

MARCH 2016

# HOME *ON THE* *Green*

COMMUNITY LIFE IN THE  
BALLANTRAE GOLF & COUNTRY CLUB

## IN THIS ISSUE:

### PROFILE

Frank Allison

*Birdman of Ballantrae*

### TRAVEL

Cabot Cliffs

*Cape Breton's Newest  
Seaside Sensation*

### NEW

Computer Club



# Your Full Service, Hometown Paint Store.



Patti-Lynn Interiors prides itself on having all the latest in paint colours and wallpaper fashions including FARROW & BALL, Para Paints and PPG Paints plus offering the best **in-store and at-home colour consulting, unique paint tools, custom colour matching, and expert paint advice!**

**Style. Quality. Hometown Service. Only Patti-Lynn's.**



905.640.0640    [www.patti-lynn.com](http://www.patti-lynn.com)  
3769 Stouffville Rd., Stouffville, Ontario

**Patti-Lynn  
Interiors**



FLOORING | PAINT | CARPET | BLINDS | INSTALLATION



# HOME ON THE Green

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.**

*Home on the Green* is a registered name. The use of this name without written permission is prohibited by law. Permission must be obtained for copies of any articles or photographs.

**PUBLISHER** Donna Clark

**EDITOR** Anita Draycott

**ASSISTANT EDITOR** Karen Clark

**SOCIAL LIAISONS** Kathy Billington  
Susan Gamble

**CONTRIBUTING WRITERS** Lynne Balfour, *Assistant Secretary*  
Wayne Burgess  
Alex Flow  
John Gorman  
Ken Miyauchi  
Art Sanders  
Enid Sanders, *Secretary*  
Peter Sims  
Dayna Stoddart  
Pat Wood

**PROOFREADERS** Mary Hallam, *Coordinator*  
Helen Mitchell  
Diane Ross

**CONTRIBUTING PHOTOGRAPHERS** Brian Freedman, *Coordinator*  
Anne Brewing  
Helen Mitchell  
Robert Pitour  
Art Sanders  
Pat Whittingham  
Renata Zathureczky

**PRODUCTION COORDINATOR** Terry Coulson, 416-606-5876

**ADVERTISING SALES** Elaine Saksons, *Coordinator*, 905-591-1546  
John Pittaway, *Administrator*  
Pat Bolsby  
Kay Corlett  
Gary Hodder  
Maggie Pittaway  
Juta Silmberg  
Pat & Ray Stadnick

**DISTRIBUTION** Bruce Hyland  
Al Moldon

**COMPTROLLER** Anne Brewing

**BOARD OF DIRECTORS** Bob Herbert, *Chair*  
Donna Clark  
John Gorman  
Ray Knight  
Pat Whittingham

**FOUNDING EDITOR** Ruth Flanagan

**GRAPHIC DESIGN** IKONA Communications

**PRINTING** Tower Litho Company Ltd.

*Home on the Green* is a community-oriented magazine, published four times per year (March, June, September and December), for the enjoyment of the residents of the Ballantrae Golf and Country Club Community. It is produced by our residents who volunteer their talents, efforts and time. The magazine is owned by *Home on the Green Community Magazine*, a not-for-profit organization, duly incorporated under the laws of the Province of Ontario.

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

***Home on the Green* welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items to [homeonthegreen@rogers.com](mailto: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.**



## In this Issue:

### DEPARTMENTS

Message From the Editor	3
Message From Our Councillor	5

### COLUMNS

Out and About – Stick With It	7
View From The Rough – Making Difficult Decisions	9
New Tricks From An Old Dog –	
Oh Damn, Not Another Scam	11
Ballantrae Tails – Our Other Snowbirds	13
Pat's Patter – Hip, Hip Hooray	14
Health & Wellness –	
Create a Lifestyle Inclusive of Activity	15
Neighbourhood Noshing –	
The Passionate Cook's Essentials	34

### FEATURES

Profile – Q&A with Frank Allison	22
Walking in York Regional Forests	28
Cabot Cliffs, Cape Breton: Better than Pebble	
Beach on Steroids!	30
Pot Luck	44
Recreation Centre News	48
More Good Reasons to Visit <a href="http://www.ourbgcc.com">www.ourbgcc.com</a>	52
That Sinking Feeling	56

### PAST EVENTS

Mixed Golf Annual Party	19
Ladies' Christmas Luncheon	19
Christmas Dinner Dance	21
Ballantrae Choir Christmas Concert	21
Breath of Fresh Air	27
Movie Night – <i>Woman In Gold</i>	27
Curling Bonspiel	33

### UPCOMING EVENTS

BGCC Tennis Club	38
Men's Night Out	38
Dave Parsons Concert	38
Water Volleyball	40
Welcome Back Party	40
Ladies' Dine Around	40
Charity Drive	40
Fallsview Casino	42
Happy Hour Fun	42
Woodbine Race Track	42
Canada Day Celebration	42
Stratford Festival	42
Golf, Golf and More Golf!	46
Pickleball	48

### CLUB NEWS

Our BGCC Computer Club	17
Yoga and Meditation	36

### NOTICES

	50
ADVERTISERS INDEX	54





*Satisfaction Guaranteed*



**DAN THE DRAWER MAN**  
*It's all in the price... but not the quality*

**Exceptional quality, unbeatable service, unbeatable prices**

**416-399-4442**  
www.danthedrawer.com  
aleaf@rogers.com

**Custom Made Sliding Shelves and Drawers**

Organize and add 50% more Space to your Kitchen Cabinets

Ideal for  
Kitchens & Bathrooms  
Pantries & Armoires  
Linen Closets  
Garage Applications

**\$130 (approx) per drawer installed**

I offer a high quality product, excellent service for a very, very reasonable price!





**ACTIVE MONEY MULTIPLIES.**



**IDLE MONEY ADDS.**

You can look forward to your money being managed personally and proactively. Herb Rempel's unique, personalized investment models are based on years of technical analysis, market knowledge; and innate wisdom. When cross-matched with your goals and risk profile, that gives you an edge that keeps your money working smart.



**Activate Your Money. Call Herb Rempel at 855-222-3595  
OR visit [ActiveMoneyMultiplies.net](http://ActiveMoneyMultiplies.net).**

HollisWealth is a division of Scotia Capital Inc., a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada.  
™ Trademark of The Bank of Nova Scotia; used under licence.

**ACTIVATE  
YOUR  
MONEY**

**Herb Rempel**  
Portfolio Manager  
HollisWealth.







## A MESSAGE FROM THE EDITOR

---

### Three cheers for the wonders of Wi-Fi and computer technology

I am writing this editorial from sunny Puerto Vallarta in Mexico. Assistant Editor, Karen Clark, is working on the issue from Florida, as are many of the other contributors. Our publisher, Donna Clark, is checking in from way down under in Perth, Australia. We are all able to view and share stories and photos for this magazine thanks to Brian Freedman setting us up on Dropbox.

I remember when I first started working as an editor for Rogers Communications (back then it was Maclean Hunter). Writers delivered their copy by mail or by hand. Photographers brought in stacks of transparencies that we viewed on a light board with a magnifying glass. Edited copy had to be waxed and stuck on page layouts. If you needed to make a change, you took a sharp scalpel and cut and pasted it. Am I dating myself?

I really don't consider myself to be tech savvy; in fact I would describe myself as more of a techno-twit. But as technology progresses, it's amazing what we can do and how we can communicate...which is my segue into the announcement of a new column in *HOTG* by Alex Flow called "Our BGCC Computer Club." Alex will be contributing a story every issue about computers, gadgets etc., that are inspired from the computer club and courses run by Al Moldon and Brian Freedman.

This issue is also a celebration of spring. Our cover story is a profile on Frank Allison, a self-confessed bird watcher and photographer. Frank has been fascinated with birds since his youthful days in England and his passion has taken him and his wife, Elizabeth, around the world. His cover photograph of the Eastern Bluebird is but one of his amazing captures.

Also on the nature front, we have the "tails and trails" team of Enid and Art Sanders. Art has written a story on local trails in our neighbourhood should you decide to take a hike. Enid, in her regular "Ballantrae Tails" column, tells us how our winged snowbirds cope with winter.

I want to remind and nudge you about the photo contest, announced in the last issue. Hopefully, some of these fabulous bird shots by Frank Allison will inspire you to start shooting...or send us something from your archives.

In case you didn't notice, we introduced another new column in the last issue called "Potluck." We encourage you to send your favourite recipes so that you can share them with the Ballantrae community. I haven't lived here that long but I get the impression that we all love to eat well. Who knows, if "Potluck" works, we might even come up with our own community cookbook with proceeds going to a local charity—food for thought.

This magazine is all about and for the residents of Ballantrae. For those who regularly contribute and those who sometimes send us a story or ideas, we are very grateful. I do encourage more of you to participate.

I'm going to sign off now as it's margarita time in Mexico. Happy spring everyone and welcome home to all snowbirds—both feathered and tanned.

Anita Draycott

### GET INVOLVED!

How to contribute to *HOTG*? Send your stories, suggestions or ideas to [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com)

How to enter the photo contest (deadline July 1, 2016) or access tons of interesting information about our community, plus back issues of *HOTG*?

Visit [www.ourbgcc.com](http://www.ourbgcc.com)



*If you want to look as sharp as I do, go visit Mike. The collections, the options, the versatility all in a friendly atmosphere! Oh, and lots of parking.*

**MR MENSWEAR**

LOCATED IN "DOWNTOWN" AURORA  
15117 YONGE ST. 905.713.1501

**Bassett**  
HOME FURNISHINGS *Design it your way...*



Complimentary Design Service | Custom Furniture | Casual & Formal Dining | Bedrooms | Accents & Accessories

**VAUGHAN**  
255 Bass Pro Mills Drive  
Vaughan, Ontario L4K 0A2  
**905-761-8877**

**Store Hours:**  
Mon-Fri 10am - 9pm  
Sat. 10am - 6pm  
Sun. 11am - 5pm

[www.bassettcanada.ca](http://www.bassettcanada.ca)

**GOACH HOUSE PUB**  
Ballantrae  
Hwy 48-South of Aurora Rd

Prime Rib Dinner (Saturday & Sunday)  
 $\frac{1}{2}$  Price Wings (Monday)

**WHEN WE WERE FAB!**  
(It's a 60's & 70's Party!)

Hosted By Piano Man Brian Larter

- Play Guess The Song
- Play 60's and 70's Trivia
- Sing Songs With Brian
- British Invasion • Motown • Rock & Roll

**Every Saturday**  
**2:30 to 5:30!**



**905 640-8118**

**PEPPERTREE KLASSICS**



Markham's Favourite Women's Fashions Footwear & Accessories Boutique

Mention this ad to receive  
**20% off\***  
New Spring Fashions & Footwear

Open 7 days a week & holidays

**905.294.3882**  
[www.peppertree.ca](http://www.peppertree.ca)

**New Items Arriving Daily**

137 Main Street North Markham

FREE Parking at rear of store

\*Regular Ticket Prices



# A MESSAGE FROM OUR COUNCILLOR

## MORE FROM MAURICE



I trust you are all enjoying this wonderful time of the year whether traveling to warmer climates or partaking in all that is offered here in the Stouffville community. It is my intention to continue use of my column in *HOTG* to provide residents with information about community happenings and my involvement on your behalf. Following is an update on a few of the projects:

### LIBRARY BOARD RESIGNATION

As reported in the local newspapers, I recently resigned from active participation on the Stouffville Public Library Board. I remain committed to this great resource in our town. However, I felt that after serving for nine years on this board and with my many other council commitments it was time to move on. I remain on four other town boards or committees, including the steering committee for the expansion of the Memorial Park Leisure Centre which includes the library.

### 2016 BUDGET/PROPERTY TAXES

At the time of writing this piece, the town council and staff were in the process of reviewing our operating and capital budget for 2016, as well as the ten-year capital forecast.

The operating expense portion will be approximately \$58.5 million. If approved it will necessitate a 2.5% real estate tax increase for the community. There will be much deliberation over the coming weeks as council works through the various requests and tries to meet the needs of the community.

The major capital expenditure (\$15.1 million) will be for the construction of the addition to the Leisure Centre at Memorial Park. More than 75% of the cost of this project will be covered by Development Charges (DC) with the balance coming from reserves.

### BLUE BINS AND GARBAGE COLLECTIONS

The town's Director of Public Works has recently issued a memo outlining concerns regarding waste collection across all of Whitchurch-Stouffville. Personnel on collection vehicles have strict instructions regarding what they are allowed to accept in our recycling bins. There seems to be some confusion in this regard. In an effort to clarify, the town has posted on their website, and I on mine, detailed guidelines for your use in determining and clarifying this situation.

The Town and Region's waste management contractors also make use of "OOPS" stickers.



If your Blue Bin/Green Bin receives one of these, it means your bin contains an item not allowed in the recycling system.

You can go to [www.york.ca/bindicator](http://www.york.ca/bindicator) for a more complete list of approved recyclable materials.

If you have not already received a waste & recycling calendar, I have left a number of copies at our Recreation Centre. Drop by and ask Adam Hassan for a copy.

### BALLANTRAE PARK

For a long time there has been talk of adding another permanent fieldhouse at this park on Aurora Road. Funds are provided in the 2016 budget such that it will become a reality in the spring of this year.

### COULTICE PARK

The 2016 budget includes funds to move this project forward as advised in my last newsletter. By the time you are reading this, the new exterior fencing should be completed and the initial parts of the project will have been started.

# Touring Reimagined.

CENTRAL & SOUTH AMERICA • UNITED KINGDOM & EUROPE  
SCANDINAVIA • ICELAND • GREENLAND



6142 Main Street, Stouffville 905-640-5491  
[www.stonehousetravel.com](http://www.stonehousetravel.com)



**Need Some  
HELP  
With Your PC?**

Then It's Time To Call  
The Community  
"PC Doctor"

**Al Moldon**  
65 Arnie's Chance • 905-640-7538

- Anti Virus Software Installed
- Virus Removal/Recovery Assistance
- Internet Connection Set-up
- Home PC Network Installed
- Operating System Tune-ups
- New Computer Selection & Set-up
- TV and Surround Sound Installations

*Peach Tree  
Originals  
on Anderson*  
...Proudly Creating  
Canadian Handmade  
Clothing for the Modern,  
Mature Woman since 1990

**S**o many new spring/summer  
fabrics have arrived. Travelling?  
No problem. Let us make  
whatever season you need, when  
you need it. Do drop by soon.

MONDAY & TUESDAY  
by appointment  
WEDNESDAY, THURSDAY, FRIDAY  
OPEN 10-4:30, SATURDAY 10-3:00

UNIT #1 - 91 ANDERSON AVENUE  
(HWY 48 & BUR OAK) MARKHAM

[www.peachtreeoriginals.com](http://www.peachtreeoriginals.com)

**(905) 471-0096**





# Stick With It

BY LYNNE BALFOUR



Spring brings new starts, but also championship finals for many winter sports.

While the goal of our community may be to pursue a “wellness” lifestyle, in order to participate in certain activities, changes in style or rules may be needed. One person who has enthusiastically taken on such a task is Marilyn Parsons.

Marilyn has been an active curler for over 50 years. She and her husband Dave used curling as a way to meet new friends as they moved from London to Saskatoon to Unionville. They got such enjoyment from the sport that Marilyn, in particular, curled competitively, coached competitive teams from junior to university to adult level and became a master learning facilitator (one of ten teachers accredited by the Ontario Curling Association to run clinics for curlers throughout the province).

Following two hip replacements about 20 years ago, Marilyn realized that she could not continue to participate in the sport as it was usually played—crouching down to swing the heavy 44 pound rock back and forward to send it down the ice to its target. Many other friends with hip or

knee replacements or back issues had the same problem and often left their favourite sport.

Marilyn heard of a long stick with a fitted tube end that could be used to push the rock down the ice to avoid the crouch position. The device was harder to use than it appeared. Getting the correct amount of force for the distance needed and the correct turn took much practice. Once mastered, it was introduced to several friends. They lobbied to have the use of the device sanctioned by the Ontario Curling Association. The use of the curling stick is now allowed by the governing body of the sport in all bonspiels except national and international competitions. The style of the curling stick has changed to encompass the broom at one end and the tube-like throwing end at the other.

Ontario is the only province with a provincial championship for stick curling. This year eight teams will compete in a seven-game round robin competition in Simcoe to celebrate the 10th anniversary of the Ontario Stick Curling group. Marilyn has been the convenor of this event for the past several years.

Marilyn now teaches clinics all over the province for curlers using this device. She also officiates in regional and provincial competitions. In the past her strong interest in curling led her to become the first female president of the Unionville Curling Club and president of the Toronto Curling Association, representing 23 Toronto clubs. She has been the recipient of many awards in the sport. Friendships and happy memories are a continuing benefit of this consuming interest.

By working to develop a new technique for the sport of curling and having these changes accepted by the governing body of the sport, Marilyn has led the way to making curling more accessible and available to seniors and others with cranky knees, sore backs and joint replacements.

Don't forget our own BGCC curling bonspiel each fall. Maybe you could become a “stick” curler!

Erratum: In the past issue of *Home on the Green* the name of the owner of The Blue Heron Bookstore in Uxbridge should have read Shelley MacBeth, not McGrath. I apologize for the error.





86 Ringwood Drive,  
Unit 30  
Stouffville, ON  
L4A 1C3

Time honoured tradition of quality work & service

COMPLIMENTARY  
ASSISTANCE WITH  
IKO WARRANTY  
CLAIMS

Family owned and operated for more than 35 years  
One of our family members will personally  
be on-site for your roof replacement.

As 95% of our customers are referred to us, your  
satisfaction of a job well done is very important to us.

### WHAT MAKES US DIFFERENT?

Same day services on most homes  
No dumpsters/shingles left sitting on your property  
Cleanup of your lawns and gardens guaranteed  
Full line of servicing includes: roofs, eavestrough,  
soffit & fascia, metal work, skylights, repairs etc.

"I contacted several roofing companies last year  
when I had a leaking roof problem. Kelly & Sons Roofing  
responded promptly and gave me a clear picture of  
the problems. They arrived on the job when they  
said they would come, and finished the job on time.  
I would recommend Kelly & Sons Roofing to anyone  
looking for a professional roofing job." - Jim B.



**905-649-3700**  
**Call for your free estimate**

*Joyce Dow*  
*Your Neighbour*

THE FLOWERS AND BIRDS ARE COMING IN THE SPRING  
FOR ACCURATE REAL ESTATE INFO, YOU CAN GIVE JOYCE A RING  
THE MARKET INDICATES WHERE HOUSES SELL  
AND JOYCE KNOWS THE BALLANTRAE MARKET REALLY WELL  
**(905) 727-3154 or (416) 213-7209**



Joyce Dow, Sales Representative  
**Cell: (416) 505-5582**  
*20 years of success at Royal LePage*



**Your Community**  
REALTY

**ROYAL LEPAGE**

MEMBER OF THE REALTOR ASSOCIATION

Not licensed to advise clients currently under contract with another brokerage





# Making Difficult Decisions

BY JOHN GORMAN



It is an exciting time in our house.

"We" have made a decision.

It is always fascinating to me how easily "we" manage to resolve the relatively complex problems that arise from time to time. Somehow, my wife and I have developed an approach which consistently allows for quick resolution of otherwise contentious issues.

Consider the current example: the other day while I was alone, reading quietly and totally unaware of a simmering crises, "we" were, in fact, making a decision.

By way of providing context, I can tell you that over the years, raising four children in a variety of homes had not been without challenges. A couple of the homes were quite large with as many as five bedrooms on three levels.

Unfortunately, Elaine's family was in England, mine in Ottawa, so there was never much help from those quarters with regard to child rearing or domestic engineering. In addition, I was travelling on business much of the time so I was of limited assistance.

In any event, through those many years my wife seemed to feel that she should be capable of managing the home without any outside assistance. So, it was surprising for me to learn, that now that there were just the two of us, living in retirement in a comparatively tiny bungalow, that some help with interior maintenance might be necessary.

This situation was somewhat aggravated by the fact that I have developed a variety of aging complaints and conditions which conveniently preclude me from any vigorous activity such as vacuuming. Bending and lifting are simply out of the question.

So, on a few recent occasions, Elaine wondered aloud if she should investigate the realities of obtaining some outside help for housework. While my opinion was never solicited, nevertheless I did offer my surprise that such assistance would be necessary. Besides, the home always looked fine to me.

Apparently, when I was quietly reading here that winter day, my wife was lunching with a couple of her Ballantrae buddies. It was a timely get together in a local bistro ideally suited for women joining together, wishing they were in warmer locales.

This environment proved to be fertile for the application of the "we" principal in decision-making. For some reason, the topic of housekeeping was introduced and Elaine's friends spoke glowingly of their "cleaning ladies" and were quick to offer coordinates and pricing details.

The die was cast.

When Elaine returned from lunch that day I was invited to comment on the decision "we" had made to hire a person to do house cleaning. Naturally, I was thrilled.

This is an absolutely classic example as to how this "we" process works. Some of the best decisions I have apparently made came about this way.

Indeed, when I was discussing this issue with one of my pals the other day, he understood completely. He too had discovered that most of the significant decisions he had participated in over the years had benefitted from the process. He even felt that the decisions to get married, have a child and move house all were the result of "we" edicts.

I don't know why it has taken me so long to recognize the profound effect this simple method has had on the lives of married men everywhere. Over the years, I have felt that my opinions were being solicited and noted in a serious manner. It never occurred to me that the final decision is subject to the "we" principle—always.

I would be glad to provide further examples of this democracy in action, but I have to sign off now. Apparently, the cleaning person is coming tomorrow and I have to get busy cleaning and straightening up my den before she arrives!



# Lifestyle Oasis

WINDOWS INC. HOME PRODUCTS

## KEEP BUGS OUT

With Mirage Retractable Screens!

Manual & Power available. Made In Canada.



[www.lifestyleoasis.ca](http://www.lifestyleoasis.ca) | 905-726-4349 | 240 Industrial Pkwy. S., Aurora

WINDOWS | STEEL DOORS | PORCH ENCLOSURES | PATIO DOORS | SUNROOMS | ALUMINUM RAILINGS | RETRACTABLE DOOR SCREENS



**Proud to be your first choice!**


**ROTO-STATIC** Carpet & Upholstery Cleaning has been providing quality service to the Markham and surrounding area since 1978 with honesty and integrity. Today, owners Tony and Cecilia Murphy continue to stand by their customers with a 100% customer satisfaction guarantee, coupled with a written assurance that there will be no soapy residue or over-wet carpets. This has produced a customer loyalty level that is unrivaled in the cleaning industry. **ROTO-STATIC's** experienced, friendly staff specialize in wool and other fine carpet fibers. Experts in the art of soil and dirt removal, they will examine, pilelift and vacuum before cleaning. Even your baseboard soil will be removed by hand. Pet stains and various spills are removed with the use of safe, non-toxic, specially formulated products with proven results. The **ROTO-STATIC** process uses little water and this allows for quick drying with no shrinkage or stretching.

Also, there is no damage to carpet fibers and no mildewing. When the job is complete, your carpets and upholstery will smell fresh and clean and look like new! **ROTO-STATIC** offers free pick-up and delivery and can also deodorize and disinfect, and provide carpet and furniture protection. Call **905-927-0302** for a free estimate with no obligation.

For more information visit  
[www.rotostaticmarkham.ca](http://www.rotostaticmarkham.ca)



*These experts are committed to excellence!*

Hours:  
Mon-Fri 8AM-6PM  
 Insured & Bonded



MARKHAM • UNIONVILLE • THORNHILL  
**905-927-0302**  
[www.rotostatic.com](http://www.rotostatic.com)



Interior Painting by

**Redfearn, Zizek & Assoc. Inc.**

All Types of Interior Painting  
Faux & Textured Finishes - Venetian Plaster

Ballantrae G. & C.C. References Available

For A Free Estimate

Call Jim at home - 905-727-4933 or  
Cell 416-918-2064 - email: [redziz@rogers.com](mailto:redziz@rogers.com)

Proud sponsor of the Ballantrae Men's & Ladies' Golf Leagues



# Oh Damn, Not Another Scam

BY KEN MIYAUCHI



Unscrupulous people view seniors as easy prey – available cash resources and diminished mental resources! We continue to be popular targets so let's review some of the newer scams.

**CRA (Canada Revenue Agency) Scam** A fake CRA agent calls and lambasts you for underpaying your taxes. You are told to pay immediately or the police will arrest you. The high-pressure tactics capitalize on our innate fear of the CRA.

**Vacation Rental Scam** Ads on Craigslist or Kijiji contain a detailed description and beautiful photos. The home is real, but the scammer does not own it. You are asked to forward a deposit. Too late, you discover that you have been scammed.

**Virus Scam** You visit a website and a pop-up states that your computer has been infected. For a fee, you can download a program to clean out the virus. The program may do nothing, or worse still, it could even be a virus. Giving your credit card number and allowing a supposed "Microsoft technician" to take control of your computer means that you have been doubly compromised.

**Funeral Scams** Scammers read obituaries and some even attend funerals to pressure grieving spouses to pay a fictitious debt.

A disreputable funeral home uses your grief to subtly oversell expensive coffins and services.

**Charity Scam** Fake charities will have names that are very close variations of real charities. If you don't listen or read carefully, it's easy to be misled.

**Lottery or Beneficiary Scam** You receive an email stating that you have won a lottery or that a person with no relatives has died and you have been selected as the sole beneficiary. Once you respond, you are told that you must pay an upfront fee. This fee is the only money that changes hands.

So how are we to protect ourselves? While the scammers are becoming increasingly more sophisticated and professional, the safeguards are very simple:

- ➔ "Anything that sounds too good to be true, probably is." A promise of high reward with no risk is a scam. Be very suspicious. Use a trusted financial advisor, family, and friends to vet all opportunities. "Sober second thought" is never a bad thing.
- ➔ Do not be pressured into spontaneous decisions. Step back and do your research. A real opportunity will still be there after careful consideration. Legitimate companies will encourage you to analyze the deal.
- ➔ When presented with a "deal," ask for written documentation on official letterheads. If they decline, terminate the conversation.
- ➔ Never pay an upfront fee. If you must pay a fee, never use cash or wire transfers that are untraceable. Credit cards and cheques have audit trails and credit card companies will often reimburse you for fraudulent purchases.
- ➔ Remember that caller ID can be faked. If the caller sounds legitimate, tell them you will call them back and find the company number in the directory. Do not use the number he gives you.
- ➔ Government or financial institutions always communicate or request important information by mail. Never disclose personal information over the telephone or in emails.
- ➔ Do not respond to charities requesting money over the telephone. Have a prepared response: "I do not respond to telephone solicitations. Send me your information and I will give it careful consideration." A scammer will usually give up at this point.

Seniors who have been scammed are embarrassed so the crimes often go unreported.

Hopefully you won't get scammed, but if you do, report it to the police. By doing so, the perpetrators will get caught and other seniors will avoid the scams.

## Beautiful New Chapel

The same people you know & trust.



We are pleased to announce the opening of our newly built addition and freshly renovated facilities. Now offering **York Region's Largest Chapel** and a beautiful new reception facility.

A new standard in elegance.  
An enduring standard of professionalism & personal service.

*A caring part of our community*



8911 Woodbine Ave., Markham  
(4 blocks north of Hwy 7)  
info@chapelridgefh.com  
www.chapelridgefh.com

**905-305-8508**

## Ballantrae Geek

### COMPUTER SERVICES

ANY BRAND, ANY PROBLEM, ANY DEVICE

- INTERNET/WIFI PROBLEMS
- VIRUS/MALWARE REMOVAL
- ANTIVIRUS INSTALLATION
- NEW EQUIPMENT SET-UP
- REPAIRS & UPGRADES
- COMPUTER TUNE-UPS
- HARDWARE REPAIRS
- PERSONALIZED INSTRUCTION
- HOME THEATRE SET-UP



**BRIAN FREEDMAN**

**905-640-0874**

40 LONG STAN

BRIAN.FREEDMAN@SYMPATICO.CA 

MODERN HOME FURNITURE

**PALLISER** Direct



**WE CARRY ALL CANADIAN MADE BEDROOM,  
DINING AND PALLISER UPHOLSTERY**

5402 Main St., Unit 6, Stouffville • (905) - 642 - 0024

www.modernhomefurniture.ca

**Clarkson Auctions & Movers Inc.** 

Stouffville

905 640 6411

www.clarksonmovers.com

PROFESSIONAL HOME MOVING SERVICES

AUCTIONS, RECYCLING & JUNK REMOVAL

Bonded and Insured, 26 Years Experience

**CALL US NOW TO DISCUSS YOUR NEEDS**

**THOMAS AND PELMAN**  
PROFESSIONAL CORPORATION

**Ian Ross Pelman, B.A., LL.B.**  
Barrister, Solicitor, Notary Public

Tel: (905) 640-2211

Fax: (905) 640-8161

6131 Main St. Stouffville, ON L4A 3R6



# Our Other Snow Birds

BY ENID SANDERS

Have you ever wondered where they go – how they spend or survive our winters?

For some birds the answer is simple. Loons, nighthawks, hummingbirds, swallows, warblers – all predators of live prey – migrate. Woodpeckers, chickadees, cardinals – birds that can survive on seeds and berries in winter – do not.

Why do birds come back and how do they know when to make the trip?

The timing of bird migrations is one of the most intriguing phenomena in nature. Scientists are still working to solve the mystery.

According to Ian Newton, author of *The Migration Ecology of Birds*, many long-distance avian migrants are remarkably regular in their departure and arrival dates, and that's a crucial part of their continued survival. Regularity ensures that individuals arrive in nesting areas just as environmental conditions become suitable for breeding, and then leave before they change. Birds seem to adjust to variations in weather that occur from year to year, which suggests that their migratory instincts are triggered by some sort of external stimuli according to Newton. Robins, for example, aren't that much physically affected by plunging temperatures, so the key issue for migration seems to be food availability rather than comfort. When the supply of insects or plant food becomes depleted in the north, they'll head south to where the food is more plentiful. As the southern supply becomes depleted by consumption and changing weather conditions, it seems to trigger the urge to head back north, where the insects and plants are becoming available again.

While we know what conditions attract them, scientists are still trying to figure out the mechanism that actually tells birds when to take off. According to *All About Birds*, an online site maintained by Cornell University's Lab of Ornithology, one hypothesis is that birds have some sort of "undiscovered interface" – basically, a sort of biological WiFi connection – that enables them to sense distant temperature and weather conditions.

Following are the winter habits of a few of the birds that we often see in Ballantrae.

**GREAT BLUE HERONS:** These tall grey waders that patrol streams and lakeshores are a bit of a puzzle. They are abundant along the Florida and Gulf coasts in winter and yet there are always a few that winter as far north as Ohio, Pennsylvania and West Virginia as long as open water remains and their favorite food – fish – is abundant.

They migrate singly or in small flocks, mainly in daytime. They spend winters from southern Canada to northern South America, as well as along the continental ocean coasts as far north as temperate areas of Alaska and Nova Scotia. It is rare, though not unheard of, for an occasional Great Blue Heron to successfully survive a winter in the north if it can find open water.

**DUCKS:** Ducks tend to migrate to southern coastal areas where winter climates are mild. They spend the winter gathering food and consuming as many nutrients as possible for the journey back home. Although the majority of duck species can withstand freezing temperatures in the north, their food sources are eliminated as water sources freeze over. As the northern weather begins to warm, the ducks return to their breeding grounds.

**OSPREY:** Ospreys mate for life but part ways each year for the fall migration. They migrate as individuals, not in groups. Usually, females leave the nesting area first, followed by the males. Mates do not see each other again until they return to their nest in spring. Rarely would a pair end up in the same wintering place. The young are left behind when parents migrate. A few days to several weeks later, the young also take off, each one finding its own route south and wintering in a different place. The young remain in the vicinity of the winter home and generally do not migrate home until they are almost two years old. If they survive to the spring of their second year, they head north, but they do not necessarily return to their birth nest. Chances are they will never see their parents, or each other, again.

When you read this article, it will be spring and we will be welcoming both our feathered and tanned snowbirds home to Ballantrae.



# Hip...Hip...Hooray!

BY PAT WOOD



Do you still have all your original parts? As children of the forties and fifties, your tonsils are probably missing, an operation made practically obsolete these days by improved antibiotics. Some of our parts don't need replacement like the appendix, the spleen and some of our "lady parts."

For our other parts, we now have options pretty much unavailable to our parents' generation. Major organ replacement, while not routine, is now much more common and not only life saving but can be life reaffirming, as so ably described by Lee Pollock in our last issue.

Joint replacement is now almost routine and we probably have a lock on this procedure in Ballantrae. It's hard to find a neighbour without a new knee or hip.

Hubby had a hip replacement last fall. Don't worry, I'm not going to bore you with all the details. Suffice to say, the improvement in the whole procedure since his first one, twelve years ago, was phenomenal.

Firstly, they give you a binder that explains exactly what they are going to do to you. Next, you spend a day at the hospital talking with the people who are going to do it to you. So much info is passed along, that as the support person, I thought I might be able to don the scrubs and do it myself. The reality is, of course, somewhat different. Nevertheless, two days later he was home in bed, up walking gingerly, slowly returning to normal. Joint replacement has become pretty simple, except if it's yours.

And what about our eyes! Cataract surgery with replacement lenses is common now and it enhances the quality of life for so many. Hubby seems to be headed in the bionic direction, having had this procedure as well.

Replacement options have now reached the stage that we can replace parts we just don't like, never mind if they need to be replaced. Noses, chins,

drooping eyes and boobs that have bothered us for years can now be chucked aside and replaced with new improved versions. OHIP draws the line at paying for our flaws and the cost of these expensive readjustments can sometimes be a deterrent to our vanity choices.



We watch the news on CTV. Many of the news team have had work done. Because we watch every day, we pick up on the subtle changes to faces. Maybe they keep a plastic surgeon on call. Even the weatherman looks different somehow.

Hollywood has always had lots of redos, some with not-so-great results, rendering the person almost unrecognizable. And I'm not just talking about the ladies here fellas, as vanity seems to be a shared trait. It is amazing to me how actors' basic insecurities can lead already lovely people to make changes. Not encouraging for the rest of us—perhaps a subject for the "shrink."

We need to be very thankful that we have these opportunities for replacement, as needed or as chosen, because they can make getting older a lot more comfortable.

As you read this, it is spring or almost—Mother Nature's annual replacement of her parts that renews us as well. The ultimate plastic surgeon, she replaces things we have missed all winter: the grass, the birds the loveliness of the awakening garden. As of this writing, I still have my original parts, such as they are. Can't quite decide if that's a good or bad thing!



# Get off your butt! BY DAYNA STODDART

## Create a lifestyle inclusive of more activity



Make this your mantra for 2016: "Every minute I spend in physical activity/working out/exercising improves my health and well-being...even if I only have 15 minutes today."

### SIT LESS/MOVE MORE

Whether you have been sedentary and know you need to be more active, or you are a routine exerciser, be conscious of the time you spend sitting. Even if you already spend an hour per day walking, in the gym, swimming or playing your favourite sport, consider how much you sit in a day: whether driving during a morning commute to an eight-hour-a-day desk job or celebrating retirement on the couch in front of the television. You need to prevent "sitting disease," a catchy phrase for a sedentary lifestyle that puts your health at risk.

The negative effects of inactivity have been widely publicized. In 2012, it was determined that 5.3 million people died due to causes related to inactivity compared to 5 million who died from smoking. Hence the new buzz phrase: "sitting is the new smoking." Ask yourself, "How much time will I have for diabetes, cardiovascular disease or stroke?"

### USE TECHNOLOGY

Spring is the ideal time to increase your physical activity levels. Whether that means getting started or increasing your activity levels, I suggest using technology. Try Fitbit. The goal is to achieve 10,000 steps per day. Fitbit helps you monitor your daily steps and keeps you motivated. When a Fitbit vibrates and tickles your wrist to celebrate your first 10,000 steps, you'll want to feel it again—and you'll make sure that you do. It also measures heart rate (HR) at all times.

Keep in mind that it measures steps (or the number of times the foot impacts the ground). If you love to ride a bike, it will not factor cycling into your step count.

Walking is a form of cardiovascular/aerobic exercise. Aerobic training improves heart health and brain health. Aerobic-based classes such as Aquafit, Zumba, Ballroom Dance or Bollywood Fitness are currently available at the Recreation Centre. Pole walking will be offered this spring. This is an outdoor group walking activity led by an instructor. Poles (similar to ski poles) are used to assist balance and increase the intensity of your walk.

### TRY STRENGTH TRAINING

If you are doing some form of aerobic training

(walking, biking, swimming etc.) some or most days of the week, but realize the need to add to your physical activity regimen to obtain the many other health benefits of exercise, consider strength training. This is an important aspect of any comprehensive exercise program. Strength training improves functional strength, protects the integrity of the joints, increases lean body mass and bone density, decreases body fat, reduces blood pressure and risk for falls. It also helps improve glucose control, boosts energy levels and improves mood. As we age, strength training is crucial to maintain independence.

Book your complimentary session with me to assess your baseline and develop a program that is right for you! If you prefer group exercise, register for a program. Classes that incorporate strength training are Muscle Conditioning, Having a Ball, Body Balance, Bfit and Bollywood Fitness.

### CONSIDER BODY WEIGHT TRAINING

Body weight training uses minimal equipment. It is affordable, effective and makes for a good back-to-basics fitness regimen. Body weight training is not just limited to pull-ups and push-ups. Pilates and yoga are two group exercise examples. Traditional body weight exercises would be planks, side planks, hamstring bridges or even head/handstands. Try these programs: Gentle Yoga Mix, Deepen Your Yoga, Friday Yoga Mix, Having a Ball, Body Balance, BFit and Pilates Reformer Training.

### FUNCTIONAL FITNESS

Functional Fitness is a method of exercise involving strength training, flexibility, balance and movement mechanics. Functional fitness is intended to improve your activities of daily living, which can range from recreational sports like golf and tennis, to simply improving your ability to walk, get up from a chair, or go up and down stairs safely. Functional fitness training is especially important as we age. Try these programs: Having a Ball, Body Balance, BFit, Muscle Conditioning, Gentle Yoga Mix, Deepen Your Yoga and Friday Yoga Mix, Bollywood Fitness, TIME (Together in Exercise and Movement).

Residents are welcome to try a class free of charge before committing to the session—a great way to see what the program is all about!

## BE WELL AND THRIVE!

## Pat's Body & Paint

Pat Sciarra

15118 Hwy 48  
Stouffville, ON  
L4A 7X3

Email: Patsauto65@gmail.com

Tel: 905-640-7676  
Fax: 905-640-7674



## Main Street Limousine

AT THE HEART OF GOOD SERVICE

SEDAN / STRETCH • WEDDINGS & SPECIAL OCCASIONS  
AIRPORT SERVICE • CORPORATE ACCOUNTS • 7 DAYS / 24-HOUR SERVICE

FOR ADVANCE BOOKING:

**(905) 472-0404 • 1-866-472-0404**

email: mainstreetlimousine@gmail.com

www.mainstreetlimousine.com



**Original Limo Service for Ballantrae for over 9 years!**

**Special rates to & from Airport for Ballantrae Residents**

**SERVING BALLANTRAE AND SURROUNDING AREA**



**Frank's Wexford Service Centres Ltd.**

- Lube
- Oil & Filter
- Tire rotation
- Top up all fluids

- Alignments
- Brakes
- Exhaust
- Tune-Ups

- Engine Diagnosis
- Licensed Mechanics
- Service to all makes and models.



MEVOPRO

Raybestos

BOSCH



FEDERAL MOGUL

fenco

**FREE Pick Up and Delivery available.**

*We are a warranty approved maintenance facility.*

*We look forward to servicing your automotive needs!*

15118 Highway 48  
Just South of Aurora Rd.

**905-640-1140**



# Our BGCC Computer Club

BY ALEX FLOW

Al and Marna Moldon were among the first residents to move into the Ballantrae Golf and Country Club. They soon became involved in the community and have been leaders ever since.

Al had retired from IBM and was called upon very soon by his neighbours to help with a variety of computer problems. Whether software or PC hardware issues, installation or advice on purchases, Al was there to help. The “PC Doctor” had arrived!

After the Recreation Centre opened, Al, realizing the need for a forum on computer developments, established the Computer Club, meeting once a month. As time progressed, Al covered a wide range of information—discussing special computer problems, changing equipment, accessories, WI-FI and printers. His sessions also extended to TVs and integrating systems.



More recently, another computer expert, Brian Freedman, moved into our community. Brian added some new skills to the mix. He and Al quickly formed “the dynamic duo” —the “PC Doctor” and the “Ballantrae Geek.” They both offer learning sessions at the Computer Club and arrange home visits to solve problems, install software, and perform a wide range of services to assist residents.

Courses they have offered at Computer Club meetings at the Recreation Centre have covered a wide range of topics—managing photos, storage, transferring data, etc.

As residents buy Apple’s new products, such as the iPhone, iPad and iPad Mini, Al and Brian review these products carefully and continually demonstrate changes and new uses. Participants attending the Computer Club meetings have had regular exposure to useful and new apps. Details on the AppleTV, including the new version, plus Apple Music have been presented. Al and Brian always inform participants about new Apple operating system updates such as IOS9.

In the PC world, they have outlined the aspects of Windows 10 and regularly report on their experiences with it. For Computer Club meetings in 2016, they propose to run sessions devoted to the use of existing and new apps.



The Computer Club usually meets at 7:30 p.m. on the third Tuesday of the month. Announcements and agenda emails are sent out before each meeting. If you would like to be on the distribution list, send an email to: [amoldon@rogers.com](mailto:amoldon@rogers.com).

Summaries of topics presented at the Computer Club will be published in future issues of *HOTG*.

**WHY NOT COME OUT FOR AN INFORMATIVE AND FUN EVENING?**



NO CHARGE ECO-DIESEL ENGINE  
FULLY OPTIONED SUMMIT DIESEL @

**\$358.<sup>50</sup>**

BI-WEEKLY PLUS TAX AND LICENSE

**Stouffville** | **CHRYSLER** **DODGE** **Jeep** 

20 Automall Boulevard (Millard & Hwy. 48) • [stouffvillechrysler.com](http://stouffvillechrysler.com) • 905-888-6680

↑ N  
Golf Course  
Stouffville Rd. Millard St.  
Hwy. 48 Main St.

*Some say slow and steady wins the race.....  
We would like to politely disagree.*



**2016 HYUNDAI  
GENESIS 3.8 PREMIUM**  
Exceptional Lease & Finance rates.

**Stouffville** |  **HYUNDAI**  **EQUUS**

67 Automall Boulevard (Millard & Hwy. 48) • 905-888-7777 • [stouffvillehyundai.com](http://stouffvillehyundai.com)

  ↑ N  
Golf Course  
Stouffville Rd. Millard St.  
Hwy. 48 Main St.



# Ballantrae Mixed Golf Annual Christmas Party

BY REG, CAROL,  
BOB & MAURICE

This fabulous event, held at Sleepy Hollow Golf and Country Club on November 27, was sold out again this year. Guests started to arrive at 5 p.m. and were amazed to find the dining hall all decked out for Christmas.

Appetizers were served while guests played some games in the adjoining room. The putting contest was won by Bernard Downes and the coin toss was won by Harry Renault... but the big winner was the Stouffville Food Bank. People contributed a carload of food and \$1,303 to help feed the hungry.



Dinner consisted of roasted squash and pear soup, turkey with stuffing, garlic-mashed potatoes, a vegetable medley and cranberry caramel almond tart with eggnog ice cream. Fifteen lucky folks won door prizes.

Then the Pacemakers took over—Bob, Ray, Tom, and Sam—with their Christmas sing-along. They had help in the entertainment department from The Ballantrae Grannies (Kay Corlett, Erma Domenico and Margaret Lunn) who brought the house down with their rendition of *Right Side of the Grass*. More surprises included songs by Frank Weis, Jim Gillies, Ray Knight and Lidia Milakovic.

The evening ended with hugs and safe trips home.

# Ladies' Christmas Luncheon

BY PAT TULINO

On Thursday, November 26, the BGCC Social Committee hosted the Ladies' Christmas Luncheon at Oakview Terrace. The afternoon included a wonderful buffet with a sweet table and door prizes. The ladies were entertained by a quartet of women who are members of the York Harmony Chorus, an award-winning, *a cappella* ensemble dedicated to promoting the barbershop style of music. A surprise visit from Santa and his Jolly Elf added to the festivities!





- ✓ **Real Estate**
- ✓ **Wills & Estates**
- ✓ **Business & Corporate**
- ✓ **Employment Law**
- ✓ **Civil & Commercial**
- ✓ **Litigation**
- ✓ **Notarizations**

**905-642-4441**

13743 Ninth Line, Stouffville, Ontario L4A 7X3

**www.RiverinLawFirm.com**

**INDEPENDENT,  
ASSISTED  
LIVING AND  
RESPIRE SUITES**



HOLLANDVIEW  
TRAIL  
retirement residence

Make us part of your story.

200 John West Way, Aurora  
**289-648-4099**

Conditions may apply.

**PHOENIX**  
HEATING AND COOLING

**24 HOUR SERVICE**

- HRV – Heat Recovery Ventilators • Gas Furnaces & Filters
- Air Conditioners • Duct Cleaning • Fireplace Cleaning
- Warranty Work On All Makes • Annual Cleaning
- Humidifiers • Gas Hook Ups

For peace of mind ask about *Phoenix Good Sense Warranty*.

• *Sales • Service • Installation*

• **SAFETY • SAFETY • SAFETY •**

T.S.S.A. says clean & inspect furnace each year.  
Gas + electricity = carbon monoxide • heat • water  
Tips on carbon monoxide detector placement  
visit: Ontario Fire Chiefs [www.oafc.on.ca](http://www.oafc.on.ca)

\*Call for Free "In Home"  
quotes on all new equipment



**1-866-773-1033**

Visit [phoenixheatingcooling.ca](http://phoenixheatingcooling.ca)

**Serving Ballantrae Residents Since 2000**

**RESIDENTIAL SPECIALIST**



# Dinner Dance Kicks off the Christmas Season in Style

BY BLAIR TULLIS

We knew it was going to be a great evening when the band had the dance floor rocking before dinner. Terry Crawford and the Retro Rockets quickly had the crowd at this year's Christmas party boogying all night. That helped burn off some of those yummy dinner calories and kept revellers away from their sometimes "jammies-by-nine" ritual.

Jenny Gould and her committee transformed the Recreation Centre into a winter wonderland. A late cancellation by the planned entertainment turned out to be a blessing in disguise when one committee member recommended the band that had played at her wedding. Thanks to all of the volunteers for organizing a wonderful event... including Kathy Billington and her *papier maché* turkey.



# Ballantrae Choir Christmas Concert

BY PAT WOOD

Another Christmas. Another Concert. Many in our audience have told us our traditional concert marks the start of their festive season.

Each year our director, Lisa Kyriakides, challenges us with new music added to a few old favourites. Lisa sang a beautiful rendition of *Mary Did You Know* and Lorraine Farro, our neighbour and helpful choir coach, played a challenging violin duet with her husband Ron. Dave Parsons and his trio entertained at intermission while the audience enjoyed hot cider and goodies provided by the choir and Social Committee.

From the hauntingly beautiful *Pacem* to the silliness and fun of *You're a Mean One, Mr. Grinch* and *The Twelve Days After Christmas*, the concert captured the true essence of the holiday season.

Consider joining our choir. It really is a happy and uplifting experience.



# Q&A

BY ANITA DRAYCOTT

## WITH FRANK ALLISON

*For the Birds*



Photographer Frank Allison in Phoenix, Arizona



Hairy Woodpecker, Muskoka



Keel-billed Toucan, Costa Rica



Resplendent Quetzal, Costa Rica

### How did you get involved in bird photography?

I was fascinated with birds as a young child. But I kept it a secret because growing up in Wirral, near Liverpool in England, watching birds wasn't considered very cool and certainly not macho. Now I have been photographing them for about twelve years but pretty much in isolation. I like to go out into the woods by myself where I usually lose all sense of time. I don't consider myself to be a professional photographer or a true birder. I don't keep lists of sightings.

### What is it about birds that you like?

I had a fairly demanding career in heating and air conditioning and getting out in nature was, and still is, my great escape. My first love is watching the birds; getting a good shot of them is just a bonus. It's funny, I can walk around a shopping

mall for an hour and feel tired, but when I'm out trekking through the woods or wilds I can go for hours. For me, spotting birds is a totally absorbing passion.

### You have some fabulous photos.

#### What's your secret?

I am very patient and I'm good at getting close to my subjects. It helps to have a good digital camera because you can shoot all sorts of junk but usually there will be one good one in the bunch.

### What sort of equipment do you use?

I use a Canon EOS 7D and 100 mm to 400 mm zoom lens. To get a meaningful shot you must be within 50 feet. I also use Swarovski binoculars; they are the best.



### **I understand that you have travelled extensively.**

Yes, my wife Elizabeth and I have been to India, Alaska, Europe and on various safaris in Africa that were really life changing. I realize that I'm in the twilight of my life so I want to take as many outdoor adventures as I can until the old legs give out.

### **What's next on your bucket list?**

We want to do the Panama Canal and Galapagos. Also, Pantanal in Brazil is famous for its wildlife after the monsoons. Wherever there is wildlife that's where I want to be. Elizabeth, who works as an education volunteer at the Toronto Zoo, prefers mammals to birds and isn't too keen on roughing it so we are also considering a river cruise in Europe.

### **Are there certain photographs that are your pride and joy?**

There are probably two: the snowy owl and red-tailed hawk because the true challenge is to capture them in their natural habitat.

### **Have you had any dangerous encounters?**

In Playa del Carmen, Mexico, I wandered off the beaten path in the botanical gardens and came face to face with what I first thought was a jaguar, but it was an ocelot. Near the Everglades in Florida, I got totally absorbed and lost all track of time and direction. It was getting dark and I was disoriented and tired and walking along a dry riverbed. I looked down and there was a fresh paw print of a panther. I figured it was stalking me. Fortunately, some teenagers showed up in an ATV and rescued me. It was embarrassing.

### **What's your advice to wannabe bird photographers?**

Buy the best equipment you can afford. Keep it light and portable. Invest in some field guides. Start out in your own backyard then branch out into local parks and trails. Join a group. I belong to the Royal Society for the Preservation of Birds. A good resource for tours and more is [www.naturescapes.net](http://www.naturescapes.net)

*Continued on page 25*



*Red-tailed Hawk, Whitby*



*Comfort and quality at its best!*



## Visit us to take advantage of our Spring Specials

Stouffville Fine Furniture offers a unique selection of classic, traditional and modern dining room furniture, bedroom furniture and living room furniture.

**STOUFFVILLE FINE FURNITURE**

[stouffvillefinefurniture.com](http://stouffvillefinefurniture.com)

905-642-6774

# hanson's

chinese & pizza



Come join us for lunch or enjoy a cozy dinner with family and friends - we're only a short drive away. If you prefer to stay in, we can deliver dinner right to your front door.

**Tel: (905) 888-1818 3721 Aurora Rd., Stouffville**  
[www.HansonsRestaurant.com](http://www.HansonsRestaurant.com)



## BALLANTRAE PLAZA VETERINARY CLINIC

Dr. Karen Drewell, DVM

*Small Town Friendly, Quality Care...  
Genuine Concern for People & Pets.*

Preventative Health & Medicine  
Wellness & Vaccine Programs  
Surgical & Dental Services  
Diagnostic Imaging  
Therapeutic Laser  
Behavioral & Nutritional Counseling

**New Clients Always Welcome!**  
Saturday & Evening Appointments Available

**905-642-3349**

1 Felcher Boulevard  
(off Hwy 48, one road south of Aurora Rd)  
[ballantraeveterinaryclinic.com](http://ballantraeveterinaryclinic.com)





### What's your best birding experience?

Costa Rica. I signed up for a birding expedition (flyinghamiltons@comcast.net) and the guides taught me a lot. They also persuaded me to shoot raw instead of JPEG. It's challenging and I'm still trying to figure out the new system on my computer. It was on that trip that I photographed the resplendent quetzal, reputedly the most beautiful bird in the western hemisphere. Avid bird enthusiasts travel all the way to Costa Rica with the hopes of seeing one. I was lucky.



*Green-crowned Brilliants (male and female), Costa Rica*



*Common Loon, Peterborough*



*Great Blue Heron, Aurora*

## CALLING ALL NATURE BUFFS

Durham Nature provides educational opportunities and fosters awareness of nature, particularly flora and fauna, as well as earth sciences and astronomy. They lead and facilitate field trips to learn and experience nature, as well as promoting the protection of nature, biological diversity and sustainability within North Durham.

[www.northdurhamnature.com](http://www.northdurhamnature.com)



# Ballantrae Pharmacy

**NOW OPEN!**

**WE DELIVER  
ALL DRUG PLANS ACCEPTED  
EASY PRESCRIPTION TRANSFER  
NO DRUG PLAN, NO PROBLEM. TALK TO US.**

 **PharmaChoice**

**3 FELCHER BOULEVARD  
BALLANTRAE, ONTARIO L4A 7X4**

**PHONE: 905 642 5555  
FAX: 905 642 5550**

## **Water Systems Plumbing & Drains**

905-726-9224 877-605-2020

[www.watersystemsplumbing.com](http://www.watersystemsplumbing.com)

**Plumbing Repairs & Installations**

**Drains Services**

**Water Quality Specialist**

**30+ yrs experience, fully licensed**

**Senior's discount**

*Call The Plumber*

## **LANT INSURANCE BROKERS**

(A Division of Wayfarer Insurance Brokers Limited)

*Canada's Leader In Classic Vehicle Insurance Since 1978*

**Offering**

**HAGERTY**  
CLASSIC CAR INSURANCE

**Antique, Classic, Special Interest  
and Modified/Street Rod  
Automobile Insurance™**

**37 Sandiford Drive, Suite 100, Stouffville, ON L4A 7X5**

**Tel: (905) 640-4111 • Fax: (905) 640-4450**

**[www.lant-ins.ca](http://www.lant-ins.ca)**

**1-800-461-4099**

# Breath of Fresh Air

BY MARIETTE BLOUIN-JOHNSON

Our second Breath of Fresh Air event, held on Sunday, January 31, was very successful. We were lucky with the mild weather for a walk in the woods guided again by Art Sanders and Tex Bryden.

Sixty participants enjoyed ten delicious homemade soups, plus maple toffee, maple fudge and maple bonbons. Clementines were also appreciated.

*Bonhomme Carnaval*, our guest of honour, dropped in for a short visit due to his busy schedule.

Please plan on joining us next year for this great event if you're in the country!



# Movie Night

BY AJIT SAPPAL

Our first Movie Night was held on Friday, January 29 at the Recreation Centre. Lots of brave souls came out on a freezing evening to see *Woman in Gold*. The movie is about a 1907 masterpiece gold leaf portrait that was looted by the Nazis and the lengthy struggle to get it back by the rightful owner. After a remarkable tug of war, victory prevailed. The movie is so absorbing that for 90 minutes there was pin-drop silence in the room. Fresh popcorn and chocolates were a hit too. Many thanks to my husband, Upkar, for making popcorn for everyone.

Overall, the evening was very successful. Everyone went home happy and appreciative. A big thank you to everyone for attending.

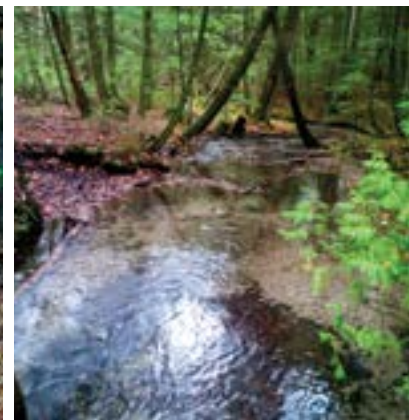




# Take a Walk in York Regional Forests

BY ART SANDERS

We are exceedingly fortunate to live in York Region, with easy access to 18 wonderful forests, containing approximately 5,000 acres in which to walk while enjoying the wonders of nature. The purpose of this article is to introduce you to some of these beautiful forests and their walking trails.



## A FEW TIPS ON HOW TO PREPARE

1. Wear a good pair of hiking shoes or boots.
2. Dress appropriately for the weather conditions, but always wear long pants.
3. Carry a mobile telephone with you.
4. Bring lots of water.
5. Walk with at least one other person.
6. Carry and use a GPS set up for walking. If you do not use a GPS, I would recommend that you take your first few walks in a forest while the sun is visible so that you can recognize the direction that you are going by the position of the sun.
7. Give yourself adequate time to walk so that you don't get caught during sundown.

## FOREST CONDITIONS

During the spring, summer and fall, the walking paths are generally in very good walking condition. Obviously if it rains, these same paths can get muddy or a little slippery. In winter, snow can be deep when it first falls and the paths can get very icy when heavily used, so I would suggest during winter that you wear icers all the time. Icers can be purchased at any outdoor store or Shoppers Drug Mart.

## WHERE TO TAKE A HIKE

### Eldred King

Main entrance on west side of Highway 48 approximately ¼ mile north of St John's Sideroad

This forest is very well used year round. It is a good idea to start walking here as a learning experience. If you do have any problems, you most likely will run into other people who can

help you. It offers varying degrees of difficulty. You can walk for as long as you want by taking different trails but the easier trails will take you around 40 minutes to complete. For starters take the main trail from the parking lot, which goes straight as you head west. Walk for about 20 minutes until you reach a pond. At this point turn left in front of the pond and head back toward the parking lot. You will not see the parking lot from this path, but when you have walked about 20 minutes you will come to a path on your left heading uphill. Take it and you will be at the parking lot. There are many other main trails to tackle as you gain confidence, but they will generate a longer walk with more difficult hills. Once you have built up your confidence you may want to experiment on the beautiful narrow side trails found off the main trails.

### **Dainty Tract**

*West side of McCowan Road just south of Aurora Road with a parking lot*

### **Clarke Tract**

*East side of McCowan just south of Aurora Road with roadside parking*

### **Patterson Tract**

*Just north of Aurora Road on McCowan on the east side with roadside parking*

These three tracts are quite small and easy to negotiate. Dainty and Paterson basically are rectangular. Clarke has a few more trails, but they are not complicated. I caution you to avoid the Clarke Tract in the height of mosquito season.

### **North Tract**

*West side of Highway 48 about ¼ mile north of Vivian Road*

This is one of my favourites. It is very large and can get very difficult to negotiate because of the hills and complicated path system, but it's worth the effort.

You can start by using the accessible trail, which has been designed for people in wheel chairs. Flat, with a surface of hard-pressed stone, it is well marked and will take about 30 minutes to complete. During your walk on this trail you will see many other narrower trails. As you gain confidence, you can start exploring these offshoot

trails, but you will have to find your way back to the parking lot, because there is no systematic design to these trails. These narrow trails are really beautiful and fun to walk, but only use them once you are confident. Once you get to know this forest you can design a walk that will last as long as you wish because there are so many options available.

### **Hollidge Tract**

*When I wrote this it could only be reached by the entrance off the 9<sup>th</sup> Line about 1/4 mile north of St John's Sideroad on the west side. The Highway 48 access was closed for construction*

This is a beautiful tract with a lovely creek running through it and a few severe hills to climb. It also houses a new museum (not opened yet).

My recommendation is to follow the main trail off the 9<sup>th</sup> line and walk straight, going down the big hill for 20-25 minutes until you reach the museum. When you are ready to return to your car, keep on the trail to your left, which will eventually take you back to the 9<sup>th</sup> line.

### **Hall Tract**

*North of Aurora Road on McCowan Road about ¾ mile on the east side of the road*

This tract is certainly one of the most beautiful and diversified of those that I walk, but it can also be one of the most difficult both physically and directionally. Use this forest once you are secure in your ability to navigate your way around.

### **Scout Tract**

*North of Cherry Street on the west side of McCowan Road*

Walk straight once you enter the forest until you reach two beautiful ponds. Proceed around the pond until you reach a main trail. Turn right and follow this trail back to McCowan. This walk has one pretty severe hill so be prepared.

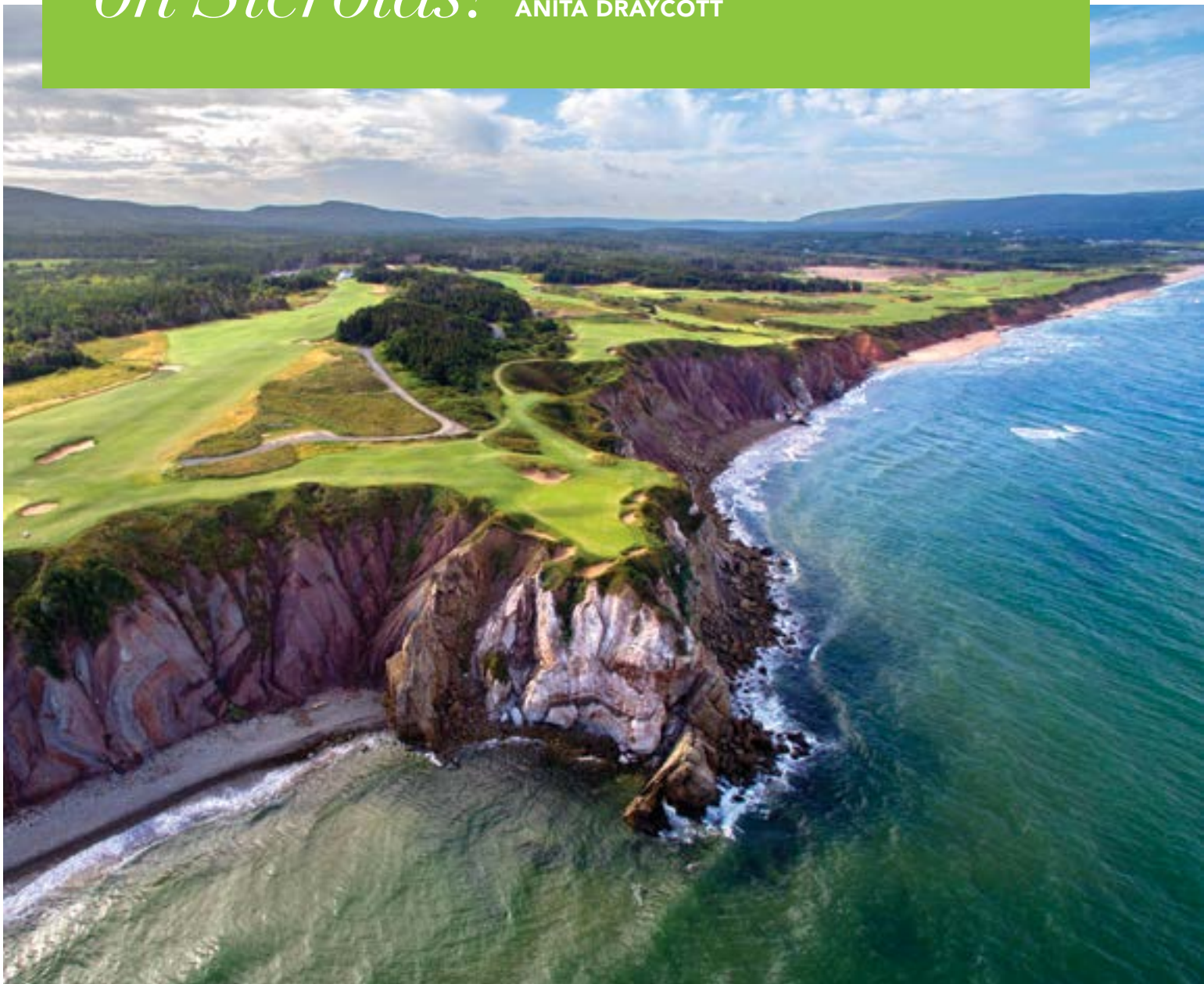
I hope this article encourages you to take that first step on a beautiful, peaceful and serene adventure.

**For more detailed information, google York Regional Forests for many website options.**



# Cabot Cliffs, Cape Breton:

*Better than Pebble Beach  
on Steroids!* BY  
ANITA DRAYCOTT



After playing the new Cabot Cliffs last summer I vowed that if Cape Breton's newest seaside sensation wasn't ranked the number one course in Canada, if not North America, I'd eat my putter. I was right! *Golf Digest* awarded it "Best New Course in America" for 2015 and third in its list of America's 100 Greatest. This is remarkable considering that Cabot Cliffs is only six months old and doesn't officially open to the public until this spring. *Golf Digest* described it as "The second coming of Cypress Point."

When the sister course Cabot Links opened in 2012 it also caused a sensation in the golf world as Canada's first and only true links course. Last summer, the folks who own Cabot Links (Toronto-born Ben Cowan-Dewar and Mike Keiser of the highly ranked Bandon Dunes in Oregon) had a "soft opening" of Cabot Cliffs designed by the acclaimed team of Bill Coore and Ben Crenshaw. *Global Golf Post* described it as reminiscent of "Pebble Beach on steroids." The official opening is June 7, 2016, but some golf writers and resort guests got a sneak preview. My longtime pal and Ballantrae resident, Shirley Hughes and I were among the lucky ones.

About his design of Cabot Cliffs, golf architect Bill Coore remarked, "the greatest curse in life is extreme potential." His partner, Ben Crenshaw added, "We've seen a lot of golf courses, but I don't think I've ever seen a prettier sight than this one right here. Right on the Gulf of St. Lawrence, it's got gorgeous undulations and the movement of the ground is graceful."

Indeed, the fairways tumble and twist down from a forested glade high above the sea. They meander up and over dunes, cross meadows and ravines and skirt ragged cliffs. There's an empathetic harmony between the golf course design and the rollicking terrain—an ebb and flow with endless sea views. And although there's no lack of WOW factor, a romp over Cabot Cliffs feels natural. There's a rhyme, a reason and a natural rhythm to this masterpiece.

We played with Cabot's Golf Professional Emeritus, Joe Robinson, one fine July afternoon. The temporary clubhouse was a yurt and the driving range was still to come, but the course was in remarkably good condition considering it had been open for one week. Standing on the first tee at Cabot Cliffs, inhaling the briny air, feeling the wind rustle my hair, watching the

russet fescue swaying, I wondered if maybe I'd been transported to Scotland. Furthermore, that round island in the Gulf sure looked like Ailsa Craig at Turnberry on Scotland's west coast. It was uncanny.

"Is Mike Keiser so rich that he can afford to tow the Ailsa Craig across the Atlantic Ocean?" quipped another golf writer. No, the locals call this Ailsa clone "Margaree Island." Its real name is Sea Wolf.

There's not a weak hole at Cabot Cliffs and many you will never forget. The most photographed are the green at 16 and the tees at 17, both located on a jagged, windswept promontory. Number 17 is a cliff-hanging drivable par-four. Once you tee off over the chasm, the roll of the fairway propels





your Titleist towards the green. Birdie this one and you'll be on cloud nine. Eagle it like my friend Shirley did, and you've got bragging rights for life.

I believe the first course, Cabot Links, is even better due to new routing. Now the first hole offers a gentler handshake to your round and if you only want to play nine holes, you finish back at the clubhouse.

Unless you have a medical condition, you do have to walk both courses. You don't have to hire a caddy but I highly recommend doing so the first time playing both tracts. Our caddies, Steve and Keith from Inverness, gave us lots of valuable tips, especially about how to negotiate the cleverly contoured greens. They also provided local colour. Commenting on one of my badly struck shots,

Keith remarked, "That's what we call a mother-in-law. It looked good leaving but didn't go far enough."

The philosophy at Cabot is similar to that at Bandon Dunes. Nothing supersedes the fantastic golf experience. That said, guests enjoy well-designed rooms with floor-to-ceiling windows overlooking Cabot Links and the Gulf of St. Lawrence. The heavenly Beltrami bed linens are custom-made in Italy for the resort. Amenities such as walk-in rain showers, L'Occitane toiletries and Nespresso coffee machines all add up to a top-notch resort experience.

In addition to the 48 rooms, new two and four-bedroom villas are for sale. These units will also be available in the rental program. Each villa is totally equipped with top-end appliances, tasteful furniture and state-of-the-art kitchens and bathrooms.

Everything on the Panorama restaurant menu is good but some dishes are outstanding. The award-winning chowder will never go off the menu. Some guests, including yours truly, request it for breakfast. The lobster ravioli is so rich and decadent it should probably be declared illegal. Go for it.

Panorama is the main restaurant, but now you can enjoy casual fare until the wee hours at The Cabot Public House recently opened on the property. Specialties include thin crust Italian-style pizzas and local craft beers. Also new, The Downstreet Coffee Company on the main street of Inverness, offers baked goods, coffees made by baristas, soups, sandwiches and some specialty items such as bottles of truffle and olive oils. It's a great spot to mingle with the locals over a coffee and scone. You can also buy a fresh baguette and fixings to take a picnic to the beach. Who could have ever guessed that Inverness, a former coal-mining outback would become a world-class golf destination with cappuccino baristas and truffle oil on the main street?

At the end of a memorable day on the links, tucking into some fabulous seafood in the Panorama restaurant, watching the sun slide into the St. Lawrence while the last golfers sink their putts on number 18, is about as good as it gets. The folks at Cabot Links deliver golf as it was meant to be played and life as it was meant to be lived.



# 2015 Ballantrae Curling Bonspiel BY CLIFF JENKINS



## On Time! Under Budget! More Than Enough Fun!

Moving our annual bonspiel to the Uxbridge Curling Club on Saturday, November 21, produced lots of expected fun – and some unexpected but welcome financial results! The fun started with the random draw for teams – and sighs of relief from some wives when they learned they wouldn't be on the same team as their husbands. And after the scheduled mid-afternoon distribution of prizes, there was enough cash in the till to give a \$10 rebate on everyone's \$35 entry fee.

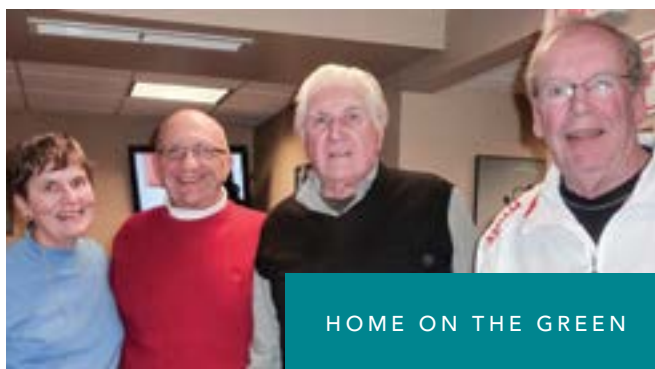
Who would have guessed that moving to a new venue would result in halving the cost of the previous year's bonspiel? Value-for-money increased significantly—so it's no surprise that photos of the event showed many happy faces. The random team draw accomplished two goals. Curlers were able to meet and make new friends. It also resulted in fairly balanced teams with some close games. In the afternoon games, winners of the morning contests competed against other winners—resulting in some tight competitions for the “big money” prizes.

Overall, it was a great deal including a continental breakfast, a sandwich lunch with relish and dessert trays, coffee and tea, plus lots of exercise, prizes and a cash rebate!

The trophy-winning team: skip Bruce Porter, third Ray Grant, second Gary Fletcher, lead Bob Craig. The second place team: skip David Short, third John Stark, second Phil Kostandoff, lead Helen

Mitchell. In third place: skip Wayne Burgess, third Eric Adams, second Cliff Jenkins, lead Liz Jenkins. We thank the following businesses of Ballantrae and nearby communities who generously stocked the prize table: Ballantrae Golf Club; Nonno Crupi's Pizza; Ballantrae Pharmacy; the Tin Mill Restaurant in Uxbridge; Chic Thrills and Trilis Hair Studio, both in Stouffville.

With several members of the Committee retiring this year, we need new people to continue the bonspiel. Anyone with an aptitude for organizing, communications, sponsor recruitment and/or coordinating a caterer, would enjoy the camaraderie in putting together next year's event. If you are (or know of) such a person, please call Cliff Jenkins at 905-640-8216, or speak with any member of the Ballantrae Curling Committee: Helen and Pete Mitchell, Priscilla Rushton, Stew Cannon, Liz and Cliff Jenkins.





# THE PASSIONATE COOK'S ESSENTIALS Fabulous Foodie Finds!

BY SUSAN GAMBLE



Do you want a break from cooking? Do you enjoy gourmet meals that you can have in the comfort of your own home? Would you like a professional *fromager* to help with cheese selections for your next wine and cheese evening? Or would you like a fun cooking class culminating in a delicious meal?

If so, The Passionate Cook's Essentials in Uxbridge – an easy 20-minute drive – is your destination. Founded in 2009, this unusual establishment brings together the skills of Lisa (the owner), a truly "passionate" cook with decades of catering experience in the corporate world; Cecilia, a certified *fromager*; and Sofi, the *sous-chef* and store designer who trained in her father's restaurant.

Their weekly "Friday Night Feast" event is very popular. By checking their website you can see the list of meals being prepared each Friday of the month, order in advance, and pick up the meal any time on your chosen Friday. Just reheat and serve! Past options have

included Passionate Lasagna, Porter Pie, Deluxe Fish Pie as well as a vegetarian option, Vegetable Tagine.

Or if you happened to be passing the area, you could stop and pick up something from their constantly-stocked freezer, such as Butter Chicken, Chicken Cacciatore, Boeuf Bourguignon or a variety of soups.

Cooking classes are held in the evenings (7:00 – 9:30 p.m.) or on Sunday afternoons (12:00 – 2:30 p.m.). They include such appetizing selections as "Tapas & Wine Pairing," "Can't Get Enough Pizza," "Back to Morocco" and "Brunch." But book early because they sell out fast!

The store has a comprehensive selection of cheeses from different countries to please any palate, as well as other unusual treats suitable for guests – or as a special treat for you! Your friends at The Passionate Cook's Essentials will be happy to help you select from their mouth-watering selection of offerings.

Last but by no means least is their impressive selection of kitchenware and accoutrements. You can find specialty items such as Spanish paella pans, pizza stones, fondue pots, hard to find condiments (e.g. Moroccan preserved lemons), kitchen knives of every description, as well as attractive aprons and napkins.

When you feel like something different – drop by and give them a try!



## THE PASSIONATE COOK'S ESSENTIALS

68 Brock Street West, Uxbridge

Tel: 905.862.3359

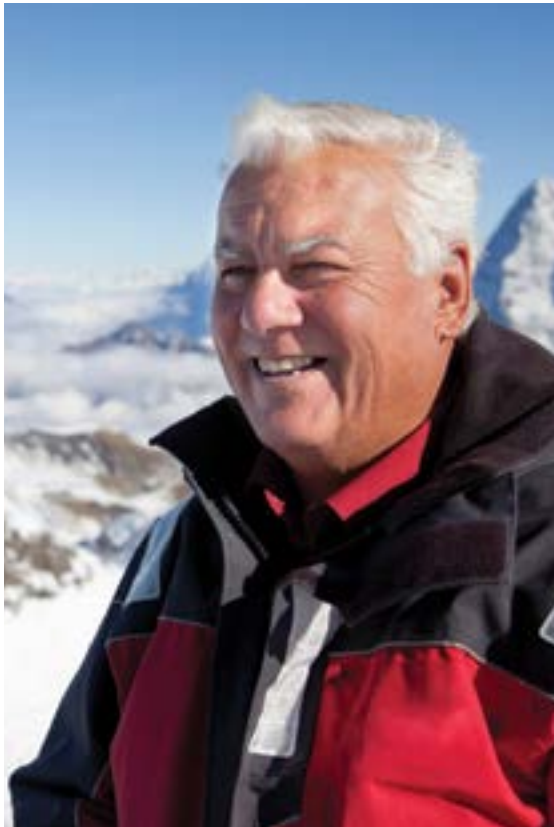
[www.thepassionatecook.ca](http://www.thepassionatecook.ca)

### Hours of Business:

Monday to Friday 10:00 a.m. – 6:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Sunday 11:00 a.m. – 4:00 p.m.



# Smile! Golf season's just a few weeks away

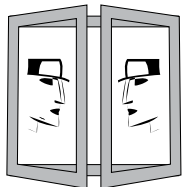
You're always working on your game, but what about your smile? Regular preventative care through the Winter means a carefree Spring back on the links, with no dull toothache, loose molar or uncomfortable sensitivity to take your mind off your game.

And what's better than a bright, healthy smile to get you through these dark winter evenings?

Experienced advice. The care you need.  
Book your appointment today (905) 642-7474

**STOUFFVILLE**  
**Family Dentistry®**

[stouffvillefamilydentistry.ca](http://stouffvillefamilydentistry.ca)  
6212 Main St. (just east of the Train Station)



**TWINS**  
WINDOWS AND DOORS  
*Over 40 Years Experience!*

Adi Krikunez  
[www.twinswindows.com](http://www.twinswindows.com)

**Specializing in:**  
*Vinyl Windows  
Stained Glass  
Patio Doors  
Steel Doors*

**CALL TODAY!**  
**416-473-0520**



**www.airyork.ca**  
info@airyork.ca

**Worry Free Airport Transportation Since 1989**



**Airport Service**  
Scheduled Shuttle  
Shared Ride Door to Door

Airport Parcel Express Delivery (2-3 hours)  
Charter Service (6-14 passengers)  
All kinds of event Packages

**Toll: 1-888-795-2777 • Tel: 905-727-8861**  
**Booking Hours: between 8 a.m. and 5 p.m.**

*Charlinda*  
Belgian Chocolates & Café

Self Indulgence...  
Gluten & Lactose Free  
Diabetic Chocolate

"A Taste Beyond Compare"

**Personal & Corporate Gifts**  
Belgian Chocolates • Chapmans Ice Cream • Frozen Yogurt  
Milk Shakes • Coffee & Tea • Gourmet Fudge

**www.charlinda.com**

**14811 9th Line • 905.640.8089**



**YOUR DEALER  
ALTERNATIVE**

Regular Maintenance  
To Complete Builds  
**Specializing in BMW,  
+ Mercedes**

**Tel: 905-841-7771**  
**120 Ram Forest Rd. Unit 1**  
**Gormley, ON L0H 1G0**  
(east of Woodbine & south of Aurora Rd.)  
**www.tmwerkes.ca**

# Calming Classes

## FOR THE CLUTTERED MIND

BY SUSAN GAMBLE

### YOGA

If you are interested in the calming practice of yoga, consider taking one of BGCC's yoga classes. Our dedicated yoga instructor, Lydia Pollock, specializes in helping people of all abilities, whether you suffer from challenges such as MS, Parkinson's or stroke, or are a seasoned yoga practitioner.

Lydia has lived in our community for over seven years. She has more than 1,000 hours of yoga training under her belt, having studied mainly in Kripalu Yoga, based in Massachusetts. She continues to practice regularly with inspirational teachers to help keep herself healthy both in mind and body so she may better serve her students.

Four classes are available:

Gentle Yoga	Mondays at 5:30 p.m.
Deepen Your Yoga	Tuesdays at 9:30 a.m.
Chair Yoga	Wednesdays at 4:30 p.m.
Yoga Mix	Fridays at 9 a.m.

To enroll in classes, simply call the Recreation Centre office. For more information, visit Lydia's website at [www.lydiayoga.com](http://www.lydiayoga.com)

### MEDITATION

Another way to rest, relax and restore your body's balance is to practice meditation. BGCC offers a Learn to Meditate class on **Mondays from 4 to 5 p.m.** conducted by Karen Dermody.

Karen is also a resident in our community. She has a variety of qualifications, both in meditation and related fields. Karen is qualified in Healing Meditation, Therapeutic Touch, Reiki, Reflexology, Yoga, Bowen Therapy and Acupuncture. She is also a Registered Massage Therapist.

Why not try the wonderfully calming and healing practice of Meditation? Just call the Recreation Centre office. Visit Karen's website at [www.heartwindwellness.com](http://www.heartwindwellness.com)







## Stouffville Family Footcare

*Donna Shevelfelt D.Ch.*  
**Chiropodist • Foot Specialist**

### Services:

- Custom Casted Orthotics
- Ingrown Toenail Surgeries
- Arthritic, Elderly and Diabetic Footcare
- Thick, Fungal and Ingrown Toenails
- Callous, Corns, Warts
- Soft Tissue Surgery (wart, cyst, tendon release)
- Bunions, Hammer, and Claw Toes
- Heel, Arch and General Foot Pain

### We Carry:

- Simcan Socks
- Powerstep Insoles
- Orthopaedic Footwear
- Footcare Medical Supplies
- JOBST Medical Compression Stockings & Support Wear

**Call to Book your Appointment**  
**No Referral Necessary / New Patients Welcome**

**37 Sandiford Dr., Suite 102**  
**905-640-7703**



Perma-Seal GTA provides to our customers best service at an affordable price.

We never sacrifice the quality of our workmanship. No Job is too small as we treat each project with the same meticulous attention to detail.

Our Clients receive the best possible service in the industry!

Don't Just Seal

# PERMA-SEAL

Your Sealing Specialists

**416-875-5912** [info@permasealgta.ca](mailto:info@permasealgta.ca)

### Protect your investment...

- Repairs/Relevel
- Brick Pavers
- Stamped concrete
- Natural Stones
- Exposed Aggregate
- Specializing in sealer applications since 2000
- Choice of natural look, wet look or Nulook
- Tinted
- Choice of joint sand



Garage Floors  
Repairs/Relevel  
Powerwashing - Stain-Removal  
Resanding of Paver Joints  
BBQ islands available (see website)

[www.permasealgta.ca](http://www.permasealgta.ca)



RBC Dominion Securities Inc.

## WEALTH MANAGEMENT ADVICE IN BALLANTRAE

For over 19 years, Alasdair has been helping clients achieve their financial goals.

Contact him to discuss:

- Retirement strategies
- Discretionary or managed portfolios
- Charitable giving
- Tax-efficient transfer of assets
- Will and Power of Attorney reviews



**ALASDAIR PATTON**  
Vice-President  
& Portfolio Manager  
RBC Dominion Securities  
905-841-5059  
1-855-214-1263  
[alasdair.patton@rbc.com](mailto:alasdair.patton@rbc.com)



**RBC Wealth Management**  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15\_90409\_H7C\_001

# CAUTIOUS MOVING & STORAGE LTD.

**"Moving, Storage  
and Disposal"**

**6392 Main Street East,  
Stouffville, ON L4A 1G3**  
**(905) 640-3622**



*Recommended by*  
**CARD'S APPLIANCES**

## BGCC Tennis Club 2016

If you are new to the community or have been a resident for some time, our tennis club is always looking for new members regardless of their skill levels. We have various programs to accommodate your past experience and to help promote new levels of expertise. Existing members also offer a mentoring service to new members to help integrate them into our club.

To our existing membership, we look forward to enhancing our programs and socials for 2016. Our year starts at the Recreation Centre with **Registration Day on Saturday, April 23 from 10 a.m. to 1 p.m.** Come meet our executive and program directors who volunteer to administer rules and timetables. Refreshments are provided.

Our 2016 event dates and court schedule times have been posted on the BGCC website providing information that allows early pre-planning so that you can participate in the variety of programs offered.

**Our Get Acquainted Social (May 14) for new and old members alike and Canada Day Social (July 1) are popular events. Food and fun, along with prizes, are part of the organized round robin format.**

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

## Men's Night Out

Tuesday, April 19, 2016

### LOCATION

Peter's Steakhouse

### TIME

6:00 p.m. Cocktails & Appetizers

7:00 p.m. Full Sit-Down Dinner

### PRICE

\$40 (tax & gratuity included)

### PLEASE CONTACT

Bruce Hyland at 905-642-4984

## Dave Parsons Quintet

Sunday, April 24, 2016

### LOCATION

Recreation Centre

### TIME

2:00 p.m.

### TICKETS

\$15

Refreshments provided

### PLEASE CONTACT

905-640-2790



## 20% OFF FIRST VISIT

Our stylists at Fame International Salon and Spa are trained in the latest hair cutting and styling techniques and keep up-to-date with the latest hair trends for men and women. As an Aveda salon our expert hair colourists trust in Aveda which delivers long-lasting hair colour that is kinder to your hair, your skin and the environment. Aveda uses only products of the highest quality that are ethically sourced and natural, taking much of their goodness from plants and flowers. Our aim at Fame International Salon and Spa is to deliver the highest levels of customer service and to ensure you leave our salon and beauty spa looking and feeling amazing.



5892 Main Street, Stouffville, ON 905-640-2299  
43 First Commerce Drive, Unit 4, Aurora East, ON 905-713-2399  
[www.famesalonspa.com](http://www.famesalonspa.com)



"A good golfer has the determination to win and the patience to wait for the breaks." Gary Player

A True Class Player... Call Gary for your real estate needs.

**GARY HODDER**  
SRES® REAL ESTATE SALESPERSON 2014 2015

Direct: 289.221.8081  
Office: 905.727.3154  
Email: [garyhodder@royallepage.ca](mailto:garyhodder@royallepage.ca)  
Seniors Real Estate Specialist®

**[www.ballantraehomes.com](http://www.ballantraehomes.com)**

Not intended to solicit clients currently under contract with another brokerage. \* For Royal LePage, based on Real Estate sales of Independently Owned Royal LePage Franchises in 2015.



## Monthly Water Volleyball

After the 2013 Ballantrae Summer Games, a number of people asked if water volleyball could be played year-round. Iggy Natoli contacted the Recreation Centre with the consequence that the second Sunday of each month, from 11 a.m. to 12:30 p.m. is reserved for recreational water volleyball. A lifeguard is always on duty. After Iggy's mild stroke in 2014, Alex Lindsay assumed the coordinator's role.

The rules are "bent" to make the games more enjoyable. Those who attend regularly say that their skill level has improved and that they enjoy the longer rallies. And should you be looking for a bit of a cardio workout what could be more fun?

There is no cost to the players. No prior experience is necessary. Simply show up!

Should you be interested in receiving an email notification that is sent out a week ahead of time as a reminder, please contact [mrandsrsl@rogers.com](mailto:mrandsrsl@rogers.com)



## Ladies' Dine Around

Tuesday, May 17, 2016

### LOCATION

Peter's Steakhouse

### TIME

6:00 p.m. Cocktails & Nibbles  
7:00 p.m. Full Sit-Down Dinner

### PRICE

\$40 (tax & gratuity included)

### PLEASE CONTACT

Kathy Billington  
[kathy.billington@rogers.com](mailto:kathy.billington@rogers.com)

## Welcome Back Party

Saturday, May 14, 2016

### LOCATION

Recreation Centre

### TIME

2:00 p.m. - 5:00 p.m.

### TICKETS

\$10 per person  
Pizza • Cash Bar • DJ

### PLEASE CONTACT

Ron Brewing  
Tel: 905-640-8836

## Stouffville Therapeutic Centre

FOR MASSAGE, SHIATSU & REFLEXOLOGY

37 Sandiford Drive, Suite 206

Stouffville, ON L4A 7X5

stcrmts@gmail.com

www.stouffvillemassage.com

**905-642-4237**

Your Massage Therapists are:

**Marita Concil** R.M.T.

**Jadwiga Brzozowska** R.M.T.

**Michael Hayes** R.M.T.



## Lindy's Floral Boutique

905-640-2632

Lynda Sargeant

6287 Main Street  
Stouffville, ON L4A 1G5

FOR ALL YOUR

## REAL ESTATE NEEDS

Call someone who cares



Over 25 years  
of professional  
friendly service

Living, Working & Enjoying  
the Ballantrae Community

Free market evaluations  
are always a pleasure



\*Not intended to solicit clients under contract\*

**EVA ADAMS**

Sales Representative

Call 905 640 2843

1 800 637 1312

**ROYAL LEPAGE**

Connect Realty

MEMBER OF THE REALTOR ASSOCIATION

## TRAVEL WITH PEACE OF MIND FREE UP YOUR TIME!

Serving the BGCC Residents since 2004

- ✓ House Sitting - Cat Sitting
- ✓ House Cleaning Services
- ✓ Window Cleaning Services
- ✓ Small House Repairs



Referrals on Request

**Call Jacqui 905 642 3170**

jrpugh@rogers.com

*Jacqui's  
House Services*



**Hours of Operation**  
Monday: Closed  
Tuesday - Friday: 10 - 7  
Saturday: 10 - 6  
Sunday: 11:30 - 5

**Tel: 905-773-5551**

www.othfm.com

www.facebook.com/OffTheHookFishMarket

**13461 Yonge Street - Unit 3, Richmond Hill, ON L4E 0L2**  
(Just south of Bloomington Road next door to the Beer Store)

## Stitch in Tyme

- **UPHOLSTERY** •
- **FREE IN-HOME CONSULTATIONS** •

- Reupholstery of contemporary or traditional furniture
- Custom made upholstered furniture
- Thousands of fabric choices
- Web and coil springing
- Replacement cushioning
- Diamond tufting



Phil Smith

**905-478-2016**

**stitchintyme.ca**

203 Mt. Pleasant Trail  
RR#1 Sutton, ON L0E 1R0

**Family business established 1977.**



## Fallsview Casino Trip

Thursday, May 26, 2016

### TIME

9:30 a.m. - Departure from Recreation Centre  
4:45 p.m. - Departure from Casino

### TICKETS

\$18 (includes \$10 credit for gambling)

### PLEASE CONTACT

Gisela Weger at 905-642-2503

## Live Horse Racing at Woodbine Racetrack

Friday, June 17, 2016

### TIME

Bus leaves the Recreation  
Centre at 9:30 a.m. and returns at  
approximately 5:30 p.m.

### TICKETS

Cost is to be determined but it will  
include a \$15 gambling credit and a  
delicious buffet lunch.

### PLEASE CONTACT

Gisela Weger at 905-642-2503

## Happy Hour Fun

Wednesday, June 1, 2016

### LOCATION / TIME

Recreation Centre / 4:30 to 6:30 p.m.

### TICKETS

\$5 per person / Snacks & Cash Bar  
Music by the Pacemakers

### PLEASE CONTACT

Kathy Billington, 905-591-1390

## Stratford Festival *A Little Night Music*

Tuesday, September 20, 2016

**Great seats! Wonderful lunch!**  
**Comfy coach!**

### TICKETS

\$125 per person

### PLEASE CONTACT

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

## Canada Day Celebration

July 1, 2016

### LOCATION

Recreation Centre  
*Snacks, Music & Cash Bar.*  
*Prizes awarded for best*  
*costume & best hat.*

### TIME

2:00 p.m. - 5:00 p.m.

### PLEASE CONTACT

Jenny Gould, 647-694-9640

# COMFORT MASTERS

Heating • Cooling • Air Quality • Fireplaces

Formerly Stouffville Home and Comfort

info@comfortmasters.ca

www.comfortmasters.ca

905 • 642 • 3000

## End of Year Furnace Blowout!

Move up to Higher Efficiency and Comfort

SAVE up to

**\$3950** in rebates.

Huge Manufacturer and Provincial  
Rebates Available Now.

### A few of our services:

- Heating
- Air Conditioning
- Indoor Air Quality
- Duct Cleaning
- Humidifiers
- Gas Fireplaces & Stoves
- Custom Mantels & Surrounds
- Heated Floors
- Tankless Water Heaters
- Home Security & Alarms

We're on-call 24/365 for you.

Pre-season Spring  
A/C Maintenance

ONLY **\$79.99**

Please mention coupon  
when booking

Furnace or A/C  
Diagnostic

ONLY **\$59.99**

Emergency After  
Hours Diagnostic

ONLY **\$89.99**

We service all makes and models.



**We are here for you!**

**OFFERING 24 HOUR EMERGENCY SERVICE.**

Dave Lennox  
**PREMIER DEALER**  
**LENNOX**



# Potluck

Potluck is a new feature in HOTG. We encourage you to share some of your favourite recipes for future issues. Please send them to [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com)

## THE "MOLDON SPECIAL" DESSERT

**FROM MARNA MOLDON**

*I inherited this easy-to-make recipe from my mother-in-law, Madeleine. My friends in BGCC always ask me to bring it to various social events. It is best prepared a day in advance and provides about 20 servings. Expect requests for seconds!*

- 1 box of Honey Maid Graham Wafers
- 1 package (160 grams) Shirriff Vanilla Cooked Pudding & Pie Filling
- 1 cup icing sugar
- 1 cube Baker's semi-sweet chocolate
- ¼ tsp vanilla extract
- 1 pint 35% whipping cream
- 3 cups cold milk

Small quantity of one of the following garnishes: pecan pieces, blanched slivered almonds, natural sliced almonds

Line the entire bottom of a 9 x 13-inch glass baking dish with graham wafers. Prepare the pudding and pie filling as per package instructions with the cold milk. Bring to a boil and stir until it thickens. Pour the pie filling evenly over the graham wafers in the baking dish and place in the refrigerator to cool. Meanwhile, add vanilla extract to the whipping cream in a large bowl and whip with beaters until fluffy. Remove the baking dish from the refrigerator and create a smooth layer of whipped cream over the pudding. Place a second layer of graham wafers on top of the whipped cream. Heat a cup of water to a boil in the microwave and slowly add some to the icing sugar to create a runny paste. Spread a thin glaze of this icing sugar paste over the top layer of graham wafers. Warm the cube of semi-sweet chocolate in your hand and then use a potato peeler to add chocolate curls to the top of

the glaze. Complete the dessert by adding a sprinkle of one of the garnishes. Cover with plastic wrap and place in the refrigerator overnight. Serve in graham wafer size portions.

## MILLION DOLLAR CHICKEN (MOROCCAN STYLE)

**FROM DARLENE KINNEY**

*The recipe was given to me by a friend who found it on the Internet. It won first prize (\$1 million) in a national cook-off several years ago. It is a wonderful combination of flavours, quite easy to make and very economical. I have also substituted boneless, skinless breasts for the chicken thighs and it works just fine. The thighs are definitely better though as they are moister.*

- 1 tbsp olive oil
- ¼ cup chopped almonds
- 2 cloves garlic, minced
- 8 chicken thighs, skinned and boned
- 1 cup bottled salsa
- ¼ cup water
- 2 tbsp dried currants
- 1 tbsp honey
- ¾ tsp ground cumin
- ½ tsp cinnamon
- 3 cups hot cooked couscous or 3 cups cooked rice

Heat oil in skillet over medium high heat until hot. Add almonds and cook until golden brown. Remove with slotted spoon and set aside. Add garlic and chicken to same skillet that almonds were cooked in. Sauté, turning once, for 5 minutes or until browned. Mix together salsa, water, currants, honey, cumin and cinnamon. Add mixture to chicken and stir well. Reduce heat to medium, cover and cook. Stir and baste occasionally for

20 minutes. Add more water if necessary. Serve over couscous or rice. Top with chopped almonds.

## GOAT CHEESE SPREAD

**FROM ALISON SCOWCROFT**

*This is a simple appetizer, bursting with Mediterranean flavours, that you can make ahead.*

- 1 pound goat cheese, cut in rounds
- 2 cloves garlic, smashed
- ½ tsp rosemary
- ½ tsp thyme
- 1 tsp black peppercorns
- 1 tbsp parsley, freshly chopped
- 2 tbsp basil, freshly chopped
- ½ cup Kalamata olives, pits removed
- ¼ cup sundried tomatoes
- 1 cup extra virgin olive oil

Mix all ingredients, except cheese. Pour over cheese and marinate for as long as you can wait. Serve with crackers or thinly sliced baguette.

## PEPPERCORN SAUCE

**FROM SHIRLEY HUGHES**

*This delicious sauce really dresses up a steak or roast beef.*

- 2 tbsp butter
- 5 shallots, chopped
- 4 tbsp brandy
- 2 tsp Dijon mustard
- 2 tsp crushed coloured peppercorns
- 1 cup whipping cream or coffee cream (fewer calories!).

Melt butter, add shallots and cook on low heat until soft. Stir in brandy, Dijon, cream and peppercorns and simmer for 5 minutes. If you make this ahead and it becomes too thick, add a little more cream. Serve warm.

## STOUFFVILLE JOINT VENTURE PHYSIOTHERAPY & FITNESS

IS PAIN PREVENTING YOU FROM  
ENJOYING YOUR LIFE?  
COME SEE OUR REGISTERED PHYSIOTHERAPIST.

~TOTAL JOINT REPLACEMENTS ~ARTHRITIS  
~SPORTS INJURIES ~BACK & NECK PAIN  
~SHOULDER PAIN ~REPETITIVE STRAINS

### OTHER SERVICES

~PERSONAL TRAINING ~FITNESS PROGRAMS  
~DIETITIAN SERVICES ~WEIGHT LOSS  
~MASSAGE THERAPY ~

Medical services covered by EXTENDED HEALTH CARE,  
EMPLOYEE BENEFITS, WSIB AND MVA INSURANCE.



(905) 642-7004

34 CIVIC AVENUE, THIRD FLOOR  
STOUFFVILLE, ON L4A 1H2

sjvphysio@rogers.com

WWW.STOUFFVILLEJOINTVENTURE.COM



**Tri-Aqua Water Systems**  
Sales-Service-Rentals  
Repairs to All Makes

Toronto 416-412-1071  
Stouffville 905-642-9077  
Newmarket 905-841-2990  
Toll Free 1-888-663-3368

"The right unit for the right  
job at the right price."



[www.TriAquaWater.com](http://www.TriAquaWater.com)

## DR. BETH WILLISTON

### DENTIST

12 Park Drive South  
Stouffville, Ont. L4A 1G4  
(905) 640-6688

YOUR  
Community  
REALTY

ROYAL LEPAGE

BROKERAGE INDEPENDENTLY OWNED & OPERATED

**Gary Davis**

Sales Representative

OFFICE: 905-940-4180

CELL: 416-803-1908

EMAIL: gdavis905@yahoo.com



CALL **GARY DAVIS: 416.803.1908**

**YOUR BALLANTRAE NEIGHBOUR**

KNOWLEDGE EXPERIENCE EXCEPTIONAL SERVICE

# GOLF, GOLF & MORE GOLF!

## Monday Nine & Dine Golf BY DEB & TREVOR KIMPTON

The Monday Nine and Dine group will meet on May 16, weather permitting, for our first nine-hole scramble of the year.

All are welcome to join as either regulars or spares. We will be playing about ten times (providing the weather cooperates). The first tee time is 4 p.m. When we finish, we gather in the clubhouse for dinner and conversation.

If you are interested in joining us for a no-pressure evening of fun, give us a call at 905-642-6426 or email [Monday9andDine@gmail.com](mailto:Monday9andDine@gmail.com)

We look forward to seeing you for another great golf season.

## Join the Ballantrae Ladies' Golf League

If you enjoy playing 18 holes of golf plus the fellowship of friends and neighbours this is the league to join.

We play every Monday from May through September. Generally we play a "fun" game while also allowing you to play your own individual game. All levels are welcome.

### WELCOME COFFEE & REGISTRATION

Monday, April 25 at 10 a.m. in the Recreation Centre

### OPENING SCRAMBLE & FUN DAY

Monday, May 2, at 8:30 a.m.

The golf registration of \$50 includes the opening coffee get together and the final luncheon.

For more information, contact Sandy Hinch at 905-591-3552 or 289-301-5627 or [sandyhinch@hotmail.com](mailto:sandyhinch@hotmail.com)

## Ballantrae Ladies' Nine-Hole Golf League

The Ladies' Nine-Hole Golf League was started mid season of 2015. We had an excellent response and we are now ready to start our 2016 year as an official golf league of BGCC.

We play every Thursday morning from May until October, alternating play between the front and back nines. We have an enthusiastic group of ladies who enjoy playing stress-free, fun golf. We welcome all new members.

An information and registration coffee meeting will be held on Thursday, April 28, 10 a.m. at the Recreation Centre. League play will begin Thursday, May 5.

If you are interested in joining, please contact Marlene Gillies at 905-640-4408 or [marlenegillies@rogers.com](mailto:marlenegillies@rogers.com)

## Thursday Nine & Dine Golf League 2016

This is a fun get together to encourage golfers of all levels to meet other Ballantrae residents. We play a nine-hole scramble on alternate Thursdays with dinner afterwards in the clubhouse restaurant. Weather permitting we will start in early May.

I am inviting anyone who would like to join us to contact me at [liz.jenkins@outlook.com](mailto:liz.jenkins@outlook.com) or 905-640-8216.



## BALLANTRAE

## Men's League - Special Events Schedule 2016

The Ballantrae Men's Golf League meets every Tuesday from May to September. Prizes are awarded to the winning foursome. Our purpose is to meet our neighbours and to have fun while we enjoy playing golf. New members are always welcome.

The membership fee is \$95 (no fifty/fifty weekly draw), or \$135 if you wish to be included in the weekly draw.

### APRIL 26

Pre-season meeting, 1 p.m. at the Recreation Centre with lunch provided by The Marleigh Retirement Residence Unionville

### MAY 3

Opening Day for golf starting at 8 a.m.

### JUNE 7

Longest Drive, Golf Baseball Challenge (team competition)

### JUNE 21

Special Event with plans TBA  
*Anyone who wishes to plan this event, please contact Jay or Phil.*

### JULY 19

Longest Putt Challenge

### JULY 26

Team Club Championship  
*Bill Burrow Trophy will be awarded to the team with the lowest net score.*

### AUGUST 2

Something different for this date  
Our closing tournament of 2016

### AUGUST 16, 23, & 30

Ballantrae Men's League Individual Tee Championship  
*Everyone qualifies to play in this event.*

### SEPTEMBER 27

Season Finale, Hole-in-One contest  
Prizes for everyone

- Prizes awarded each week
- Closest to the pin
- Weekly fifty/fifty draw
- BBQ each month

Contact: Jay Adams 905-640-2843  
or Phil Kostandoff 905-640-6222

## BGCC Ladies' No Stress Golf League 2016

Another fine summer of golf is just around the corner.

The Ballantrae Ladies' No Stress Golf League plays at the Maples of Ballantrae nine-hole Executive Course every Tuesday, May through September. We are always glad to welcome new members for mornings of fun! We would also like to invite ladies who wish to join us one Friday each month as we explore playing other courses in the region.

Joining our league is a wonderful way to practice your golfing skills in a stress-free environment, plus it's an opportunity to make new friends and to meet neighbours in our community. All levels of BGCC golfers are welcome to join in the camaraderie!

Our golfing season begins with:

### COFFEE MEET & GREET

April 26 at 10 a.m. at the Maples of Ballantrae Club House  
Cost is \$10 to sign up for the season.

### OUR OPENING ROUND WILL BE ON MAY 3, AT 9 A.M.

Come and join us!

For further information please contact:

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

## Sunday Nine & Dine Golf

BY KEN MIYAUCHI



The rains were with us for much of the 2015 golf season so we played on five of the nine dates.

We followed a non-competitive golf format and awarded all prizes through a random draw.

This non-competitive format is now a permanent fixture.

In 2015, we had a full roster of regular players. As well, our complement of spare golfers continued to grow and every spare golfer had at least four opportunities to play during the season.

Our 2015 season-ending event experienced – you guessed it – more rain. Therefore, the 2015 Sunday Nine & Dine Challenge Cup was contested in a team trivia contest. Pat Field, Ron Field, Barb Grasby and Ken Grasby were crowned as the 2015 Champions. Our thanks go to Fia & Andy Caramanico and Porcupine Management (John McLellan & Tanya McGee) for the draw prizes.

The 2016 season is almost upon us and we are looking forward to another year of good company, good food, and sometimes good golf. We get together every second Sunday afternoon. Welcome back to our returning golfers. New players are also welcome.

Contact Ken Miyauchi at 905-640-PLAY (7529) or  
kenmiyauchi@rogers.com

# Join The Stouffville Pickleball Players

**WHERE?** On four dedicated courts for free, self-directed games at Vandorf Park (behind the museum on 14732 Woodbine Ave, near Aurora Rd. and Woodbine Ave.).

**WHEN?** Registration and Social with refreshments, Tuesday, May 24. Drop in to play on Tuesdays, Wednesdays, Thursdays and Saturdays from 10 a.m. to 1 p.m. Tuesdays and Thursdays from 6:30 p.m. to 8:30 p.m.

**COST?** Cost to play is free!

**WHY?** Pickleball is a great way to have fun, get exercise and meet new friends.

**CONTACT:** Dennis Carter at [dwcarter@rogers.com](mailto:dwcarter@rogers.com) for more information.



## Recreation Centre News

The York Region Vacant Land Condominium Plan No 1202, Recreation Centre, commonly referred to as "The 1202," continues to move forward through the outstanding efforts of the three volunteer committees, each made up of five amazing Ballantrae resident volunteers. These volunteers are working diligently to review, comprehend and plan for the future growth development and use of the Recreation Centre.

The 1202 is developing an overall marketing strategy to rebrand and re-identify Ballantrae as an Adult Lifestyle Community.

The 1202 Board is determined to have our residents be aware of all the events going on at the Recreation Centre. To that end we intend to develop an email list of our residents so "The 1202" can reach out to everyone. Watch for news as to how you can ensure your name is on "The 1202" email list.

It is worth repeating that the goal of "The 1202" board is to make the Recreation Centre the cornerstone of health, wealth, illness prevention and community interaction as described in our Vision Statement.

**CAROLE, WAYNE, BILL, HEINZ, KEN**

~ Your 1202 Board



***We have so much to offer.  
...and we're just down the road!***



All-New, Redesigned  
2016 Tacoma

### Comfortable waiting lounge

with fruit, treats, coffee, tea,  
hot chocolate and FREE wi-fi



### FREE hand car wash with service

Professional vehicle detailing service available.

## We know tires.

Every tire customer is unique.  
All have unique vehicles, unique  
driving habits and needs.  
One of our trained professionals  
can help you choose the right  
tire for your vehicle from our full  
range of Canada's top brands.

See our service department for  
details.

WE SERVICE **ALL**  
IMPORT AND  
DOMESTIC VEHICLES

 **OPEN  
EARLY.  
CLOSED  
LATE.** 

**Coming soon:**



Accredited Test  
& Repair Facility

- FREE Shuttle Service
- Low cost service loaners
- Low cost valet service

## Collision Centre

FREE estimates  
on any bodywork,  
whether your  
vehicle has been in a collision or you would  
just like to cleanup any dents and scratches.



# Stouffville



**Getting There. Starts Here.**

1288 Millard Street, Stouffville

**Sales:** (905) 642-6688 or (416) 921-1288

**Service:** (905) 642-9558

[www.stouffvilletoyotascion.ca](http://www.stouffvilletoyotascion.ca)



# 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:

<b>DRIVES</b> To doctor's appointments, physiotherapy, grocery shopping, etc.	<b>ODD JOBS</b> Such as changing light bulbs, dog walking (short-term only), etc.	<b>FRIENDLY VISITS</b>	<b>INFORMATION</b> About community and local resources
---	--	----------------------------	--

**PHONE:** 289-800-2540 (leave a message) or **EMAIL:** [help4residents@rogers.com](mailto: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](http://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:  
Gisela Weger 905-642-2503

## Ballantrae Residents' Directory

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

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

Est. 1988

# STOUFFVILLE

## GARAGE DOORS

# 905.642.3217

For all of your **GARAGE DOOR** Needs!

\*Same Day Service\*

\*Senior Discounts\*



# efame

Barber Shop

AVEDA

**20% OFF  
First Visit**

**43 First  
Commerce Dr.  
Aurora**



**905-713-2399**

[www.famesalonspa.com](http://www.famesalonspa.com)



## Dixon-Garland Funeral Home



[www.dixongarland.com](http://www.dixongarland.com) | 905-294-2030



I hear  
the sounds of  
melting snow  
outside  
my window  
every night  
and with the  
first faint scent  
of spring,  
I remember  
life exists.

*John Geddes,  
Canadian Author  
from: A Familiar Rain*



# More Good Reasons to Visit [www.ourbgcc.com](http://www.ourbgcc.com)

BY PETER SIMS, WEBMASTER

## → **HELP FOR RESIDENTS**

This page not only describes the Volunteer Assistance Program in detail but also links to pages with information on six local agencies that provide help for those with health and disability conditions. Popular ones include CHATS and CCAC.

In addition, there are contact numbers for other agencies and support groups for specific health conditions such as Alzheimer's Disease.

## → **HOME ON THE GREEN**

You can now go directly to the *Home on the Green* page from What's New. Just click on HOTG in the main menu. The latest issue is now just two clicks/taps away!

Back issues are also available to download dating from June 2014. Please note that these are large files so you will want to ensure that you are not downloading over a cellular connection. Ordinary Wi-Fi is fine.

## → **LINKS**

Links provides a convenient way to visit other favourite websites. Just click/tap on any of the entries. A very popular one is Real Estate Listings which takes you to a page showing all houses for sale in Ballantrae.

## → **FREQUENTLY ASKED QUESTIONS**

*My neighbour's iPad has an App labelled ourbgcc. How did she do that?*

Actually it's an icon that is a short cut to our website and it's easily done. Open [ourbgcc.com](http://ourbgcc.com) in Safari. At the top of the screen just to the right of the address bar is a square button with an arrow sticking out the top (Share button). Tapping this will bring up a list of things you can do. Tap on the one that says "Add to Home Screen." That's all!

*What if I have a tablet that runs Android, e.g. Samsung?*

Open the Chrome browser, enter [ourbgcc.com](http://ourbgcc.com) in the address bar. When the site appears, tap on the Menu button then tap on "Add to Home Screen." That's all!

---

## NEWS, ACTIVITIES, HELPFUL INFO & MUCH MORE!





## CARD'S APPLIANCES & TELEVISIONS

6392 Main Street, Stouffville | 905-640-3622

- 49 years in business
- Trade in your old appliances for new
- We will make your delivery seamless
- We offer delivery, installation, hookup & removal
- **YES** we also specialize in **Water Softeners & WEBER Barbeques**



### Rob Croxall

Pharmacist/Owner

Stouffville IDA Pharmacy  
6212 Main Street  
Stouffville, Ontario  
L4A 2S5

Free delivery Mon – Fri

T: 905.640.3324

F: 905.640.3326

*T* Associates  
*in* C

Terry Coulson

*Print Broker  
and Consultant*

- *Design*
- *Printing*
- *Business Forms*
- *Packaging*
- *Promotional Items*

310 Babe's Way, Stouffville, Ontario L4A 0K3

Tel. 416.606.5876 • Email: [tacinc@sympatico.ca](mailto:tacinc@sympatico.ca)



You'll have a *Spring* in your step when you move to

## STOUFFVILLE CREEK

**SUITES  
STARTING AT  
\$3200  
PER MONTH**

- Private suites with ensuite bath and kitchenettes
- Meals freshly prepared by our Executive Chef
- Weekly housekeeping and linens laundered
- 24 hour health care supervision
- Social and recreational programs and much more.

## STOUFFVILLE CREEK RETIREMENT RESIDENCE

VERVE INSPIRED SENIOR LIVING



TEL: 905-642-2902 | 40 FREEL LANE, STOUFFVILLE, ON L4A 0P5 | [www.verveseniorliving.com](http://www.verveseniorliving.com)

# Advertisers Index

# HOME ON THE Green

## Auto Sales, Services, Taxis

Air York, Airport Service	35
Frank's Wexford Service Centres Ltd.	16
Main Street Limousine	16
Pat's Body & Paint	16
Stouffville Chrysler	18
Stouffville Hyundai	18
Stouffville Nissan	55
Stouffville Toyota	49
Total Motor Werkes	35

## Fashion

MR Menswear	4
Peach Tree Originals	6
Peppertree Klassics	4

## Finance, Insurance, Professional Services

Herb Rempel, Hollis Wealth	2
Lant Insurance Brokers	26
RBC Dominion Securities	37
Riverin Law Firm	20
Thomas & Pelman Professional Corp.	12

## Furniture, Upholstery, Cleaning

Bassett Home Furnishings	4
Modern Home Furniture	12
Roto-Static Carpet & Upholstery Cleaning	10
Stitch in Tyme Upholstery	41
Stouffville Fine Furniture	24

## Goods & Services

Ballantrae Geek Computer Services	12
Card's Appliances & Televisions	53
Cautious Moving & Storage Ltd.	37
Chapel Ridge Funeral Home	12
Charlinda Belgian Chocolates & Café	35
Clarkson Auctions & Movers Inc.	12
Dixon-Garland Funeral Home	51
Home Hardware, Markham	55
Jacqui's House Services	41
Lindy's Floral Boutique	41
Off The Hook Fish Market	41
P.C. Doctor	6
Perma-Seal	37
Phoenix Heating & Cooling	20
Redfearn, Zizek & Assoc. Inc., Interior Painting	10
TAC Associates Inc., Print Broker & Consultant	53

## Golf - Ballantrae Golf Club

OBC

## Hair Styling & Spa

Fame International Salon & Spa	39
Fame Men's Hairstyling	55
Mr Fame Barber Shop	51

## Health for People & Pets

Ballantrae Pharmacy	26
Ballantrae Plaza Veterinary Clinic	24
Dr. Beth Williston, Dentist	45
Stouffville Family Dentistry	35
Stouffville Family Footcare	37
Stouffville I.D.A. Pharmacy	53
Stouffville Joint Venture Physiotherapy & Fitness	45
Stouffville Therapeutic Centre	41

## Home Improvement

Comfort Masters	43
Dan the Drawer Man	2
Fischer Custom Cabinets Ltd.	IBC
Kelly & Sons Roofing	8
Lifestyle Oasis Windows & Home Products	10
Patti-Lynn Interiors	IFC
Stouffville Garage Doors	51
Tri-Aqua Water Systems	45
Twins Windows & Doors	35
Water Systems Plumbing & Drains	26

## Real Estate

Royal LePage (Gary Davis)	45
Royal LePage (Joyce Dow)	8
Royal LePage (Gary Hodder)	39
Royal LePage Connect (Eva Adams)	41

## Restaurants

Coach House Pub	4
Hanson's	24

## Seniors Homes

Hollandview Trail Retirement Community	20
Stouffville Creek Retirement Residence	53

## Travel

StoneHouse Travel	6
-------------------	---

## Please Support Our Advertisers

Home on the Green is provided to our residents at no cost. We appreciate our advertisers and hope when you visit them, you will mention that you saw their ad in Home on the Green. Ads containing the house symbol indicate that the owners or managers of the businesses are residents of the Ballantrae Golf & Country Club.





Innovation  
that excites

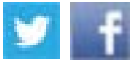
**We Invite**  
*You*

**To Experience  
The Difference At  
Stouffville Nissan.**

## STOUFFVILLE NISSAN

95 AUTOMALL BLVD.  
JUST NORTH OF  
STOUFFVILLE RD.

**(905) 642-2477**



**VISIT [WWW.STOUFFVILLENISSAN.COM](http://WWW.STOUFFVILLENISSAN.COM)**

**Markham**  **Home  
hardware**

- Hardware • Housewares
- Plumbing • Paint • Electrical
- Screen & Glass Repairs
- Key Cutting
- Assembly & Delivery Service

BBQ Specialists  
With Parts For All Makes and Models



*Let's Get Grilling!*



**[www.thebbqpro.com](http://www.thebbqpro.com)**

Quality Products & Exceptional Service Since 1959!

**905.294.2443**

5672 Highway #7 East (at Galsworthy)

BIG NAMES  
and  
BIG VALUE  
without the  
BIG BOX!



### **MEN'S HAIRSTYLING**

6180 Main Street, Stouffville

**(905) 640-3549**

Providing exceptional hairstyling  
and services to the community for  
40 years.

Fame looks forward to serving  
both our old and new friends.





# That *Sinking* Feeling

BY KAREN CLARK

Picture the 18<sup>th</sup> hole at Ballantrae...the sun is shining, there is a slight breeze out of the west and a cold beverage beckons from the majestic clubhouse across the pond. You step up to the tee and strike a perfect drive down the right side of the fairway. Strolling towards your ball with "good shot" coming from your buddies, even the seagulls seem impressed. Upon assessment, an easy iron shot over the edge of the water to a back pin could mean breaking 80! Excited but nervous, you take out that iron and pull the trigger...only to shank it into the middle of the pond!

Well, take heart. You may be able to retrieve that brand new Pro-V1 back from the depths at your local Walmart. How could that be?

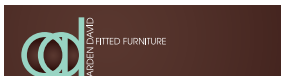
Enter the recovery golf ball business of Mulligan International. The family-owned and operated company from Quebec was at Ballantrae this past fall to extricate thousands of balls that we contributed over the season. Intrigued by the sight of an unusual duo of golf carts on either side of the pond with a huge cable running between them on the ninth hole, I went over to investigate.

Were they milling out weeds? Taking some kind of survey? No, they were collecting golf balls from the bottom of the pond with a rotating cylinder that went back and forth along a cable. It is similar to the drum used to pick up balls on the driving range. Once the cylinder has completed one swipe, it is emptied at the side of the pond where the balls are packed in mesh bags. It is a tedious job as each swath covers only about five feet. Scuba divers are also used in smaller ponds either to dive or scout out the best section of the pond to run the cylinder. The balls are washed and sorted into brands, then repackaged and sold as "recycled golf balls." I was shocked to learn that they fish out approximately 4000 balls per pond! They claim to recycle 27 million golf balls each year from more than 500 courses! So when you have that sinking feeling as your best ever score goes down the drain, and your brand new ball disappears into the pond, take solace from the thought that some avid golfer may benefit from buying it for half price and giving it new life.

As they say, "One man's loss is another man's gain"!



**Fischer**  
CUSTOM CABINETS LTD.







Mddphotography



"Ballantrae has quietly matured into one of my favourite designs. I look forward to returning every year!"

Doug Carrick  
Golf Course Architect

Operated By



[www.ballantraegolfclub.com](http://www.ballantraegolfclub.com)

(905) 640-6333

