, loggerhead sea turtles, bottlenose dolphins, tiger swallowtail butterflies, Carolina wrens and an abundance of water and sea birds. Golfers need to be aware of natural hazards including American alligators lurking in the muddy coastline and lazing in the sun along the sides of the course.

This annual event allows spectators to get up close to the pros and enjoy the natural beauty of the South Carolina coastline. Hilton Head Island and surrounding area offer more than 40 golf courses making it a great destination for the avid golfer.

Going on an adventure?

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

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.

MEDICAL EQUIPMENT now available FOR LOAN

See BGCC website: www.ourbgcc.com *Judy Flow, Coordinator*

Ballantrae Bereavement

Providing support to neighbours in need

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

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

Our Dedicated Message Centre:
647-999-8070

Name Tags Available for \$10 each

Are you new to Ballantrae Golf & Country Club?

Do you need a replacement name tag?

Please contact:
Elaine Teillet 905-591-2089

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Recreation Centre Report

BY VIC MANGAL

Our thanks to the Social Committee Executives, Jenny Gould and Ron Brewing for donating a much-needed new beverage cooler for use at our residents' social functions. Also we appreciate the excellent work done by Kathy McLeod and her team in decorating all the restrooms with wall art, flowers, plants, etc; and bringing a warm seasonal decor to the lobby. The community rooms, card room, gym and kitchen cupboards have been repainted. The lobby now has casual lounge seating for our residents.



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I go to nature

to be soothed

and healed,

and to have

my senses

put in order.

John Burroughs



More Good Reasons to Visit www.ourbgcc.com

BY PETER SIMS, WEBMASTER

CONDO NEWS

Under this heading are condominium-related pages.

FirstService Residential contains the latest newsletter as well as notices of general interest.

Each residential condo has its own page with specific information related to it. Owner's manuals and forms are commonly found here. Helpful hints abound. Nothing is top secret, so feel free to browse other condo pages – I do. Just remember that rules do differ from one condo to another.

Condo 1202 is the Recreation Centre condo. Look here for the results of last year's survey as well as other updates.

If you haven't yet, you really should visit the Naming Our Streets page. We all know Arnie, but just who was Horton? Read on!

RESIDENT ORGANIZED ACTIVITIES

Suppose you want information on bridge being played at the Recreation Centre. Which of four possible groups would best suit you? This page has contact information for many of the activities organized by our residents. Just phone the contact person who will be pleased to answer all your questions. And, yes, there are at least seven golf groups!

LOOK WAAAAAY DOWN

To paraphrase the Friendly Giant . . . at the bottom of every page on Ourbgcc are links to four special pages.

ABOUT US provides a history of Ourbgcc and provides information on the residents who maintain the site.

CONTACT US has a form through which you can submit an email directly to the webmaster.

CREDITS lists residents who have contributed photos and other general items to the site.

FAQs stands for Frequently Asked Questions. This page has answers to some 20 questions that commonly come up; e.g., "Why can't I fill a fillable form?"

FREQUENTLY ASKED QUESTIONS

Some pages are very long. How do I get back to the top quickly?

If you are at the very bottom of the page, look for a black circle with an arrow pointing up – click or tap to get to the top of the page.

Otherwise, on a Windows computer, press and hold the Ctrl key then press the Home key – this works anywhere on a page.

If you are on a Mac, it's the Command key and the up arrow.

NEWS, ACTIVITIES, HELPFUL INFO & MUCH MORE!



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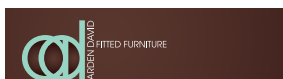
**I JUST discovered my age group!
I am a Seenager (Senior teenager).
I have everything that I wanted as
a teenager, only 50 to 60 years later.**

- ✓ I don't have to go to school or work.
- ✓ I get an allowance every month.
- ✓ I have my own pad.
- ✓ I don't have a curfew.
- ✓ I have a driver's license and my own car.
- ✓ I have ID that gets me into bars and the wine store. I like the wine store best.
- ✓ The people I hang around with are not scared of getting pregnant; they aren't scared of anything. They have been blessed to live this long, so why be scared?
- ✓ I don't have acne.
- ✓ People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.
- ✓ Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise. **SO THERE!!**
- ✓ Life is good! You will feel much more intelligent after reading this, if you are a Seenager.
- ✓ I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

**Aspire to inspire
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