

MARCH 2017

HOME *ON THE* *Green*

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

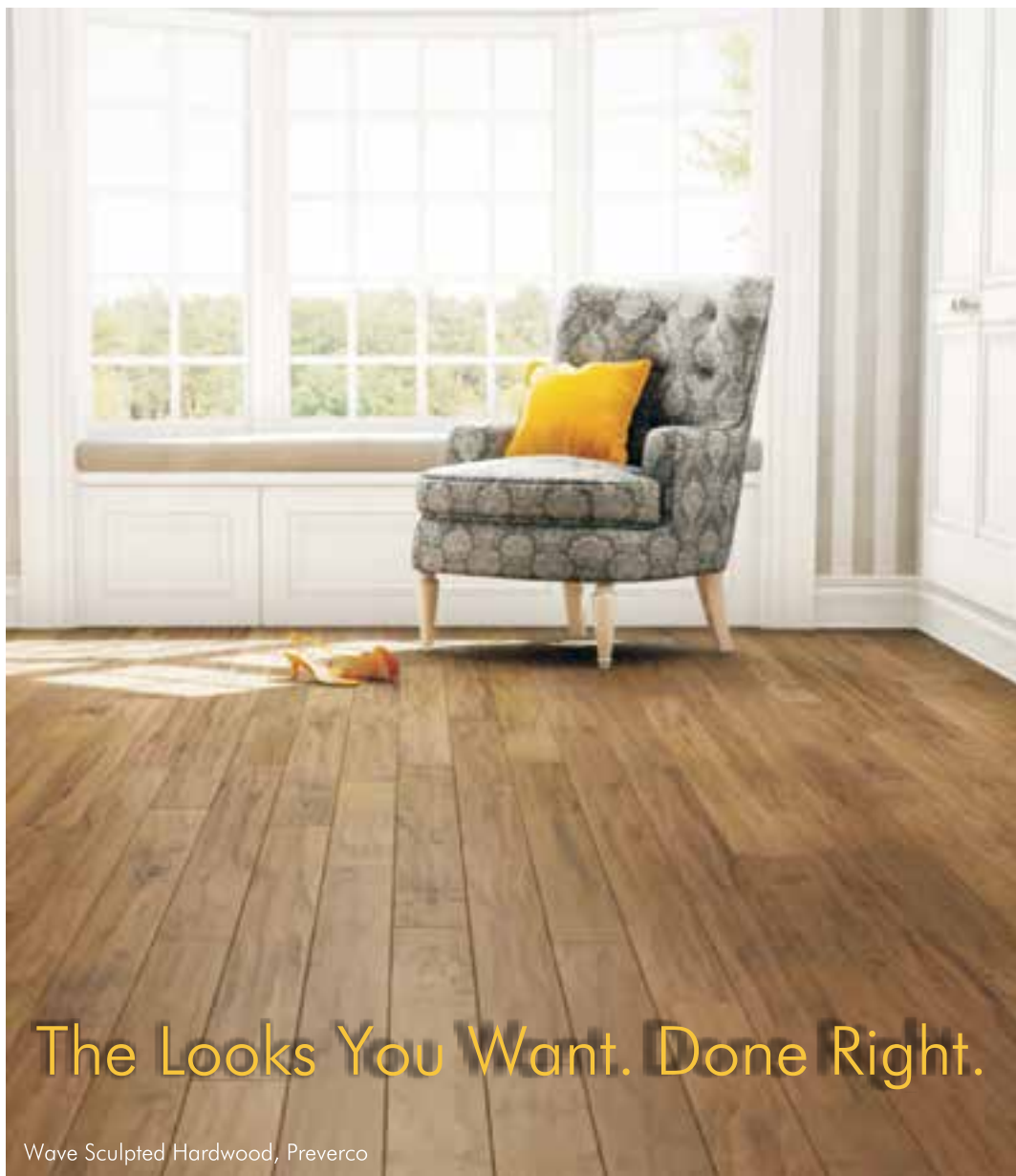
In This Issue:

Spring is for the Birds
Golf on the Emerald Isle

Profile

Norm & Marg Hachey
Celebrate Canada 150





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The Ballantrae Golf & Country Club Community.
A positive community voice to inform and entertain.**

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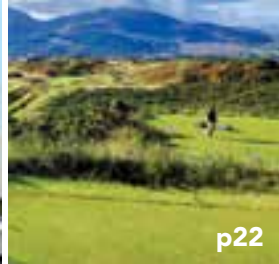
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p7



p22



p47

In this Issue:

DEPARTMENTS

Message from the Editor	3
Message from our Councillor	5

COLUMNS

Out and About – A Visit to Aga Khan Museum	7
Pat's Patter – Endings: Good and Bad	9
View From the Rough – My Swan Song	11
Ballantrae Tails – Why Not Me?	15
Neighbourhood Noshing – Red Bulb Espresso Bar	17
Picture It – Family Photo Archives	19
Health & Wellness – Improve your "Health Span"	20
BGCC Computer Club – Highlights from Recent Meetings	25
New Tricks from an Old Dog	28
– Timely Duties at an Untimely Passing	

FEATURES

Profile-Q&A With Marg and Norm Hachey	13
Golf on the Emerald Isle	22
Your Investment Portfolio	27
Spring is for the Birds	30
Potluck	47
More Good Reasons to visit www.ourbgcc.com	52
Claim to Fame: A Very Special Day	56

UPCOMING EVENTS

Golf, Golf and More Golf	32
Proudly Canadian	34
Canada 150 – Call for Volunteers	34
BGCC Tennis Events 2017	36
Beware! Pickleball Is Addictive!	36
Sunday Spring Brunch	38
Ladies' Dine Around	38
Dave Parsons' Quintet Spring Concert	38
Pacemakers Live at the Recreation Centre	38
Spring Fashion Show	40
Annual Fallsview Casino Trip	40
Live Horse Racing at Woodbine	40

PAST EVENTS

Ballantrae Mixed Golf Annual Christmas Party	42
BGCC Social Committee Dinner Dance 2016	42
Ballantrae Choir Celebrates 12th Year of Christmas Concerts	44
Breath of Fresh Air	46
Ladies' Dine Around	46

CLUB NEWS

Ballantrae Snooker Club	48
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NOTICES

Recreation Centre News	48
Ballantrae Services	50

ADVERTISERS INDEX

54

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A MESSAGE FROM THE EDITOR

Well here's to spring and the joint efforts of the dedicated *HOTG* volunteers who have pulled this issue together from various places on the planet, including Florida, Mexico, Australia and even Ballantrae.

The marvelous photo of the blue jay on our cover was captured by Frank Allison, our resident bird aficionado. Birding is reputed to be one of the fastest growing hobbies in the world. If you are interested in observing our feathered friends, please read Frank's tips on page 30. Ballantrae Golf Course, designated an Audubon Certified Signature Sanctuary, is a great place to start.

Remember that this will be an eventful year with both Ballantrae celebrations of Canada's 150th birthday and the 2017 Ballantrae Summer Games. Doreen Cunneen is coordinating the birthday celebrations and she needs volunteers. You can contact her at doreen.cu@rogers.com. For the upcoming Games, I hope Dayna Stoddart's "Health & Wellness" column inspires you to get fit.

I am sad to report that Susan Gamble, our ever-enthusiastic Social Liaison and often scribe of the "Neighbourhood Noshing" column, passed away in January. We send our sincere condolences to her husband, Fergus, family and friends.

I'm sure that we will all be sorry to receive the news that John Gorman, who penned "View from the Rough" for so many years, has submitted his "swan song" for this issue. However, we are hoping to persuade John to consider sending us some occasional stories when his muse strikes. I would also like to thank John personally for helping me with various editorial tasks over the years.

On a more positive note, we have put our first "Claim to Fame" submission by Peggy Topping on the last page. Peggy recalls fondly her meeting with Queen Elizabeth II and Prince Philip, Duke of Edinburgh, back in 1973. Do you have a Claim to Fame? I bet many of our Ballantrae residents have tales they could share. I, for example, met and interviewed female golf pros Annika Sorenstam and Lorena Ochoa back in the days when I edited a golf magazine. And, many years ago, I was invited to the home of a friend whose guest of honour was the Dalai Lama! No kidding! Please send your Claim to Fame memories to homeonthegreen@rogers.com.

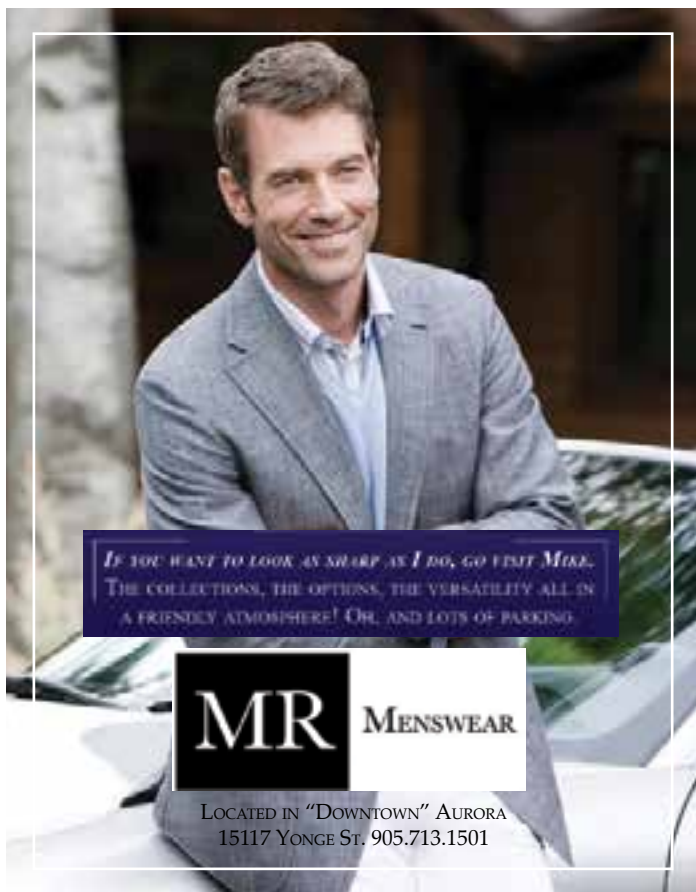
Did you know that with each new edition of *Home On The Green* magazine, Pat Whittingham, enlarges and frames the cover photo and hangs it over the fireplace in our Recreation Centre? Check it out the next time you are through! Thank you Pat!

Anita Draycott

GET INVOLVED!

How to contribute to *HOTG*? Send your stories, general suggestions or let us know if you are interested in volunteering to homeonthegreen@rogers.com

Send your specific comments on any of our stories to hotgfeedback@gmail.com As mentioned in the last issue, we will publish Reader Feedback on www.ourbgcc.com



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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



As your representative on town council, I receive a number of comments, requests for information and assistance from my neighbours here in BGCC. I try to reply to each of these individually and I apologize if I missed yours. I also attempt to address many of your questions via this column and regularly through my website. I hope this helps.

By the time you are reading this, council will have passed the 2017 operating and capital budgets. The initial presentation indicates the increase for the town's portion of your realty tax bill should be about 1.7%. I suggest this change will be one of the lowest in the region. I am supportive of the budget as presented, including the significant increase in funds assigned to repair some of the older road sections in the town.

LEISURE CENTRE - MEMORIAL PARK

I attended the "sod-turning" ceremony to start the expansion of the Leisure Centre late last fall. In conjunction with this expansion, the Public Library will have to be relocated during the construction. A location on Mostar Street has been leased for a one-year period so that this vital service to the town's residents will be disrupted as little as possible. I continue to represent town council on the committee directing this two-year project.

EMS AND FIRE SERVICES

Most of you will know of my continuing efforts to bring a full-time ambulance station to the Ballantrae area. Last fall I again met regional EMS representatives in this regard. I have been assured the region has been searching for a reasonably priced piece of real-estate so that this can be accomplished. I personally believe 24/7 ambulance service is a must for Ballantrae.

I have worked diligently with staff and other councillors with respect to updating the town's five-year Fire Master Plan. During the last few years the company known as Emergency Management & Training (EMT) worked with other local communities when they were undertaking this same process. I was happy to support the recommendation of our fire chief that EMT be selected to assist us with preparing this update. I have met with them and will continue to be involved because I believe 24/7 fire-fighting service at the Ballantrae Hall should be one of the recommendations coming forward in this plan.

VACANT WOODWORKING ACREAGE AT OUR FRONT GATE

Last year Ballymore (owners of this land) presented another proposed layout (the third draft since the last public meeting and MTO comments) of last year. Town and region staff had a number of requests/suggestions on these proposals and have since filed them with Ballymore.

There has been no further feedback from Ballymore as of this date. What I can advise is that I believe the Ballymore people are listening to residents, staff and

the councillors. This has manifested itself in such things as a park now being included in their layout proposals. In an earlier update I suggested there would be no public meeting on any new proposal until this coming spring. I still believe that to be a reasonable time frame.

OOPS BLUE BOX STICKERS

A number of us have had the pleasure of finding one of these attached to our blue box when we retrieve it from curbside. Obviously we have put something in the box that should not be there. Generally speaking, the waste collection operator will attach that sticker to the specifically rejected object. However, sometimes this does not happen. If so, there are a couple of things you can do. On the sticker there is a phone number you can call and be advised of what could not be picked up. Also the region produces an excellent waste management calendar for our use. If you did not receive one in the mail there are plenty available at the BGCC Recreation Centre. Ask Adam.

COMMUNITY EVENTS

Most of us are accustomed to being informed of upcoming events in town by looking over the inside page of our weekly Sun Tribune newspaper. For economic reasons this advertising has been discontinued. The town has decided to place this advertisement in its own newspaper called, *On the Road*. This paper is delivered directly to your mailbox. You can also pick up a copy at a number of locations around town or at the library in the BGCC Recreation Centre.

A number of these events are also advertised on my website.

CHRISTMAS DINNERS

For a number of years Jane and I, with the assistance of many volunteers, have organized a dinner for shut-ins on Christmas Day. In my last column I asked for your assistance with this project. Thank you to those who offered their services. With your help we were able to deliver 491 meals to shut-ins this past Christmas Day. BGCC and all of Stouffville have proven once again to be a wonderfully sharing community.



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A visit to the Aga Khan Museum

BY LYNNE BALFOUR



Aga Khan Museum, Toronto

When driving down the Don Valley Parkway, we had noticed an impressive building going up near Eglinton. Years after it opened we finally visited the Aga Khan Museum.

This Museum displays treasures dating back thousands of years from Islamic countries.

The building is enormous – two stories including a restaurant, a huge glassed-in central patio (containing a lit Christmas tree when we went), an educational centre and impressive displays. The atmosphere was welcoming and cheerful.

Interesting items on display include hand-lettered pages of the Qur'an, very early decorated book bindings (one dated 969 AD), bowls with Arabic lettering, clothing with intricate woven designs, and portions of buildings with carvings. All are displayed in lit glass cases, arranged in chronological order according to their countries of origin. Most items had been collected by the Aga Khan himself.

In an area reserved for changing exhibitions we visited, "Syria: a Living History," Although primarily historical in nature, one wall showed the destruction of Aleppo and invited visitors to add their thoughts and feelings on tacked up notes.

A large panel near the entrance reads:
Islam is literally the act of submitting oneself to the peace of God. Originating in early seventh-century Arabia, Islam spread in the century after the death of the Prophet Muhammad in 632 CE (=AD) to lands stretching from the central regions of Asia to the Iberian Peninsula in Europe.

The Prophet Muhammad is seen by Muslims as the last of God's messengers, whose line includes Jesus and the prophets of the Old Testament. His revelations

were written down by his companions and assembled after his death in the Qur'an, literally the "Reading Out" of the divine words.

On the main floor was an interesting exhibition by students of two Toronto schools. A map showed their countries of origin, mostly Africa, the Middle East, and southern Europe. They were asked to make a small display of something that meant "home" to them. The results varied from flags of Canada and their original country to a cozy bed with a TV to a fish in a pot with a recipe, to sporting events. It makes one appreciate the challenges our schools have of integrating and teaching young people from so many cultures.

I realized that this impressive building and collection was donated to Canada by a person and a religion that I knew little about.

Muslims follow the teachings of the Prophet Muhammad. On his death in 632 AD, the Prophet's followers disagreed on who should carry on his work—his family or his followers. His followers became the Suni religious sect; his family became the Shiite sect of the Muslim religion.

The Aga Khan is considered a direct descendent of the Prophet Muhammad. The Aga Khan is the Imam (or leader) of the Ismaili sect of the Shiite religion. He is a world religious leader without a country but with 25 million adherents to his faith.

Inheriting his role at age 20 from his grandfather, the current Aga Khan had graduated from Princeton and took over a rich foundation working throughout Muslim countries around the world. Three years ago at age 80, he addressed the Canadian Parliament. He has been made an honorary Canadian citizen. Through the Aga Khan Development Network he has invested millions of dollars in the fields of health, education and poverty. One interesting project was setting up the first nursing school in Afghanistan with the help of Canada and McMaster University. In Ottawa, he founded a Global Centre of Pluralism, an ambassadorial effort aiming to articulate and foster future excellent relations in diversity. His foundation has built six museums across the world, housing historical artifacts of art and architectural interest.

It's amazing how a museum of old artifacts can open new understanding of our world!



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Good&Bad

BY PAT WOOD



As I write this, it is the middle of January just after a blizzard and I am already longing for the ending of snow and winter. As you read this in March, winter will truly be leaving us. That's a good ending!

A bad ending is that John Gorman is ending his column. John always gives me a smile, sometimes an outright chuckle. My favourite was his "somebody" column, about an invisible person who lived in the house with him and his wife, who did inexplicable and annoying things (the somebody, not Elaine of course). Hopefully he will still send along his inspirations now and again.



Bad entertainment endings always annoy me. The Good Wife, an excellent TV show, well written and acted, definitely ended badly, leaving us hanging. Did she stay with the cheatin' husband or start a new life with the sexy boyfriend? I need to know these things.

Unsatisfactory endings are just as annoying as bad ones. After I struggled through the gore and gags of the Revenant, Leo succumbed anyway. I'm old Hollywood. I like my ducks in a row, tied up neatly. (Is that a mixed metaphor?)

On a serious note, the reality of our lives today is the ending of our relationships as we lose our neighbours and friends. These endings are unavoidable and painful, but clear reminders that we seize the moment to enjoy life and cherish those left to us.

Another bad ending seems to be the ending of civility. Not here in Ballantrae, of course, the

real "La La Land." Society, in general, seems far less nice than it used to be. I blame much of this incivility on Twitter. Twitter seems to give every moron out there a forum. The most picayune things become newsworthy and are hashed and rehashed. Every blab is put out there in print, somehow giving it unfounded legitimacy. Wait, I might be guilty in some of my prior patters.

Mostly (not always, if I'm truthful) I confine my blatherings to hubby's deaf right ear, which usually gives me time to reflect and soften my comments. I have not and don't plan to tweet. Life, like coffee, is better with filters. With the new president having a "twitter finger," Twitter can't end, for good or bad, anytime soon.

There are some good endings. Personally I am working on an end to my impatience. A lifelong fault, I am making real progress. I haven't yelled at the bridge group lately or at hubby. Well, that last bit might be a small fib, but I have mellowed and have ended sweating the small stuff. Holidays can be celebrated whenever the kids decide and I accept instructions as to my part in things. Wow, you've come a long way baby!

Later this January, I'll head down to the Lynde Clinic in Markham, to put a good ending to those barnacles that seem to pop up overnight and regularly on my skin. A zap here and there, and I'll be good as new. A good ending for sure!

By now, you are probably longing for an ending to this column. I'm sorry, but it's hard to be inspired in the doldrums of January when you've had no chocolate and very little bread for two weeks. You see where I am here, folks!

2017 does promise some good fun. A cruise looms for February; our Social Committee is going all out for Canada's 150th and Wayne continues to pump us up for the Summer Games in August.

Spring is out there somewhere. So for now, I'm going to grab my blankie, put my feet up and watch an old movie, sans popcorn.

It better have a good ending!



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My Swan Song

BY JOHN GORMAN



Elaine barely paused in her knitting when I suggested I was giving up my column in *Home on the Green*.

Eventually she was moved to ask, "Why would you do that—I thought you enjoyed writing that stuff?"

"Well I do," I responded. "But lately I have found it difficult to find topics that folks would be interested in reading about."

"That's never stopped you before," she mumbled, returning to her knitting.

Being somewhat uncertain as to her meaning, I chose to ignore her comment.

In truth, I never intended to write a "regular" column for *HOTG*. In fact, I can't recall how it got started although I suspect I had what I considered a "good idea" one day and submitted it for approval. Since they accepted my scribblings and even published them, my ego demanded that I continue to provide some new nonsense as each issue approached.

Over time, it has become an amusing diversion for me to provide some whimsical commentary that, generally speaking, reflected an aspect of living here, in the "back of beyond" as I was in the habit of referring to BGCC.

I recall commenting on the odd similarities between moving into our first neighbourhood when we and our children were much younger and settling here in Ballantrae some 40 years later. When we were starting out, the children and the school precipitated the development of a community of common interests and goals. Economics dictated that we would create much of our own entertainment via community events, potluck suppers and school concerts.

Getting to know your neighbour was a lot easier when you joined in the street hockey games, coached your local teams or shared transportation to swimming or ballet classes. To develop a friendship, there was nothing quite like sharing a Tims in a cold hockey arena while observing a practice almost before the sun was up.

And so it was that we arrived here over a dozen years ago to a community of somewhat similarly aged folks. We were attracted by a concept that suited our more relaxed lifestyle. Many of us had already retired or were planning to shortly. The opportunity to own a residence of more manageable proportions, coupled with the allure of an almost maintenance-free existence was irresistible.

However, living here meant geographical separation from many of our family and friends. And of course we didn't have the kids that had led us into getting to know and befriend our new neighbours. When we arrived, Phase 1 had been completed. They were the real pioneers. We bought in Phase 2 and lived through the construction and landscaping of the several homes that were built after we moved in.

Of course the Recreation Centre was yet to be built and there was no such thing as a tennis court or a community patio.

Fortunately, the folks who had settled in Phase 1 set the example of how to turn a bunch of houses into a welcoming and active community. "Cocktails on the Green" was instituted in a back garden by a few hearty souls who gathered to share experiences and laughter and to get to know one another. Potluck suppers, spontaneous cocktail parties (BYOB), card games and group events all preceded the formation of the Social Committee. A sense of community was developed. A newsletter was founded.

I, and many others before me wrote about these developments in this magazine. The publication has grown to be an important voice in our "town." Virtually all of the many activities which have evolved have been noted and recorded in *HOTG*.

In recent years, there has been quite a turnover amongst the many volunteers who labour with dedicated enthusiasm to produce a quality publication. This is as it should be. The natural course in this type of community is one of change. When I first came here I was in my 60s; I am now in my 80s. My interests and capacity have changed and it is important that fresh voices be heard.

If you have been paying attention, you will have noted new names have been appearing on the masthead and articles in *HOTG*. This is a good thing.

Over time, several folks have approached me to say "I could have written that column of yours."

I agreed.

And so—now it is your turn.



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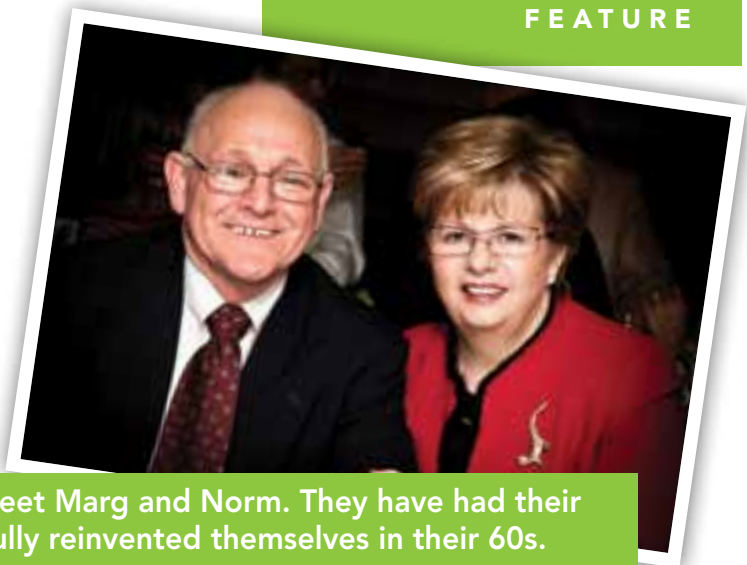
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Q&A

WITH NORM & MARG HACHEY

BY DONNA CLARK



Energizer bunnies come to mind when you meet Marg and Norm. They have had their share of ups and downs and have successfully reinvented themselves in their 60s.

Tell us a little about your background and how you came to Ballantrae.

We have been married 52 years and have two sons and four grandchildren. We lived for many years just north of BGCC in the Vivian Forest. We decided to downsize and move "south" to the community in May 2008.

Marg, you have called yourself a serial entrepreneur. Can you explain more?

My first adventure was when I was ten years old and my sister and I bred guppies and sold them for a nickel each to Woolworths. They sold them for 19 cents and I wanted to know how to do that.

I started my own audio visual business in 1980 as a dealer for 3M selling overhead projectors and transparency films. Over the next 12 years I worked 60-90 hours a week to build the business to about \$2.5 million in revenue. By then I was seeing new technology in the market and actually pioneered data projection in Canada.

Eventually, I built my own advisory board and Norm and both our boys joined the company. Over the next eight years, we grew to \$52 million in revenue, employed 180 and had offices in seven cities. One of the highlights was being recognized as one of Canada's 50 Best Privately Managed Companies.

Was Norm supportive from the beginning?

Absolutely. In fact, at the beginning I had to raise start-up funds and needed to mortgage the family home. Norm had to have separate legal counsel. So when we met with the lawyers, he was asked if he was coerced in any way. He said he was and loved every minute of it. I was mortified and thought I would choke him when we got to the car.

Norm, any comment?

I have always been supportive and, as I have often told friends, I have been doing what Marg's told me for 50+ years, so what's the difference. Plus I get to sleep with the boss.

You sold the business in 2000. Why and what happened?

Being good capitalists, we sold to an American company that was publicly traded on Nasdaq. Unfortunately, it only took them three years to bankrupt the whole organization. Because of the terms of the original sale, we were severely and negatively impacted financially. Eventually we were able to buy the assets back out of receivership and did manage to build it to a point where we finally sold it again in 2011.

It must have been very difficult for the entire family. I know you both had some health issues during that time. How did you manage to get through it all?

Norm has an incredibly positive and relatively laid-back attitude, which really helped. Our entire family came together and was instrumental in getting us through the tough times. I also credit my advisory board. They took me away for a couple of days and helped me reinvent my future by reminding me how much I enjoy mentoring and giving back, especially to women. They put me in touch with a woman who started a networking business in Vancouver, GroYourBiz.* In late 2011, I joined up as a Managing Director, responsible for Eastern Canada.

**GroYourBiz is targeted to women business owners and through advisory boards offers support, training, strategic alliances and various services. For more information, go to www.GroYourBiz.com*

And Norm, you have quite a successful handyman business in the community. How are you enjoying it?

I love it. I meet interesting people in the community and I am often very touched by how grateful they are for my assistance.

And your health?

Happily we are both now cancer free.

If you both have any spare time, what do you like to do?

In the past we boated, had his and her snowmobiles and even motorcycles. Marg drew the line at flying. Today we are more sedate. I have my guitar and my karaoke in the basement and we enjoy spending time with our family.





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Why Not Me?

BY
ENID
SANDERS

If you have never been to an animal rescue facility make an effort to visit one. I promise that you will leave with a mixture of emotions – sadness, depression, anxiety – perhaps even some happiness.

Do you know who is almost always the very last dog or cat to be adopted? The elderly of course!

Most Ballantrae residents are senior citizens, so if you are looking for a new member to join your family please consider the following positives and negatives of sharing your home with a senior dog.

THE PROS OF ADOPTING A SENIOR DOG

Puppies demand patience and energy. Older dogs can be as cute and lovable as puppies and often come with many wonderful qualities that puppies take years to develop.

Senior dogs love to sleep and cuddle. They enjoy a brisk daily walk, but the best part of the day is the nap and they love to have you to join them.

Many older dogs had loving homes but have been given up for a variety of reasons. Many elderly dogs already know basic commands and are housebroken.

You **can** teach an old dog new tricks. They make excellent therapy dogs. Dogs can be trained at any age and they are just as smart as younger ones.

Senior dogs have a tremendous amount of love to give. When you rescue one, you have a best friend for life. They reward your care with an unwavering devotion. Nothing matches the gratitude of a senior dog for his rescuer.

Senior dogs have learned many of life's lessons. They know, for example, that shoes are for walking and bones are for chewing. Puppies are adorable, but they're also destructive and exhausting!

Senior canines also know that the great outdoors is for eliminating and the house is for relaxing.

They often fit into your household with ease. They find the softest, warmest spot in the house and claim it for their own. They seem to have a sixth sense and know when they've been given a second chance at happiness. They often bond very closely with their new owner. The relationship is priceless.

Senior dogs make excellent companions for everyone, especially senior people. Many senior dogs are slated to be euthanized. Adoption saves a life!



Senior dogs and senior people bring out the best in each other. Old dogs make great friends!

THE NEGATIVES

Some dogs have led difficult lives so they may have some emotional and behavioural problems. But with love and proper training most of these problems can be overcome.

Senior dogs may have incontinence problems related to old age. Your vet should be able to help with this. Of course, being seniors, we can relate to this too. There are pull-ups for dogs.

In dogs, just as in humans, age is often accompanied by health problems. Treating or managing these will cost money.

An older dog may be more difficult for any dog you already own to accept. If your current dog is usually friendly and tolerant of other dogs there shouldn't be too many issues.

Older dogs may take a little longer to settle into a new home and can be stressed by change. Be patient and give them time to adjust at their own pace. The relief they feel at being in a "proper home" will soon be obvious.

One last point - it's a sad one, but also has two sides. If you adopt a senior dog you will have less time to enjoy with him/her. Losing a beloved pet is heartbreaking as most of us well know. But remember, you will be filling the years he/she has left with love, tenderness and comfort. And don't all dogs deserve that?

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Red Bulb Espresso Bar...

"Powered by coffee and passion"

BY KAREN CLARK

Opening an independent espresso bar was a giant leap of faith for owner Cheeyuen Lim but his passion for coffee and determination to pour that intensity into a steaming cup has brought the discerning coffee drinker a unique café on Main Street Stouffville.

Talking with Cheeyuen (pronounced Chen), I could feel the passion in his voice as he described his journey.

Making a living as an IT and Strategy Management consultant in Toronto, Cheeyuen dreamed of owning a café serving espressos and lattes. Making this a reality was not done on a whim. Working part time at Starbucks for six years proved that he could leave the corporate world and follow his dream. After moving to Stouffville in 2007 following the birth of baby Kay, Cheeyuen took the plunge and with the creative and marketing skills of his wife, Sching, converted 6148 Main Street into Red Bulb Espresso Bar, opening in July of 2010.

While running her own design company, Sching put her skills and heart into branding and marketing this new venture and designed the logo and name, Red Bulb to reflect Cheeyuen's passion (red) and the constant search for ideas (light bulb) to grow the café.

Espresso, brewed by forcing a small amount of boiling water under pressure through finely ground beans gives a concentrated flavour and thickness that is served in a small cup with a crema on top; often with a decorative pattern. Espresso is also the base for latte, cappuccino, macchiato, mocha, Americano, etc. Priding themselves on "making every cup count," their barista team works closely with their micro-roasters at Social Coffee and Tea Company - one of only a few specialty roasters in the GTA and one that shares Cheeyuen's devotion to great coffee.

"The time and effort to make an excellent coffee is extensive," says Cheeyuen. "If you are passionate about what you are creating, it shows!"

Devoted customers routinely park and come in for their morning "cuppa," hard to imagine, but encouraging, in a town where the franchise drive-thru line ups go around the block! If you have the time to sit and savour your brew, there is a cozy spot inside or on the sidewalk patio.

Although coffee is the focus, muffins, cookies and signature scones are baked in-house. You have to get there early for the flaky cheddar/chive scones. For lunch, try one of the many homemade crustless quiches (spinach, bacon and feta or mushroom and sundried tomato). Or choose from a large selection of empanadas—coconut curry chicken, Italian pesto or Chilean beef to name a few!



Looking for a sweet treat? Back Star Kitchens and Dufflet supply fresh cakes, pies and tarts to enjoy with that second coffee! Gluten-free items are also available.

Over the years, Red Bulb has become a popular cycling pit stop where riders can re-energize and relax. Red Bulb is a proud sponsor of two cycling groups in the region: Velo Rouge Cycling Club and the Stouffville Stingers. They have also supported our Ballantrae Ladies' Golf League's closing lunch.

Need a unique gift for a friend? Browse their collection of objects d'art and cards. Or for the coffee hound, load up a Red Bulb gift card.

In Cheeyuen's own words, what began as a dream has become a successful reality for his family and him and "they are better for it." And for those of us who appreciate coffee and espresso drinks made by skilled and passionate baristas...so is Stouffville!

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Family Photo *Archive*

BY PAT WHITTINGHAM



Often I hear, "What can I do with those shoeboxes of old snaps and photo albums stored in the basement? Even if the kids want them, they wouldn't know half the people in them. Young people today only seem to be interested in selfies and sharing pictures taken on their phone."

Yet, ironically, when you hear from those who have had a devastating flood or fire, it is often the pictures they miss most amongst their lost possessions. And all-too-often, the pictures have not aged well and are now creased, torn or faded.

I worry that the ease of taking cell phone images leaves us rather cavalier about retaining and caring for such treasures. We may take more images today than ever, but I fear many will be lost without a strategy about how to archive them. Think of that shoebox and scrapbook album as being a family archive for the grandchildren.

Digital scrapbooks and ebooks can easily be shared and are a great way to archive cherished images. I've produced about 20 large format books for our family, covering the early years of each grandchild, cruises to exotic locations, a winter spent in Hawaii and a volume I call "Where in the World?". While a large format travel book can be expensive, its cost is insignificant compared to the cruise itself. Digital copies can be inexpensively shared and viewed on an iPad.

I see these high quality books as my legacy as a photographer. Last year my wife and I produced a book for her 95-year-old mother entitled "Ruth – An Early Pictorial History" in which I scanned and restored very old prints and slides, some of which are from the earliest years of photography at the end of the 19th century. For Christmas next year we are giving her volume two. Ruth looks at the first volume every week and constantly thanks us.

It is evermore important since she has moved away from the family home and the portraits that hung there. She enjoys the books now, and in time, they will be an important part of her Celebration of Life and our remembrance of her.

But our biggest job lies ahead as we have thousands of snaps taken over the past 40 years of our children and grandchildren.

Thankfully Epson has just introduced a unique new photo scanner. The Model FF640 can scan (30) 4x6 images in less than one minute both front and back. It will also handle 8x10 photos as well as very small

1"x2" pictures and wallet-sized prints. Give it more time and it will scan at twice the actual size, do basic restoration and image sharpening. It will save an uncorrected, as well as an enhanced image, plus any writing on the back should you so wish.



The workflow is really efficient as you can scan several hundred images and then go have lunch. Upon return, they are all done!

Staples now offer a commercial service using this scanner, for as little as 15 cents per photo (1500 minimum) recorded onto a USB drive or data CD/DVD. I decided to buy a unit and have now digitized about 6,000 of our family pictures. This is the point when you've covered the cost of the scanner. I'll take all the files (now easily contained on a 16GB USB drive) to Florida this winter to organize all the digitized prints.

Once sorted, I'll then be able to give copies to all interested family members. At some point, I'll need to decide whether to discard some or all of the old prints. A digital cataloguer such as Adobe Lightroom will allow images to be retrieved, viewed on HDTVs (or a web page), digital picture frames or printed as desired, looking better than ever.

My next steps will then be to merge these with my digital camera images taken in the past 15 years. And in time, I'll tackle all those slide trays... lots to keep me busy in "retirement."

Improve your “Health Span” as we move toward the Decade of Healthy Aging 2020

BY DAYNA STODDART



In July 2015, “Healthy Aging” emerged as a theme at the White House Conference on Aging.

In September 2015, The World Health Organization (WHO) echoed the need to change attitudes toward aging when it released the “World Report on Ageing and Health.” The agency later announced the “Decade of Healthy Ageing 2020-2030.”

As life spans increase, so does the potential for adding more years of health. We know our lifestyle choices directly impact our health and how we age; therefore we can impact our “health span” (the period of one’s life during which one is generally healthy and free from serious disease or the number of years one lives in the best health possible).

➔ Build a Positive Mindset

Our state of mind usually influences how well we perform. It also influences our health.

Older adults who hold negative beliefs about aging have poorer health and tend to perform more poorly on cognitive and physical assessments than older people who do not hold those beliefs. Conversely, studies have reported that when people’s attitudes toward aging improved, their functional or mental health also improved.

1 Think about what you are thinking about. How you think about things is the key to how you feel about them. Awareness of your daily thoughts can affect you in a positive or negative way.

2 Get rid of negative thoughts. Don’t allow bad thoughts to stay in your head.

3 Choosing a positive attitude every day makes happiness a habit. Attitude is one of the most important choices you make each and every day.

4 Practicing the act of gratitude can create a pattern of looking for the many good things in your life. Consistently grateful people are happier and healthier.

5 Appreciation and counting life’s little blessings help you keep a positive attitude.



Five Recommended “Health Span” Resources

DR. ANDREW WEIL

Dr. Weil, a Harvard-educated physician, is a pioneer in the field of integrative medicine, a healing-oriented approach to health care which encompasses body, mind, and spirit. He has written 13 books including the bestseller *Healthy Aging: A Lifelong Guide to Your Well-Being*. Weil is the founder and director of the Center for Integrative Medicine at the University of Arizona College of Medicine.

In 2008, Dr. Weil introduced his Anti-Inflammatory Diet to counter chronic, low-level inflammation that damages the body and promotes disease.

It is based on the Mediterranean diet, tweaked with Asian influences. Visit his website, especially the section on Healthy Aging: www.drweil.com.

BLUEZONES

What is a Blue Zone? It's a term used to describe parts of the world where people live the longest. More specifically, it is an area which is demographically confirmed and geographically defined, where people are either reaching age 100 at extraordinary rates, have the highest life expectancy or have the lowest rate of middle-age mortality.

Learn how to transform your health using smart eating and lifestyle habits gleaned from new research on the diets, eating habits, and lifestyle practices of the communities that have been identified as Blue Zones.

For more information and a series of books by Dan Buettner: www.bluezones.com

BE YOUNGER NEXT YEAR

Younger Next Year and *Younger Next Year for Women* are books by Chris Crowley and Henry S. Lodge, M.D. that tell us how to turn back our biological clocks—how to put off 70% of the normal problems of aging (weakness, sore joints, bad balance) and eliminate 50% of serious illness and injury.

The key to the program is found in Henry's Rules, based on the latest findings in cell physiology, evolutionary biology, anthropology, and experimental psychology. Dr. Lodge explains how and why they work—and Chris Crowley, who is living proof of their effectiveness (skiing better today, for example, than he did 20 years ago), provides the essential motivation.

www.youngernextyear.com

THE HAPPINESS ADVANTAGE

I had the opportunity to hear and meet Shawn Achor when he spoke at the ICAA conference in New Orleans in 2015. His book shares key principles and strategies that can help you train your brain to be happy.

www.goodthinkinc.com

THE TELOMERE EFFECT

Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. The telomere effect will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives.

Read their book, *The Telomere Effect*

Happy learning! Be well and *thrive!*

GOLF ON THE EMERALD ISLE

Golf as it was meant to be played on the Emerald Isle

BY
ANITA DRAYCOTT

There are about 160 genuine links courses in the world and almost one third of them are in Ireland. How's that for the luck of the Irish?



On my first trip to Ireland, I tossed my clubs into the “boot” of the rental car, opened the left front door and realized the steering wheel was on the right. Jet lag may have had something to do with it. But driving on the “wrong” side of the road can be stressful. On our last trip, our group put the driving and planning into the capable hands of Carr Golf.

Joe Carr, the company's late founder, was one of Ireland's greatest golf heroes with over 40 championships including three British Amateur titles. Today, Joe's son, Marty, operates the business, named winner of *Golf Digest's* Editors' Choice Award as 2016's “Best Tour Operator.”

With our input, Carr booked our tee times, caddies, hotels and sightseeing ventures. When we finished our rounds we piled into our comfortable coach while our driver, Senan, expertly handled the roads.

IRELAND'S GREAT LINKS

Our foursome, having played in Ireland on other occasions, decided to hit a combination of top ranked links and some lesser-known gems.

Nothing cures jetlag like a round of golf in a stiff wind. That's just what we encountered at **Portmarnock's Old Course**, 15 minutes from Dublin Airport. Pot bunkers abound and the rough is long and fierce.

Portmarnock proved to be a worthy warm-up to **Royal County Down**, ranked number one on *Golf Digest's* 2016/17 "World's 100 Greatest Golf Courses."

"It's one of those rare courses where you could feel a perfect handshake between the hand that created the land and the hand that shaped it into a golf course," wrote Tom Coyne, author of *A Course Called Ireland*. Narrow ribbons of fairways wind their way through daunting sand dunes surrounded by beautiful, yet penal gorse and shaggy bunkers.

I knew my caddie Brender and I would get along when he suggested I play the "jubilee tees" on several of the fairways requiring long carries over expanses of gorse. "Where are they?" I asked. "Wherever we want them to be," he replied with a wink. Royal County Down is tough for the pros; for a high handicapper, such as myself, it's downright humbling.

For many, hole number nine is golf ecstasy requiring you to launch your ball over a high hill covered in gorse down to the fairway 80 yards below. Royal County Down can be exhilarating or excruciating, but you'll never forget it.

What an Irishman calls a "bit of a breeze and a mist," I would call a gale-force wind and torrential downpour. The morning we arrived at **Royal Portrush** on Northern Ireland's Causeway Coast I wondered if we should start building an ark.

"Should we wait until it clears a bit?" I suggested to the starter. "It's looking pretty good now," he responded as my umbrella blew inside out. OK, we decided, we'll play this gem designed by Harry Colt come hell or high water. When my Titleist blew off the tee and Rory, my shivering caddie remarked, "I'm glad it's you playing in this wind and not me," I knew we were in for a battle.

Portrush has made renovations on its championship Dunluce Links in preparation for hosting the 2019 Open. The notorious Calamity Corner (now the 16th instead of the 14th) requires a precise drive over an enormous chasm on the right. Purgatory follows. Aim your blind drive for a striped pole and pray.

Minutes west of Portrush, the Strand Course at **Portstewart Golf Club**, founded in 1894, is a sight for sore eyes. From the elevated first tee you have splendid views of the jagged Antrim coast, and if the sun shines, as it did for us, you will be blessed. Game of Thrones was filmed on the beach below. Rory McIlroy has commented that you won't find a tougher front nine anywhere.

For our grand finale we tackled **The Dunes at Enniscrone**, established in 1918. At 7,033 yards it's a rollicking romp over towering dunes and serene valleys with grand views of Killala Bay. Scoring well here requires precise aim on the tumultuous fairways. The yardage book describes the 17th as "just like the 17th at Sawgrass except more natural—150 yards of terror, especially when the wind blows! So take good aim, take good care and good luck. If it all fails, enjoy the view!"

40 WINKS AND 19TH HOLE ATTRACTIONS

It's fitting that the world's top ranked Royal County Down sits beside the landmark **Slieve Donard Resort** and Spa. The sprawling Victorian edifice offers grand views of the Irish Sea, especially from the bubbling vitality pool in the spa. Breakfast in the Oak Restaurant is a sumptuous buffet. It was here that I discovered porridge is better when you add fresh cream and a wee dram of Irish whisky.

After rounds at Royal Portrush and Portstewart, the inviting smoky smell of a peat fire lures visitors into the snug **Bushmills Inn**. Nearby, I recommend the tour with samples at **Old Bushmills**, the world's oldest licensed distillery, where they've been producing the "water of life" since 1608.

Mount Falcon Estate is within an hour's drive of 12 golf courses, including Enniscrone. Even if you're not a golfer it should go on your bucket list. Golf pro, Mark O'Meara, likes to fish for wild salmon on the banks of the River Moy where Mount Falcon has exclusive angling rights. Originally a baronial lodge the 19th century estate was renovated and reopened in 2006. Guests can stay in the manor house or in fully-equipped rental lodges, ideal for golf groups.

I recommend taking a "hawk walk" with Jason Deasy, the resident master falconer. We ventured into the woods with Deasy, his dog Chili and Arizona, a Harris hawk initially tethered to our guide's glove. Deasy demonstrated how to call and release Arizona. Each time he performed his takeoff and landing ritual, Arizona received a reward of a raw chicken leg tucked into the palm of our sturdy leather gauntlets so he was a bit lazy about hunting for critters, which was fine with me. With wingspans of up to six feet, razor-sharp beaks and powerful talons, it's thrilling enough to have such a powerful "terminator" at the end of your arm. Sure and begorrah, it makes golf seem rather tame.

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Highlights from the October, November & January meetings

BY ALEX FLOW



LET'S BACK UP

Do you have your computer data saved? Brian Freedman commented that the question is not whether your computer hard disk will fail, but rather when! Do not keep back-ups in your computer; instead use an external source to back up files (the Cloud, Clickfree, Western Digital, etc.) You should consider creating at least one disk mirror. To do this, go to the Control Panel, R-click on File History, then on the bottom left click on "create system image." A screen will come up asking where you want to store the image. You should select the source before you start, i.e., set up Clickfree. This system image will take one to two hours to completely back up your entire computer.

iPad backup is much simpler. First make sure your WiFi is connected, then go to Settings and tap iCloud. Make sure the Backup tab is on. The backup goes to the Apple server and the system will prompt you regularly to backup. You have 5GB available free from Apple, but you can purchase more: at the first level, 50GB costs \$1.29 per month.

HOME AND SECURITY FEATURES

Al Moldon demonstrated features of the "Ring" doorbell device that allows you to check out people who approach the house. It has a range of three to 30 feet. The device includes voice capability and is easy to install (Best Buy, \$200).

The second device Al demonstrated was "TrackR," a small electronic disk (about the size of a quarter) that you attach to a key chain, put in a wallet, purse, etc., to help you find an object that you might have misplaced. "Where did I put my keys?"

Al described Google's amazing new voice assistant, "Google Home." He explained that you can control your TV, lights, thermostat, music, and more with only your voice.

He delighted the audience when he demonstrated control of Netflix, a photo slideshow, and even

activated YouTube by saying "Play David Foster using YouTube on the TV."

IMAGE CONTROL

From Facebook and Flickr to Instagram, Dropbox and iCloud, many sites are vying to be the home for all of your photos and videos. Each has strong and weak points. For example, Flickr stores top quality images, but it's no longer popular for sharing. Facebook shrinks and compresses photos considerably while Dropbox and iCloud provide limited free storage. A subscription fee is required to expand the space.

Brian walked the computer club members through the newest entry by Google, called "Google Photos." In many respects, Google Photos delivers the best qualities of all of the sites. Perhaps the most exciting aspect of Google Photos is how easily you can back up, manage, organize, edit and share your photos from all of your devices without having to be a technological wizard or "geek." The Google Photos app, which is downloaded and installed on all of your mobile devices as well as your PC or Mac, can be set to backup all of your photos automatically in high quality to the Google Photos server in the cloud. As a result, you never have to worry about losing your photos and you can free up storage space on your mobile devices by deleting photos, knowing they can be accessed anywhere and on any device with an internet connection.

There is no limit to the number of photos that can be uploaded and stored in Google Photos. You will find an array of interesting presentations and suggestions for organizing your photos, including expert facial recognition to quickly find and organize photos containing specific people. In addition you will enjoy tools for easily cropping, enhancing and sharing your photos.

Thanks to Al and Brian for supplying notes for the January meeting.

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Should Your Investment Portfolio Become More Conservative As You Age?

BY HERB REMPEL

The idea persists that your portfolio should become more conservative as you age but that's not necessarily true. The truth is your age alone isn't going to dictate whether you should become conservative or take risks with your portfolio. Rather, there are a number of factors that determine the makeup of your portfolio and these factors are different for everyone. They include your personality, upbringing, social standing, your disposition to risk and your desired lifestyle, in addition to your age.

First let's discuss what I would consider to be a conservative and an aggressive portfolio.

What Is A Conservative Portfolio?

Defining what makes a portfolio conservative is a somewhat subjective exercise, but here are the parameters that I use. A conservative portfolio is one that doesn't experience a lot of value fluctuation. In other words, it stays pretty much the same month to month but at the end of the year it generally outperforms GICs by 2% to 3%.

What Is An Aggressive Portfolio?

Again, the answer to what makes a portfolio aggressive in design is a subjective one, but here are my thoughts. An aggressive portfolio is one that experiences more pronounced fluctuations month to month with the potential to increase or decrease dramatically. As for returns, you can generally expect to outperform the S&P/TSX or S&P500 indices by 2% to 3% per year.

When Should You Take Risks With Your Portfolio And When Should You Be Conservative?

There are a few different ways to look at the question of when to take risks and when to be conservative with your portfolio. For example, it's important to think about your goals. You'll want to consider how much of your portfolio is meant for you and how much is meant for your heirs. I recommend asking yourself what you'll need if you live to be 100. After determining that number, everything else in your portfolio can be left for your heirs. And since you won't have an immediate need for that money, less conservative investing can lead to a higher return for your estate.

Another aspect that will affect whether to take risks with your portfolio or opt for more conservative investments is your personal situation. Let's take a look at a hypothetical example: a widow with \$150,000 in her portfolio at age 75, who is generally frugal, is likely going to be conservative. That makes sense for her.



With her small portfolio, she can't afford to lose at any time. Conversely, a couple in their eighties with a \$5 million portfolio who don't live extravagantly, can afford to take more risks with a portion of their investments to try to increase the value of their estate.

How To Gauge Your Tolerance For Risk.

It's one thing to talk about risk; it's another thing to actually take risk on—especially when it comes to investing. That's why it's important to determine what your comfort level truly is before any investment decisions are made. To accomplish this task I follow a three-step process. First, I ask clients to complete an Investor Profile Questionnaire. Next, I review their investment statements to get a sense of the types of investments they are currently holding. The third thing I do is have a conversation with them; talking about everything from investments and their financial goals to how they approach life. By getting a sense of the big picture, I can better analyze a client's risk tolerance.

Timely Duties at an Untimely Passing

BY KEN MIYAUCHI



This is the last part in this series. It is not an easy subject. It will, however, ease the duties of your executor and family at a most difficult time. To make it more useful, the article is written in checklist form, but it should not to be viewed as an all-inclusive list. Each of us has unique requirements.

YOUR ROLE

Things you can do now.

- ☐ Pre-plan/prepay funeral (funeral/celebration of life, cremation/burial, urn/casket, cemetery).
- ☐ State preferences (hymns, psalms, poems, speakers, music, flowers, food).
- ☐ Make a list of people to notify/invite to the funeral/celebration of life.
- ☐ Write the obituary.
- ☐ Make a list of key contacts (executor, lawyer, minister, financial consultants, funeral home).
- ☐ Indicate location of important documents (e.g. will, pensions, RRSPs/RRIFs, insurance policies, financial statements, mortgages, loans, investments, tax returns, passport, birth certificate, marriage certificate, health card, SIN, deeds, debit/credit cards).
- ☐ List all assets (bank accounts, investments, life insurance, property, personal items). There are sample forms on the internet.
- ☐ List special items that are to be bequeathed to specific individuals.
- ☐ List all debts and creditors.
- ☐ Discuss with and give copies of the above to your executor and family members.

ROLE OF THE EXECUTOR

In a nutshell, the executor's role is to carry out the deceased's wishes exactly as stated in the will/associated documents and to administer the estate. There are many resources (CRA, funeral home, financial institutions, web) available for help.

- ☐ Identify the deceased's funeral/celebration of life preferences and wishes.
- ☐ Locate the will, key people list, prepaid funeral, other important documents.
- ☐ Send a copy of the will to, and communicate regularly, with all beneficiaries.
- ☐ Initiate the funeral/celebration of life arrangements.
- ☐ Obtain multiple, original proof of death certificates as necessary.
- ☐ Obtain permission to open safety deposit box(es) and record contents.
- ☐ Oversee the assessment/appraisal of all assets (homes, furniture, personal items).
- ☐ Prepare a detailed inventory of all assets and liabilities.
- ☐ Pay the legal/trustee/financial fees and funeral expenses.
- ☐ Discharge other obligations and liabilities.
- ☐ Distribute remaining assets exactly as stated in the will.
- ☐ Prepare closing statement of administration to beneficiaries.
- ☐ See legal and financial/tax responsibilities below.

ROLE OF FAMILY MEMBERS

There are no official duties, but the family often wants to be involved.

- ☐ Assist the executor in making decisions.
- ☐ Select the date for funeral/celebration of life.
- ☐ Notify people and invite to the funeral/celebration of life.
- ☐ Publish the obituary on the BGCC Website.

ROLE OF THE FUNERAL HOME

The duties are the same whether prepaid or not.

- ☐ Execute the pre-planned funeral arrangements.
- ☐ Work with the executor/family regarding the various details.
- ☐ Provide multiple, original proof of death certificates.
- ☐ Publish the obituary in newspapers (often the way people learn of deaths).

LEGAL RESPONSIBILITIES

Consult a lawyer if required.

- ☐ Read and understand the will.
- ☐ If required, apply for a Certificate of Appointment of Estate Trustee and within 90 days an Estate Information Return.
- ☐ Notify all parties with an interest in the estate (beneficiaries, charities).
- ☐ Notify banks, life insurance companies, government agencies (e.g. CRA, Canada Pension, Old Age Security), credit card companies, home insurance and utilities, employers, clubs/organizations/professional associations.
- ☐ Obtain notarized copies of the will if required.
- ☐ Change legal title on various instruments/documentation if necessary.
- ☐ Request Canada Post to reroute mail and distribute change of address notices if required.

FINANCIAL/TAX RESPONSIBILITIES

Consult an accountant or trustee if required.

- ☐ Obtain current financial information (cash accounts, investment accounts, life insurance/annuities).
- ☐ Identify and arrange spousal benefits (e.g. survivor pensions, spousal RRSP contribution, other survivor benefits (e.g. employment, veterans).
- ☐ Open an estate bank account.
- ☐ Determine and resolve immediate cash requirements of beneficiaries.
- ☐ Make payments to maintain homes, automobiles, commercial properties, other assets as required.
- ☐ Liquidate assets to facilitate beneficiary distributions.
- ☐ Cancel driver's licence, health insurance, memberships, subscriptions and obtain refunds if applicable.
- ☐ Settle all debts and liabilities and cancel debit/credit cards.
- ☐ Continue supervision of investments or liquidate as required.
- ☐ Ensure receipt of life insurance/annuity benefits.
- ☐ Keep meticulous records of all receipts and disbursements
- ☐ Submit the final tax return, pay any taxes due, and receive the CRA Tax Clearance Certificate.
- ☐ Pay the Ontario estate administration (probate) tax if required.
- ☐ Pay US estate taxes if required.

Once the estate has been settled, family and friends will treasure the memories of a good life lived.

Spring is for the Birds

BY
FRANK ALLISON



Cedar Waxwing

Spring is the best time of the year for the birder. Migrants are returning to join the hardy species that endured our winter, displaying their finest colours to attract mates, and vying for the best nesting sites. There's no better time to get out there and see their mating rituals and defense of claimed territories before the foliage sprouts on the trees and the nesting season starts.

Birding for me has been a passion from my earliest memories. Since retirement, I now try to record my sightings on camera. There are many different kinds of birders out there and I am not going to get into the technical aspects of equipment but rather talk about birding in general and offer some tips on bird craft that have helped me get close to my subjects.

In this issue all the birds featured are very common to Ballantrae. The first birds to return will be the Robin and Red-winged Blackbird.

The Blue Jay, photographed in Algonquin Park, is surely one of the most iconic and beautiful birds. Seen often at a distance, it is shy and aggressive and tends to bully all competition at the feeder.

Statistics show that there are in excess of 50 million people in North America who are birders in some form or other. It's the fastest growing outdoor

hobby in the world. On the downside is the fact that although we have had some minor successes with some species, the bird count worldwide has dropped each year for the last 30 years. The main factor is loss of habitat. The changes in the world's oceans due to global warming have severely impacted the sea bird population.

As bird lovers, we are responsible to ensure we are not part of the problem. To this end there is a code of conduct and ethics in place, based on common sense, to protect habitat and wildlife.

The welfare of the bird comes first at all times.

Birds are highly stressed at all times, especially during the nesting season.

Some examples of DON'TS:

- approach a bird's nest
- leave a trail to the nest
- remove foliage to get a better view or shot
- stalk a bird that appears agitated

All the above could cause abandonment of the nest.

Birds are preoccupied with two main things:

1. Finding food
2. Keeping clear of predators

So, think like a bird.

Some Field Tips

1. Get out early in the morning. Best times are from sunrise to 11 a.m. or 4 p.m. to sunset. (Not my thing, but really works.)
2. Know the weather forecast and dress appropriately. No special clothing is required.
3. Try to have the sun at your back.
4. When entering a habitat you are viewed as a predator. Birds will take off, so walk slowly with frequent stops. I have a \$6 tripod seat.



Eastern Kingbird

9. Look for birding sites that offer border habitats– for example, woodland to meadow, clearing in forest, river, streams, wetlands, lakes, etc.

10. Patience, patience, patience.

Birding is inexpensive, good exercise and gets you outdoors in the fresh air with nature and away from our fast-paced world. I love the challenge and unpredictability of wildlife photography as so many things have to be in place to capture a meaningful image: locate the subject, get close, select camera setting, compose shot in frame.

I take more bad pictures than good ones, as the subject rarely listens to the instruction you give. When you get that great shot where it all comes together, it is very rewarding to know you were privileged to witness and capture a unique moment in nature.

“Learning to bird is like getting a lifetime ticket to the theater of nature.” *Diane Cooledge Porter*

All photographs in this article were taken at Ballantrae Golf & Country Club.



Robin



Red-winged Blackbird



Song Sparrow

Observe and be patient. Birds will return if they believe you are not a threat.

5. When near a nest, observe the birds and approach from a distance of no threat. They usually have a predictable route to the nest allowing you to position yourself for a close encounter without stressing the bird.
6. Never take a direct line to your subject but rather a side approach, as if passing by.
7. For photography, use a tripod where possible.
8. Take notes for identification purposes if necessary.



Tree Swallow

Golf, Golf & More Golf

Ballantrae Men's Golf League 2017

Every Tuesday, May through September - first tee time 8:00 a.m.

This year we have four "Closest to the Pin" weekly challenges!

One prize awarded at each of the par-three holes every week.

Sponsors: Gary Hodder, Royal LePage Real Estate; Amica at Unionville Retirement Residence; Dixon Garland Funeral Services; Inside Out Decorating, Stouffville

PLEASE MARK YOUR CALENDAR FOR THESE SPECIAL DATES

April 25: Pre-Season Information Meeting at the Recreation Centre, 1:00 p.m., lunch provided.

May 2: Opening Day, weather permitting.

June 20: Golf Baseball Team Event.

July 18: Choker Challenge.

July 25: Team Championship with Bill Burrow Trophy awarded to the lowest net score team.

August 15, 22, 29: Individual Championship (best two scores to count).

September 26: Season Finale with hole in one contest and prizes for everyone, followed by luncheon at the Recreation Centre.

Prizes awarded each week - BBQ lunch each month ~ Weekly 50/50 Draw

Golf registration fee: \$95 / Golf and weekly 50/50 draw registration fee: \$130

New members welcome. For registration forms and more information contact:

Phil Kostandoff: 905-640-6222 - pgkay1966@rogers.com

Jay Adam: 905-640-2843 - jaystoy69@hotmail.com

Ladies' No-Stress Golf League

The Ladies' No-Stress League plays Tuesday mornings at Maples of Ballantrae executive nine-hole course on Highway 48. Cost is \$18.00 for nine holes and includes a pull cart if required.

Once a month, an away game is arranged at a nearby golf course.

Emails will be sent in advance with the details.

We hope to see all our previous members return and welcome NEW members no matter what skill level. It's a great way to get some exercise, hone your golf skills and meet old and new friends in a no-stress atmosphere.

COFFEE MEET & GREET

Tuesday, April 25, 10 a.m. at the Maples of Ballantrae Club House.

Cost is \$10 to sign up. Please put in an envelope with your name and email address on the front.

Opening Game: Tuesday May 2 at 9 a.m.

Further information:

tuesdaygolf24@yahoo.com or contact

Jeanne Christie, 905-640-5948 / Lynda Wyse, 905-642-5948 / Susan McKay, 905-591-2557

Sunday Nine & Dine Golf

The golf gods allowed us to play on seven of the nine dates during the 2016 golf season. We had a full roster of 36 regular players and our roster of spare golfers continues to grow. Every spare golfer had at least four opportunities to play during the season, some up to seven times.

For our 2016 season-ending event, we played "Dangerous Dice & Pick Up Sticks," and the 2016 Sunday Nine & Dine Challenge Cup was won by the team of Lynn Phillips, Keith Phillips, and Erma Dominico. Our thanks go to Porcupine Management (John McLellan & Tanya McGee) for the provision of the prizes.

For the 2017 season we are looking forward to another year of good company, good food, and sometimes, good golf. We get together every second Sunday afternoon and play in a non-competitive golf format, with all prizes awarded through a random draw.

Welcome back to our returning golfers.

New players are most welcome.

Contact Ken Miyauchi: 905-640-PLAY (7529)

kenmiyauchi@rogers.com.



Ballantrae Ladies' Golf League

Now that spring is approaching, our thoughts turn to the upcoming golf season. If you like to play 18 holes of golf with a fun-loving group of ladies, come out to the BLGL. We play every Monday from May 1 to September 25, with a variety of games including some special events. Ladies of all abilities are welcome to participate.

Our opening "Meet and Greet" coffee and registration is Monday, April 24, at 10 a.m. in the Recreation Centre. Hope to see you then.

For more information, please contact

Sandy Hinch, 905-591-3552

sandyhinch@hotmail.com

Monday Evening Nine & Dine Golf

The Monday Nine and Dine group will start on May 15, weather permitting, with our first nine-hole scramble of the year.

Although we have a full roster of regular golfers, we would like to welcome those who may want to join our "spare" list. We will be playing about ten times (providing the weather cooperates), usually every other Monday throughout the summer. Tee times are between 4 and 5 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 send an email to **Monday9andDine@gmail.com** and we'll add you to the "spare" list and send you the necessary information.

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

Deb & Trev Kimpton
Co-ordinators

Thursday Nine & Dine Golf League

This is a fun get-together to encourage golfers of all levels to meet other residents of Ballantrae.

We play a nine-hole scramble on alternate

Thursdays with dinner afterwards in the clubhouse restaurant. Singles are welcome to join as are new players.

**Weather permitting we will
start in early May.
First tee time is around 4 p.m.**

If you would like to join us, please contact
liz.jenkins@outlook.com or 905-640-8216

Proudly Canadian BY DOREEN CUNNEEN

BGCC to honour Canada's 150th birthday in a number of special ways

Communities across this country will honour the occasion of Canada's 150th birthday with a variety of special programs and events. So what's planned for Ballantrae Golf & Country Club? Lots!

Our theme is Proudly Canadian and while much is still in the early stages of planning and development, we can report that you will be provided with a number of opportunities to celebrate this memorable time in our country's history.

The festivities will begin in early May and continue through August.

The planting of a maple tree and the construction of a bench near the Recreation Centre will occur in early May. Both will have inscription plaques to serve as lasting reminders of this special occasion.

A Commemorative Book will be available in the lobby of the Recreation Centre for all residents to sign and to add their personal congratulatory messages.

A Time Capsule, containing BGCC memorabilia will be buried on site for future generations and historians to enjoy and examine.

A temporary Diversity Wall, featuring photographs and messages from residents who have chosen Canada as their home, will have a place of prominence.

A Proudly Canadian banner is currently being constructed by a group of our very talented resident sewers and quilters.

Canada Day will kick off with a complimentary breakfast at 9:30 a.m. followed by a full day of live entertainment, music, snacks and much more. Plan to be there for the entire day!

Check our bgcc@rogers.com for more details as they become available.



CANADA 150

Canada 150 BY DOREEN CUNNEEN Call for Volunteers

If you would like to be part of the activities being planned for Canada's 150th birthday celebrations occurring within our gates from early May and running through August, check the list below.

Your help will be greatly appreciated. Please email the address below.

Sewers & Quilters

Would you like to help with the construction of a large banner that will hang as part of the Diversity Wall?

Decorating the Recreation Centre

150th Canada Day birthday décor will adorn the Centre for several months. We have two resident volunteers heading up the layout and design. Would you like to be part of the team placing and hanging the decorations?

Canada Day Party

Help will be needed with a variety of tasks during this full-day event. Would you like to assist with setup and takedown of tables and chairs, cleanup and/or act as a server?

Canada's 150th Birthday Celebration email address: doreen.cu@rogers.com



Smile! Golf season's just a few weeks away

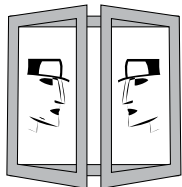
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Beware! Pickleball is Addictive!

If you have not played pickleball you may not want to start. Reasoning -- once you start playing you may become addicted and not be able to stop.

We hear it time and time again, "Just one more game" or "Pickleball rocks" or "How about playing again tomorrow?" It is a game of enthusiastic play and laughter.

Pickleball, the fastest growing sport in Stouffville, is a combination of tennis, badminton and table tennis. It is played on a badminton-sized court over a tennis-height net with a plastic whiffle ball and a hard paddle. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Pickleball can be played by a wide range of players, including seniors and children.

Pickleball has spread across the Stouffville area like wildfire. In 2015 the Stouffville Pickleball Players had a membership of 150; in 2016 the membership grew to over 200. Many of the players are from Ballantrae.



We play at the pickleball courts in the Town of Vaudorf behind the museum which is located about one kilometre south of Aurora Road on Woodbine Avenue, a short ten-minute drive from Ballantrae. Last year we had four courts; the town of Stouffville has promised more courts in 2017.

We play on Tuesday, Wednesday, Thursday and Saturday mornings from 10 a.m. to 1 p.m. On Monday and Thursday evenings we play from 6 p.m. to 8:30 p.m. We are hoping the town will allow us to play this year on Sunday mornings as well. We play from the beginning of May to the end of September.

Pickleball is a great way to keep active and have fun at the same time. All you need is a paddle, a good pair of court shoes and a place to play. If you are interested in learning to play or, if you already know how to play, contact Dennis Carter at dwcarter@rogers.com

Tennis Everyone? BGCC Tennis Club Events 2017

April 29 (Saturday)

Registration: 10 a.m. to 1 p.m.

This is an opportunity to meet tennis club reps and learn more about the club and its programs.

May 1 – 6 (weather permitting)

Drop-in for men, ladies, and mixed. Non-members who are BGCC residents have up to three opportunities to come out and play in the drop-in sessions to see if they like the game and would like to join the club.

May 1 – 29 (weather permitting)

Directors will contact participants re start dates for Novice, Mixed Open, Mixed Ladder, Men's and Ladies' Intermediate, and Men's Advanced.

May 20 (Saturday)

Opening Social Round Robin

Have You Been Thinking About Learning to Play Tennis?

The BGCC Tennis Club offers a great variety of programs, including drop-ins, mixed ladder, intermediate men's and women's and men's advanced play. Several socials are held throughout the season where members enjoy fun tennis along with great food.

Not sure if tennis is for you? We have an opportunity for you to "test the waters." Slavko Radek, our tennis pro, is offering a one-hour **free clinic on Friday, May 19, at 11 a.m.** for those new or relatively new to tennis.

For more information about the novice tennis program, contact Vicki Carter at

Vicki.carter@rogers.com or 647-977-2373.



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Sunday Spring Brunch

Sunday, April 23, 2017

11 a.m. to 2 p.m. at the
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The all-inclusive brunch buffet is \$32
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The DCAT Chorus at 1 p.m.

PLEASE CONTACT

Kathy McLeod, 905-640-7351
mcleod.kathy@rogers.com

Ladies' Dine Around

Tuesday, May 9, 2017

LOCATION

Peter's Steakhouse
25 Cochrane Dr., Markham

TIME

6:00 p.m. cocktails and nibbles
7:00 p.m. full sit-down dinner

PRICE

\$40.00 (tax and gratuity included)

FOR RESERVATIONS CALL or EMAIL

Pam Tulino, 905-591-4004
pam.tulino@humber.ca

Dave Parsons' Quintet Spring Concert

Tribute to Ella Fitzgerald
featuring vocalist Lisa Levy

Sunday, April 30, 2017

2:00 p.m. at the Recreation Centre
Refreshments will be served.

TICKETS

\$15 (proceeds go to the Ballantrae
Choir's piano maintenance fund)

Call 905-640-2790

Join us for fun and laughs as

The Pacemakers perform live at the Recreation Centre

Wednesday, May 17
Wednesday, September 27
Wednesday, November 29

TIME: 4:00 to 6:00 p.m.

COST: \$5 per person

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Ron Brewing
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Thursday, May 25, 2017

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Fashion Show

Sunday, May 28, 2017

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Friday, June 9, 2017

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CONTACT: Ron Brewing - busybeeron@gmail.com



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Ballantrae Mixed Golf Annual Christmas Party

Friday, November 27, 2016
Sleepy Hollow Golf and Country Club

This fabulous event was almost sold out again this year. Guests arriving at the Sleepy Hollow Golf and Country Club last November 27 were dazzled by the festive decorations...all ready for a party!



We were also ready: tables for Stouffville Food Bank donations (both food and monetary), a charity game of skill, door prizes, bar facilities, and The Pacemakers band. Guests contributed a carload of food and \$1,000 to the Stouffville Food Bank.

After a delicious turkey dinner and door prizes, The Pacemakers took over. . . Bob, Ray, Tom, and Sam, with a Christmas sing-along featuring guest performances by Al Gillan, Lydia Millakovic and the nattily-attired Three Kings of Ballantrae (Bernard Downes, Eric Milne and Phil Kostandoff) who performed an "original" composition.

Reg, Carol, Bob and Maurice



BGCC Social Committee Dinner Dance 2016

BY JENNY GOULD

On December 10, 2016, the Recreation Centre was transformed into a winter wonderland. The tables were draped with crisp white cloths and topped with elegant reindeer centrepieces. The up lights created a warm ambience enjoyed by all. Thank you to Kathy McLeod and her team for this amazing set up.

The food, provided by O'Malley's, was very good, but the highlight of the evening was the music performed by Terri Crawford and the *Retro Rockets*. It kept most of us on the dance floor far longer than we should have been.

Thanks to everyone who contributed door prizes including Stew and Ellie Cannon for the beautiful handmade charcuterie board and the Ballantrae Pharmacy for their very generous donation of numerous gift cards.

We hope to see everyone on December 9, 2017 for another fabulous time!



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The Ballantrae Choir Celebrates 12th Year of Christmas Concerts

BY KAY CORLETT



The Ballantrae Choir sold out both the matinee and evening performances. What a wonderful way to herald the arrival of the Christmas season!

Our guest soloist, Susan Ryman, gave a magical performance of "Gesu Bambino" accompanied by cellist Paul Hudspith and pianist Patty Evans. Ron Farro playing violin, accompanied the choir when they sang a beautiful arrangement of "Celtic Christmas Lullaby." Our own Dave Parsons' Trio added to the festivities during intermission while the audience enjoyed hot cider and goodies provided by the choir and set up by the Social Committee.

We celebrated the success of our Christmas concert with a buffet dinner organized by Donna Powers

and her team and catered by Annina's Bakery. Darcy Blainey, the youngest choir member, entertained us with a variety of songs from opera to show tunes, accompanied by Lorraine Farro on piano and her husband Ron playing violin. How lucky we are to have such talent living in our midst.

A visit from Santa brought gifts for choir leader Lisa, our rehearsal accompanist Lorraine and our past chairperson June Dyer. The choir has become one happy family, living and singing together in this wonderful community.

Our director, Lisa Kyriakides challenges us, encourages us and makes us laugh and that's why we look forward to starting again on September 5. Care to join us?

Thank you for your support and we hope to see you on December 5, 2017 for our 13th Christmas performance.





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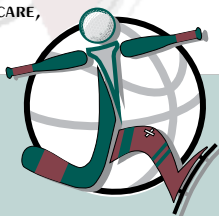
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A Breath of Fresh Air

BY PAM TULINO

On Sunday, February 12, as the snow fell softly, two groups of approximately 20 eager hikers, led by Art Sanders and Tex Bryden enjoyed the fresh air and scenery in surrounding forests.

Meanwhile, the Recreation Centre was decorated for Valentine's Day and ready for the third annual soup luncheon. While being entertained with music by Bob Ross and Sam Guadagnolo from The Pacemakers, we enjoyed a buffet from crockpots filled with ten different soups. There were cupcakes, cookies and tangerines for dessert.

Thanks to Mariette Blouin-Johnson and the Social Committee for another great event!



Ladies' Dine Around

BY PAM TULINO

Last November 30 a cheerful group of Ballantrae ladies attended the Ladies' Dine Around—the Christmas lunch version at the Aqua Grill in Aurora. Each place setting included a Tim Horton's gift card, courtesy of the Ballantrae Pharmacy. Several of the ladies got into the Christmas spirit by donning festive fascinators.

Thanks to all who attended.

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

Potluck

SPRINGTIME ASPARAGUS AND HAM CASSEROLE

FROM KAREN CLARK

Preparing an Easter brunch? Here's a great pasta recipe to add to the buffet.

3 cups penne pasta, about 8 oz.

1 bunch asparagus, trimmed and cut into 1-inch pieces

2 tbsp butter

1 yellow onion, chopped

3 tbsp all-purpose flour

1-1/2 cups sodium-reduced chicken broth or low-fat milk

1 cup diced ham

1 tbsp grated lemon rind

1 tsp Dijon mustard

1 tsp fresh thyme

pinch pepper

1-1/2 cups grated Asiago cheese

In large pot of boiling salted water, cook pasta until almost tender, about 8 minutes. Add asparagus, cook until pasta and asparagus are tender, 4 to 6 minutes. Drain and place in large warm bowl.

Meanwhile, in saucepan, melt butter over medium heat. Add onion and cook until softened, about 3 minutes. Stir in flour, then gradually whisk in broth, bring to boil. Reduce heat and add ham, lemon rind, mustard, thyme and pepper. Simmer a few minutes, stirring occasionally. Stir in 1 cup of the cheese just until melted; remove from heat. Pour sauce over pasta and asparagus, toss well. Sprinkle with remaining cheese.

Serves 6

GRILLED VEGGIES

FROM VICKI CARTER

A great accompaniment to the flank steak

6 portobello mushroom caps

4 red bell peppers, cored and quartered

1 red onion, thickly sliced

1/2 cup olive oil

2 limes, juiced

2 tbsp grill seasoning

2 cloves garlic, minced

1 pinch cayenne pepper, or to taste

2 tbsp balsamic vinegar

1 avocado - peeled, pitted, and cubed

1/2 cup crumbled goat cheese

Salt and freshly ground pepper to taste

2 tbsp finely chopped basil

Place mushrooms, red bell peppers, and red onion in a 9x13-inch baking dish. Whisk olive oil, lime juice, grill seasoning, garlic, and cayenne pepper in a small bowl; pour over vegetables. Toss to coat and allow vegetables to marinate for at least 30 minutes.

Preheat grill for medium heat and lightly oil the grate.

Remove vegetables from the marinade, and shake off excess. Reserve remaining marinade.

Grill vegetables on preheated grill until tender, about 5 minutes. Transfer grilled vegetables to a large platter. Whisk remaining marinade with balsamic vinegar; pour over vegetables. Top with avocado and goat cheese, then season with salt and pepper. Sprinkle with basil.



MARINATED FLANK STEAK

FROM VICKI CARTER

This is great for a casual dinner party. When cooked to your liking, slice the steak thinly across the grain.

1/2 cup vegetable oil

1/3 cup soy sauce

1/4 cup red wine vinegar

2 tbsp fresh lemon juice

1-1/2 tbsp Worcestershire sauce

1 tsp Dijon mustard

2 cloves garlic, minced

1/2 tsp ground black pepper

1-1/2 pounds flank steak

In a medium bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper. Place meat in a shallow glass dish. Pour marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours.

Preheat grill for medium-high heat. Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.

Ballantrae Snooker Club

BY JOAN NATOLI

From its inception in the basement of a Ballantrae member's home to its current venue at the Recreation Centre, the Ballantrae Snooker Club has grown to about 90 members. We play by international rules, although occasionally these are loosely interpreted as the focus of the club is on the enjoyment of the game. The calibre of play is quite good. Players play with a partner during the regular Tuesday/Thursday schedule and as singles during the finals at the end of each month.

A few lady members meet on their own as well on Wednesday afternoons from 1 to 3 p.m. to hone their skills and enjoy a social atmosphere.

Twice a year there is a general meeting of all members where rules and relevant game play

is discussed. This is followed by a luncheon and often a demo by some of our "pros." There are divisions for all skill levels to participate and the Snooker Club always welcomes new members.

For more information contact:
briancox@sympatico.ca



Recreation Centre News

The Condo1202 Board continues to work diligently striving to ensure the vision statement is fulfilled every day for every user.

The Revenue Data Information Analysis Committee is investigating a power energy audit to support the viability of a generator. Having a generator would allow the Recreation Centre to be a safe haven in the event of blackouts.

The Physical Plant Building Facility Usage Committee is investigating a rejuvenation of the kitchen and equipment.

The Marketing Promotion Communication Committee conducted focus groups to create a survey this summer of our community. The purpose of the survey is to determine where the board should focus its attention.

There will be repair activity in early spring as the 1202 Board and FSR management, have determined full roof replacement is necessary for the Recreation Centre.

The 1202 Board is a strong supporter of the Social Committee's *Canada 150* initiative.

As well, the board is looking forward to an outstanding 2017 Ballantrae Summer Games.

As we approach better weather, we will continue to ensure the beautification of the Recreation Centre, the surrounding grounds, and the bocce courts.

Wayne, Bill, Ken, Vic, Terri
Your 1202 Board



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Judy Flow, Coordinator

Ballantrae Bereavement

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BY PETER SIMS, WEBMASTER

→ RECENTLY ADDED

Several new pages have recently been added to ourbgcc.com.

HOTG READER FEEDBACK

Have a thought about one of the articles in *Home on the Green*? Don't just keep it to yourself – email it to: hotgfeedback@gmail.com.

CANADA 150

Everything you wanted to know about Ballantrae's celebration of Canada's 150th birthday! Not just on Canada Day . . . events start in early May.

BALLANTRAE SUMMER GAMES

Once again ourbgcc will provide full coverage of the Games coming this August.

Visit here to find details on registration, schedules, contacts, sports and more!

HOTG...MORE

Sometimes there just isn't room for all the contributions to *Home on the Green*. To see worthwhile selections visit the new HOTG...MORE page.

HEALTH & WELLNESS

This new page, found under Activities, Recreation Centre, contains articles either recommended by or written by our Wellness Director, Dayna Stoddart.

→ FREQUENTLY ASKED QUESTIONS

GALLERY - *What's the best way to view the pictures on the Photos page?*

The Photos page is now set up as a series of slideshows. Just click on any photo to start. If using a tablet, just swipe right or left to move through the show. If using a laptop or desktop, either use the arrow keys or click on the large (but faint) arrows on either side of the current picture.

Not big enough? Just click/tap on the lower right box that says "View full size."

How do I return to the Photos page?

At the top right corner of the screen is a faint "X". Click/tap to return to Photos.

Have a question about the website? Likely other residents have the same one.

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Advertisers Index



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 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 Inc.	37
Riverin Law Firm	14
Thomas and Pelman Professional Corporation	12

FUNERAL HOMES

Chapel Ridge Funeral Home	12
Dixon-Garland Funeral Home	51

FURNITURE & APPLIANCES

Bassett Home Furnishings	4
Card's Appliances & Televisions	53
Modern Home Furniture	12
Stouffville Fine Furniture	24

GOODS & SERVICES

Ballantrae Geek Computer Services	12
Cautious Moving & Storage Ltd.	37
Clarkson Auctions & Movers Inc.	12
Jacqui 's House Services	41
Lindy's Floral Boutique	41
PC Doctor	6
Redfearn, Zizek & Assoc. Inc., Interior Painting	10
Stitch in Tyme Upholstery	41
TAC Associates Inc., Print Broker & Consultant	53

GOLF - BALLANTRAE GOLF CLUB

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HAIR STYLING & SPA

Fame International Salon & Spa	39
Fame Men's Hairstyling	35
Mr Fame Barber Shop	51

HEALTH FOR PEOPLE & PETS

Ballantrae Pharmacy	26
Ballantrae Plaza Veterinary Clinic	24
Dr. Beth Williston, Dentist	45
Fusion Physiotherapy & Wellness Centre	55
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
Home Hardware, Markham	55
Kelly & Sons Roofing	8
Lifestyle Oasis Windows & Home Products	10
Patti-Lynn Interiors	IFC
Perma-Seal	37
Phoenix Heating and Cooling	14
Stouffville Garage Doors	51
Tri-Aqua Water Systems	45
Twins Windows & Doors	35
Water Systems Plumbing & Drains	26

REAL ESTATE

Remax (Helen Hunt)	10
Royal LePage (Gary Davis)	45
Royal LePage (Joyce Dow)	8
Royal LePage (Gary Hodder)	39
Royal LePage Connect (Eva Adams)	41

RESTAURANTS & FOOD

Coach House Pub	4
Hanson's	24
Off The Hook Fish Market	41

SENIORS RESIDENCES

Chartwell Hollandview Trail Retirement Residence	18
Stouffville Creek Retirement Residence	53

TRAVEL

Stonehouse Travel & Tours	6
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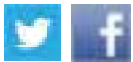
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A VERY SPECIAL DAY

BY
PEGGY TOPPING

The date was June 29, 1973. The bright, sunny day began with a great feeling of excitement in the Topping household. Today was the day Ted and I were going to be presented to Her Majesty Queen Elizabeth II and his Royal Highness the Duke of Edinburgh. We had been briefed on protocol: "You don't speak unless she speaks to you first," and had practiced the appropriate curtsy and bow.

The Queen and the Duke had requested that while visiting Toronto during their Royal Tour, they would like to visit a "clean" manufacturing business. Toby Industries Limited, a company affiliated with Graton Group and Grafton-Fraser Inc., of which Ted was president, was chosen as the one to tour. It was decided that all the directors and their wives would have the privilege of meeting this very special couple.



Peggy & Ted With Daughter Tannis

This was especially thrilling for me. When I was a little girl growing up in Toronto, I was always aware that across the ocean in London, England, there lived a little princess exactly my age, whose birthday was just a few weeks before mine. We grew up in a time of war. Princess Elizabeth joined the British A.T.S. (Auxiliary Territorial Service) as



In Line To See The Queen

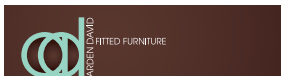
an honorary member. I joined a voluntary group, the C.A.T.S. (Canadian Auxiliary Territorial Service) whose work it was to meet troop trains, take wounded patients out for a Sunday outing from Christie Street and other hospitals around Toronto and to help in the Salvation Army canteens at the Exhibition Grounds. We both married in 1947 and seemed to live in lockstep, our lives worlds apart in every other sense.

To have the privilege of coming face to face with this little princess, now our queen, is something difficult to describe. She was very beautiful with a ready smile, in her 47th year. I curtsied with deep respect. Did she speak to anyone? Yes, to my husband Ted. She asked him what his position was and listened with interest as he answered. The Duke of Edinburgh charmed everyone in the room, chatting easily as he went along behind her.

Our 11 year-old daughter Tannis, Ted's mother and my parents were thrilled to be in attendance. My father, a decorated veteran of World War 1, snapped to attention and saluted as the Duke of Edinburgh passed by. The royal couple left to continue their cross-Canada trip in a whirlwind of applause and enthusiasm. Their visit was certainly a highlight in my life—my claim to fame.



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