

SPRING 2018

HOME *ON THE* *Green*

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB



In This Issue:

Meet Canada's *Other* National Bird,
the Grey Jay or Whiskey Jack

Profile

Ruth Flanagan, Founding Editor
of *Home on the Green*

Travel

Iceland: Home Under the Green



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

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The Ballantrae Golf & Country Club Community.
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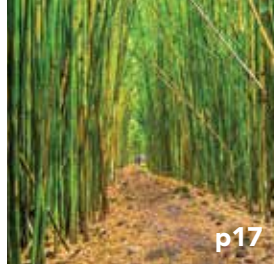
GRAPHIC DESIGN UNITE Creative Inc.

PRINTING Tower Litho Company Ltd.

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

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



In this Issue:

DEPARTMENTS

Message from the Publisher	3
Message from our Councillor	5

COLUMNS

Out and About – For The Love of Books	7
Pat's Patter – "Hey Google" Mind the Nest	9
New Tricks from an Old Dog – Happy Spouse, Happy House	11
Ballantrae Tails – How to Handle a Pet Emergency	13
Neighbourhood Noshing – Willow Springs Winery	15
Picture It – The BGCC Photo Club is back!	17
Our BGCC Computer Club	19
Health and Wellness – Exercise is Powerful Medicine	20
Do You Know – F.A.S.T	21

FEATURES

Home Under the Green	22
Potluck	25
Profile – Q&A with Ruth Flanagan	27
For The Birds	30
Fore! <i>La Vie en Verte</i>	32
More Good Reasons to visit www.ourbgcc.com	52
<i>Home on the Green</i> Goes Global	56

PAST EVENTS

BGCC Annual Christmas Dinner Dance	34
Ballantrae Choir Christmas Concert	36
Ladies' Annual Christmas Lunch	38
Breath of Fresh Air	38

UPCOMING EVENTS

Let's Meditate	40
Dave Parsons Quintet	40
Ladies' Dine Around	40
Fallsview Casino Trip	40
Canada Day Celebrations	40
Make a Date with the Pacemakers	42
BGCC Tennis	42
Stouffville Pickleball Players	44
Golf, Golf and More Golf	46

NOTICES

Fire Prevention in the Home	48
Ballantrae Services	48
Recreation Centre News	50
Ballantrae Volunteers	50

ADVERTISERS INDEX

54

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MESSAGE FROM THE PUBLISHER



Greetings from Down Under.

As I sit here in Perth, Western Australia writing this message, I am struck by how small the world has become and how technology allows us to publish *HOTG* from virtually anywhere in the world.

And yet I find as technology has made things easier and brought people closer together (who doesn't love Skype and FaceTime to keep in touch with loved ones), spending time in another country always reminds me how lucky we are to live in Canada. There isn't a better country as far as I am concerned; however, I do think there is much to learn from other cultures.

Western Australians share many of the same values and culture as we, but scratch the surface and you realize there are as many differences as similarities. The superficial impression one gets is that this is a land where people live fully, work lightly and party hearty, but like all superficial impressions, it's as false as it is true.

Just as all Canadians aren't polite and boring, all Australians aren't brash and fun loving. But so many Aussies live by the "no worries" mantra, that there must be something to it. Frankly, "no worries" has become somewhat of a cliché, especially in North America where it is often used instead of "you're welcome." Over here, the phrase absolutely works to calm and relax and remind one not to sweat the small stuff. Or, as Annette Kobak wrote in *The New York Times*, "The ritual incantation 'no worries' has particular charm when set against a background of man-eating crocodiles . . ." And perhaps that's part of it — Australians aren't apt to worry about unimportant stuff when there are crocs, killer sharks and deadly snakes to be dealt with — literally as well as figuratively. Perhaps we can all learn something about keeping things in perspective.

Our spring issue marks our 15th anniversary. It is hard to believe that 15 years ago a small, dedicated group of volunteers decided to launch

a BGCC community magazine. With lots of heart and hard work, they started *HOTG* around a kitchen table. The leader of this talented team was our founding editor, Ruth Flanagan. Knowing how much work goes into putting together a magazine, I am truly amazed and impressed with what Ruth was able to accomplish. I, along with the entire group of current *HOTG* volunteers, feel privileged to be part of something so positive and we want to thank Ruth for having the vision and determination to bring the magazine to life. I hope you enjoy Anita Draycott's profile on Ruth and the group of dedicated volunteers who started *HOTG*.


We are pleased to announce that Jan Richards will now be contributing a regular new column called Do You Know? Jan is a retired cardiovascular research nurse. She will be relying on her years of experience, plus contacts in the fields of health and wellness to provide us with useful information. This month her column is about how to detect stroke symptoms and react FAST.

Finally, a reminder that it is our advertisers and sponsors that make *HOTG* possible. One sponsor that deserves special mention is Metro in Stouffville. They have kindly donated another year's supply of plastic grocery bags (2,000) that assist us in delivering each issue to your homes. Your support of Metro along with all of our wonderful advertisers is much appreciated.

Here's to a wonderful, "no worries" spring.

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


Donna Clark



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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



WHITCHURCH-STOUFFVILLE TOWN BUDGET

Death and taxes cannot be denied. I have been involved with the process of setting the town budget for a number of years. I initially had input as Chair of the Public Library Board and now as a Councillor. The 2018 budget approval process before Council in January was by far the most comprehensive and thorough process ever. Compliments to the CAO and staff on a job well done.

That is not to say that the Councillors and yours truly in particular, did not have suggestions and changes that were supported and included. Those among us who play pickleball will be satisfied that there were sufficient capital funds added to supply new outdoor courts.

As I write this column the final numbers are not in, but the not so "little" town of Whitchurch-Stouffville will have an operating and capital budget totalling approximately \$110 million. This will equate to a 2018 tax increase for the town portion of our tax bill of approximately 2.9%. This tax rate will still be ranked as one of the lowest residential rates in the GTA. In 2017 our rate was ranked 21st out of 27 local communities.

CAPITAL EXPENDITURES/UPGRADES IN BALLANTRAE

It is a challenge to Councillors to ensure town, regional and in some cases provincial staff are made aware of projects requiring attention in their own wards. I have encouraged the various parties to consider enhancements to the core area of the community of Ballantrae when appropriate.

The sidewalks installed in recent years along Aurora Road were just the first step in discussions related to improving safety. In the 2018 budget, I was able to have in excess of \$700,000 capital dollars set aside for this continuing pursuit.

I believe sidewalks will be required along Highway 48 both north and south of Aurora Road. The owners of the plaza under construction at the Aurora Road intersection have committed to contributing to this sidewalk installation.

Likewise, the street lighting on Aurora Road is less than adequate and I have ensured capital dollars are allocated to resolving this problem in the 2019 budget.

Currently staff is seeking approval from MTO for a necessary upgrade to the intersection of Highway 48 and Aurora Road. As residential and commercial development occurs and traffic increases at this junction, improvements must be made.

EMERGENCY SERVICES IN BALLANTRAE AREA

There was much discussion during the recent budget discussions in regard to emergency services provided in our area.

I have always been a proponent of providing increased services from the fire hall immediately outside our front gates. However, I strongly believe we need a comprehensive Fire Master Plan for our area before we simply add additional full-time fire staff at this location. To this end I supported adding permanent full-time crew in the 2018 budget with the provision that the Fire Service Management and staff provide an update to the outdated 2012 Fire Master Plan now in place. I have requested this for two years and finally there is some activity on this front. If full-time crews are added at this location a significant capital upgrade will be required to the current facility and I also support this expenditure.

WASTE MANAGEMENT

A supply of waste management calendars have been left for pick-up at the Recreation Centre. See Adam for your copy.

ELECTION YEAR

As many of you are aware, 2018 is an election year. My family and I have had many discussions about the opportunity to once again ask for your support on October 22. Many projects have been completed and I want to be able, with your support, to continue working on others, some of which are indicated in this article.

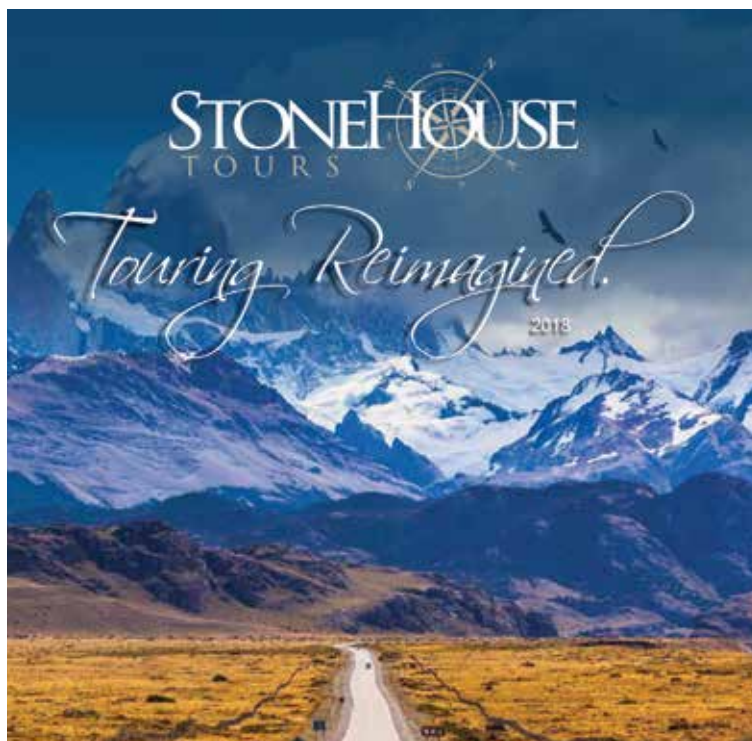
WARD REPRESENTATION SYSTEM

A recent article in the local newspaper questioned the relevance of continuing on with the ward system as it is presently structured for Whitchurch-Stouffville. The primary argument against the present arrangement is that the in-town wards, although much smaller in area, are inhabited by more people than their rural counterparts.

There is a requirement that changes to electoral boundaries or the system itself must be reviewed during the next term and be implemented for the election in 2022. The Council elected in 2018 will start the process early in their mandate.

HOUSING PROJECT: BALLYMORE HOMES

There have been a number of setbacks, not the least of which was the intervention of MTO, with respect to the housing project scheduled for south of our front gates. I continue to meet regularly with the Ballymore Homes staff to ensure the project is at a standard to meet both local residents' and the town's Planning Department approval. The project is still moving forward with the developer hoping to start site work and to open a sales centre in 2018.



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For the Love of Books

BY LYNNE BALFOUR



Are you one of the avid Ballantrae Golf & Country Club readers? Do you know that over 250 people use our Recreation Centre library per month? And that BGCC has at least eight book clubs?

Our library is in the hub of our Recreation Centre. It houses over 800 books, fiction, non-fiction and classics, all donated by residents of BGCC. Because of space limitations, books must be published in 2010 or later. (Look inside the first or second cover page for date.) This keeps the collection current. There are some large print books available as well as some audio books. Jigsaw puzzles are a recent popular addition. Of course, it is always wonderful to have more new books!

When our Recreation Centre opened about 13 years ago, Sheilagh MacDonald, who had worked at the Aurora library, offered to help set up our new library. It was a huge job to collect donations, sort and arrange them into alphabetic order by author, and come up with a manageable method of sign-out. Sheilagh has been active ever since and has a volunteer library maintenance team consisting of Jean Kinzinger, Louise Oliver, Judy Baldwin, Shirley Russell, and Beth Meade, who replace and reorganize the books regularly.

Friends have told me that they love the listing of book club favourites in *Home on the Green*. Often, I walk into the library not having any idea what I want to read. Usually I solve this by picking up books in the return basket or asking another browser. Maybe we should have stickers we could put on a book that we have particularly enjoyed to help other uncertain readers!

The book clubs usually pick a book to read monthly. It used to be a problem getting several copies of a book without buying it. Now with E-readers the problem

seems to have disappeared. If you have a library card, you can download books from York Region libraries for two weeks by emailing the library.

Sheilagh tells me that readers particularly love the small Uxbridge library because of the friendly help they get there. Uxbridge also has a busy book store, Blue Heron Books, which sponsors monthly talks by authors, often at Wooden Sticks golf course. These events sell out, so phone ahead of time!

It is always interesting to learn how people get involved in specific roles in life. Sheilagh wandered into library work. As a child in Kelowna, B.C., (with a Scottish father who played bagpipes), she grew up with all types of dancing, primarily ballet, performing often at church socials. Upon graduating from high school, Sheilagh auditioned for the Royal Winnipeg Ballet, becoming part of the performing company within two months and continuing for five years. As part of a cast performing at the Theatre of the Stars in Vancouver over one summer, Sheilagh met her future husband John, who was a singer/actor. After they were married, Sheilagh taught dance for many years. John worked for Columbia Pictures Television. As a couple, they often entertained showing movies (remember 16 mm movies?). Life moved them to Stouffville with their family. When Sheilagh tired of commuting to Toronto to teach dance, she found an ad for an Audio Visual technician at the Aurora library. Sheilagh started her library career with 16 mm films and slides, assisting Aurora speakers and teachers. She stayed for 17 years immersed in the world of books!

Sheilagh is a wide-ranging reader and a great promoter of our BGCC library. We are glad to have her interests and talents to guide us!



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"Hey, Google" Mind the Nest

BY PAT WOOD



Brrr! As I write this, the snowbirds have all flown south and we are in a lengthy deep freeze. The hoopla of December is over and January offers only reduced eating and NFL playoffs. I'm usually in the dumps in January, and what with old age, ailments and death, it's hard to find a piece of fluff to share.

So..., I think I will tell you about the *menage a trois* I'm now living in. (Oops, finishing with a preposition. Mary won't like it.) A while back, on the PC Doctor's suggestion, Hubby and I purchased Google Home.

She's a most helpful companion, quiet and unobtrusive, but very handy. With a simple "hey Google", she tells you the weather and what the temp really is at minus 25 Celsius. She recites your daily appointments, gives you a news update, and answers all your questions, except of course why you are here in January.

She plays music on decent quality speakers, and can interact with your own music library. I'm learning to expand this feature. She can set timers and alarms, so if you feel like dozing in your chair, you can ask her to wake you from the prone position. She has many other additional features I haven't outlined or discovered yet.

Best not to mention her moniker (hey Google) unless you want her. When Google Home is advertised on the TV using her moniker, she perks right up with "I'm sorry, I don't understand." She calls you by name, and after a visit from the grandkids, we were addressed as "Beaner" for a while. Our son, mocking her in a rude way, said "Hey Google, my balls are itchy." She helpfully launched into a long discourse on jock itch and how to remedy it.



Along with her counterpart products Siri and Alexa, she has a nice, calm, well-modulated female voice. Did the techy inventors of these gadgets finally acknowledge that women are the smart ones? Just a thought I've thrown in, gentlemen, to see if you are paying attention.

Which brings me to my second gadget purchase: the Nest thermostat. Our old one was just that, and although it was programmable, "Somebody" was always adjusting it, leading to lengthy discussions on the temp in the house. The Nest learns your preferences in a few days and interacts with Google so you can adjust the heat with a simple voice command.

As you walk by it, it lights up displaying the current temperature. You give it a temperature range to follow, and it saves energy by lowering the heat when you are out, which it senses through the same motion detector. You get a monthly report on your computer of your energy usage telling you how many green leaves you saved.

Hydro can adjust your system if the overall power grid goes squirrely or gets overtaxed, and although I'm loath to give Big Brother more control of my life, I am resigned to this feature to save cash. Speaking of which, if you have lots to spare, there's a host of compatible products: security cameras, smoke detectors, etc. available for purchase. "Somebody" and Hubby, who are close pals, like the Nest too, and are happy to let her (is she a her too?) take over their adjustment duties.

I have to say here that it's mostly me who is the driving force behind these and other new purchases. I'm not really a techy person like the experts we are lucky to have here in our community, but I do like to step into the modern world occasionally and I'm really enjoying these new toys. Hubby is more content with the old stuff, which is lucky for me. I don't want him getting too attached to the new girls in the house.



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HAPPY SPOUSE, HAPPY HOUSE

BY
KEN MIYAUCHI



In many households, responsibilities are divided between spouses. In the event of your spouse's passing, are you able to assume all duties, without hesitation or doubt? Let me ask some test questions.

To the men: Do you know how to use the washer and dryer? How do you iron linen? Can you make gravy from scratch?

To the women: What specific investments do you have and can you execute the trading? When were the car's brakes last serviced and what specifically was done? Which bills are paid by automatic withdrawal?

If you are a "single" individual, you probably already know everything. If you and your spouse can answer all questions, you also need to read no further. If, however, some of the questions stumped you, you are not fully independent and a catastrophe may cause you significant problems.

Some duties may be too complex or require specialized knowledge. Your investments, for example, may be outsourced to a financial advisor. For other tasks, you may hire an electrician or plumber to fix a problem. In these cases, you will never be executing the specific duties. You need only to understand their duties so that you know that the job has been done to your satisfaction and that you have not been overcharged.

Financial matters are especially daunting if you have not been involved previously. It is important for both spouses to be fully aware of your financial needs, assets, and responsibilities. If you have a family financial plan, review and update it. If you don't have one, create it together. Your financial plan should list all of your assets: bank accounts, investment accounts, and other financial instruments such as insurance policies, bonds, and GICs, as well as your funding sources of income: pensions, investments, and other income. The plan should also identify your current spending obligations: household expenses, personal expenses, and other financial commitments. Do you share the same spending priorities (e.g.

vacations, big ticket items such as a new car)? A discussion may reveal differences and enable you to resolve potential conflicts. By working together, you will ensure that you are both fully conversant with your financial plan.

Have you ever said, "I don't like highway driving, or driving in heavy traffic? Besides, he/she likes to drive." What happens if your spouse can no longer drive? You can become a regular taxi user, depend on family and friends to drive, or you can begin to regain your confidence. Drive a little at a time, driving in all conditions, on all roads, with your spouse at your side so he/she will still be able to take over if needed.

The solution is simple – reverse roles with your partner. The implementation, however, may be very difficult. If you have a spouse, you already have a partner. If you're single, you may have outsourced some of your responsibilities to a family member, perhaps your son or daughter. This individual is your partner.

For as long as it takes, follow your partner around when doing what were previously individual chores. Watch, listen, and learn. Ask questions and take a turn doing your partner's tasks. Later, you can still return to your normal duties, confident that you are able to do it all when needed.

Now is the time to evaluate your readiness to go it alone. Learn while there is time to do it, leisurely, and with your backup by your side. When you're comfortable with all of the household and family responsibilities, you are truly independent and in control.



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HOW TO HANDLE A PET EMERGENCY

BY ENID SANDERS



The Merriam-Webster Dictionary defines an emergency as “an unforeseen combination of circumstances resulting in a state that calls for immediate action, an urgent need for assistance or relief.”

There are many different types of emergencies that we may encounter – fire, flood, tornado, hurricane, accidents and even terrorist attacks. Most pet parents will never deal with such emergency situations. However, the majority of pet

parents will, at some point, find their dogs or cats injured or sick and in need of immediate help. Because time is of the essence in these situations, it's imperative to know the best course of action before an emergency occurs.

The likelihood that you, your family and your pet will survive any of these tragedies depends largely on the emergency planning that you do ahead of time.

The first thing to do is to prepare a pet emergency supply kit. The kit should contain food, water, all medicines and medical records, plus bandages and antibiotic ointment. Prepared emergency pet supply kits are available online and may also be available from your vet. The kit should also contain a collar with ID tag, harness or leash, sanitation items such as a litter box and any pictures or other papers that would identify your pet. Do not forget to put in some favourite toys, treats and beddings – this would reduce the stress for your pet.

It is important to have a plan as to what you will do in an emergency. Just as you plan with your family, you must also plan for your pet. You will have to assess the situation and do whatever is necessary to take care of yourself and your pet.

Depending on the circumstances and the nature of the emergency, the first important decision is whether you stay put or get away. If you must evacuate, take your pets with you if at all possible. Make sure you know where you will take your

pets and who will accept them – a family member, a pet facility, etc. It is a good idea to plan with neighbours, friends or relatives to make sure that someone will be available to care for or evacuate your pets if you are unable to do so.



Your vet is a good person with whom to discuss how to prepare for an emergency. He/she can also provide plans for emergency animal treatment.

Anyone owning a pet should obtain and use “Pets Inside” labels and they should be prominently displayed on your doors and windows. These stickers are available free of charge from most SPCA or animal rescue facilities.

There are pet first-aid books and first-aid courses available. With pets making the leap from loyal companions to full-fledged members of a family, pet first aid is a growing offering. St. John Ambulance gives courses at least once a month in its offices across southeastern Ontario. In Toronto, other groups including Dog Gone Right, Dog Guru and Leash & Paws have also begun such training sessions. I have also found that you can find pet first-aid courses on line.

Keep in mind that what's best for you is typically what's best for your animals.

“A dog is the only thing on earth that loves you more than you love yourself” – Josh Billings



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WILLOW SPRINGS WINERY

STOUFFVILLE

BY ALISON SCOWCROFT



On a cold day in January, I took a drive to Willow Springs Winery situated atop the Oak Ridges Moraine to meet with the delightful manager, Michael Cheung.

The property, bought by the Testa family in 1958, sits on 25 acres, 11 of them dedicated to the vineyard. The first grapes were planted in 1992 and the first 1998 vintage was 700 bottles of Meritage. The Testa family sold the property to Sheridan Huang in 2010; however, Mario Testa is still the winemaker using traditional Italian techniques. All of the grapes used for their wines are 100% Ontario-grown, making the winery VQA Certified. The wine is bottled on site at Willow Springs.

Although there is no restaurant, the winery is open for special events including showers, birthdays, weddings, meetings and family affairs. They have a private tasting room that can seat 8 to 20 people that was recently renovated to include a frieze on one wall. This would be an ideal place to host a private wine tasting with some of your neighbours. There is also the winemaker's pavilion that can seat 40-130 people and in the summer season they have a marquee overlooking the vineyard that can hold 150-300. They offer an extensive selection of menus including lunches, brunches and dinners and will customize to suit your needs. There is also a villa with five bedrooms, each with its own bathroom, two large seating areas and a kitchen that can be rented in conjunction with an event you are hosting.

At Willow Springs wine tastings, Cheung will explain the different types of wines they make using four kinds of grapes: Baco Noir, Marechal Foch, Vidal and Seyval Blanc.

Along the back of the main building they have a deck with picnic tables where guests who visit the winery may bring a picnic lunch, buy a glass of wine and enjoy it in the vineyard. They will even take you on a winery



tour via their golf cart so you really get the feel of the vineyard. It is recommended you call first to ensure there isn't a special event going on.

At the wine boutique they sell all of their wines and ice wines plus other local products, including beautiful wood cheese boards, honey and maple syrup.

I would highly recommend a trip to Willow Springs Winery, be it on a cold dreary January day or a warm, sunshine-filled spring afternoon.

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The BGCC Photo Club is back!

BY PAT WHITTINGHAM

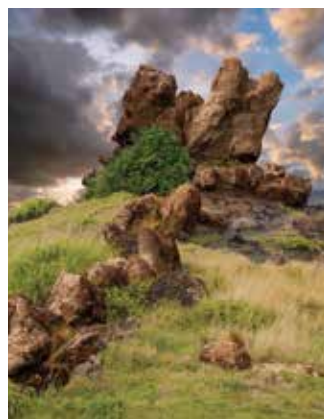


The Art of Travel Photography

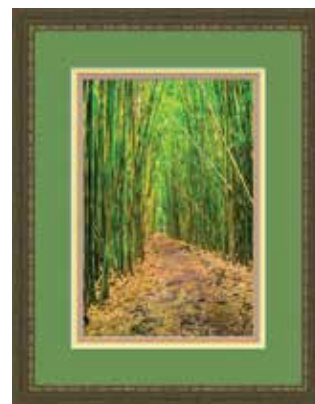
Urged by a number of residents, the BGCC Photography Club resumed mid-December after an absence of many years. With more than 25 in attendance and several snowbirds indicating they wish to join upon return, it was an encouraging restart. Those attending the initial monthly meeting discussed the objective of furthering the enjoyment of still photography within our community and were asked for specific areas of interest.

A presentation entitled *The Art of Travel Photography* encouraged careful planning and deliberate composition of images to create photographs worthy of framing or publishing, rather than taking casual snap shots. We then demonstrated a remarkable new bridge camera, the Sony RX10 IV Superzoom, which is capable of astounding images from wide angle to extremely long telephoto.

The January monthly meeting was even better attended to hear three presentations. Ian White outlined the process of setting up and using a



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personal website. Brian Freedman then gave a presentation on *Google Photo* for editing, cloud storage and distribution of photographs. To wrap up, Frank Allison, our famed "Birdman" gave a wonderfully inspiring presentation on his love and techniques for wildlife photography. He showed many beautiful images.

Many Club participants want to know how to take better shots and get more from their cameras, so an initial afternoon three-hour basic operation workshop was well attended on January 26. A repeat workshop will be offered in late spring.

The Club is free for residents and evening meetings will generally be held on the third Thursday of each month.

Anyone wanting to participate in the Club can email me (p.whittingham@rogers.com) to be placed on the meeting notice distribution list. All are welcome.



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Up in the iCloud

BY ALEX FLOW



HOW DOES THE APPLE iCloud WORK?

Brian Freedman devoted the entire January 2018 meeting to a clarification of the cloud and iCloud in particular. He started by giving an overview of how we save data and files on our computers. We are steadily moving away from local storage of our files on our computer's hard drive or external drives to remote, server-based storage and processing—what is known as a *cloud*.

iPHONE/iPAD (APPLE IOS)

Apple's iCloud gives 5 GB free, (the next 50 GB is relatively inexpensive). Note: it is essential with the Apple iPhone/iPad to use Apple iCloud because it allows the recovery of data and its transfer to a new iPhone/iPad.

USEFUL TIPS

Now, let's look at some tips for the Apple iCloud, but keep in mind that some of the following tips may not work on older iPhones.

- 1** In SETTINGS, tap in the area that takes you to iCloud. When you tap iCloud, a screen will come up showing the amount of storage you are using. You will probably find that the two items taking up most of the storage space are backup and photos. If you are approaching the 5GB free limit, you might need to reduce the amount of data in storage or get more storage. Apple provides an additional 50GB at a reasonable cost.
- 2** When you scroll down in iCloud, make sure you turn on iCloud Backup (see Note 1 above).
- 3** When you scroll down in iCloud you will see Find My iPhone. Tap and turn on both Find My iPhone and Send Last Location. At times, Send Last Location may make finding your device easier.
- 4** If you are concerned about privacy and you want to prevent Apple from tracking your behaviour and sending information to outside advertisers, then in the listing - iTunes & App Store, make sure In-App Ratings and Reviews is turned off.
- 5** In SETTINGS, tap Privacy Settings. Scroll to the bottom of that screen to topics – Analytics and Advertising. For privacy considerations: in Analytics, make sure all items are off; in Advertising, make sure Limit Ad Tracking is the only item on.
- 6** Display and Brightness. There are a number of controls here for you to consider, but I want to direct you to Night Shift. This modifies the colour of the display at night and reduces the harshness of white light in the dark. You have the ability to set the amount of colour change to suit your situation. If you want to use this setting, Sunset to Sunrise is easy to set.
- 7** Photo tip. Have you had difficulty finding the shutter button while holding the iPhone in a horizontal position? Brian suggests when holding the phone horizontally, make sure the sound buttons are on the top. When you are ready to take the picture press either button – done!



Exercise Is Powerful Medicine!

BY DAYNA STODDART



When working with clients, I am amazed at how many are unaware of the Canadian Physical Activity Guidelines. As we age, it is more important than ever to be active in healthcare settings, in communities, at work and at home.

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should implement the following on a weekly basis:

- 1 Aerobic training 5-7 days/week
- 2 Strength training 2-3 days/week
- 3 Balance training daily
- 4 Stretching daily

Accumulate at least 150 minutes of moderate to vigorous-intensity **AEROBIC** physical activity per week in sessions of 10 minutes or more. For example, 30 minutes of brisk walking, five days per week. Aerobic activity targets both heart and brain health.

NOTE: Moderately intense activities will cause you to sweat a little and to breathe harder. Vigorously intense activities will cause you to sweat and be out of breath.

STRENGTH TRAINING is beneficial to maintain functional strength, bone density and independence.

BALANCE TRAINING is important to reduce the risk of falls and subsequent injuries. Those with poor mobility should perform activities to enhance balance and prevent falls.

STRETCHING helps maintain flexibility and range of motion in joints.



How to Detect Stroke Symptoms and Reach F.A.S.T. BY JAN RICHARDS

Meeting the Canadian Physical Activity Guidelines provides health benefits and can reduce your chance of developing the conditions below by the figures in **green**; more physical activity and exercise leading to physical fitness can reduce your chances by the figures in **blue**!

Reduce incidence of hypertension by
33 - 60%

Reduce incidence of diabetes by
25 - 58%

Reduce incidence of CVD by
33 - 50%

Reduce risk of stroke by
31 - 45%

Reduce risk of colon cancer by
30 - 60%

Reduce mortality and risk of recurrent breast cancer by
25 - 50%

Reduce risk of developing Alzheimer's by
40%

Decrease depression as effectively as medications or cognitive behavioural therapy

Reduce risk of premature death by
31 - 50%



– **FACE** is drooping?



– **ARM** is weak or numb?



– **SPEECH** is slurred or jumbled?



– **TIME TO CALL 911!!**

These are the signs that someone is having a stroke.

DO YOU KNOW F.A.S.T.?

Do you know that a stroke (brain attack) is the third leading cause of death in Canada? Of those folks who have a stroke, 25% make a full recovery, 60% are left with some form of disability and 15% die. Do you know that 50,000 new strokes are diagnosed every year with approximately 426,000 Canadians living with the effects of stroke at a cost of \$2.7 billion a year to the Canadian economy?

Do you know that a stroke occurs when either a blood clot cuts off the blood flow to the brain or a blood vessel in the brain ruptures causing bleeding within the brain?

Symptoms happen quickly therefore it is imperative to seek medical attention FAST to minimize brain damage.

Do you know that the Ontario Stroke Network aims to decrease the incidence of stroke and improve patient care and medical outcomes for patients in Ontario? This model

of care includes Regional Stroke Centres, District Stroke Centres and community hospitals, including Stroke Prevention Clinics. The Ministry of Health has specific guidelines at each of these stroke care centres. Initiated in 2000, this province-wide, evidence-based, integrated comprehensive stroke service continues to improve stroke care in Ontario.

Emergency Medical Services (EMS) have detailed protocols as to where patients are to be transferred. Sunnybrook Health Sciences Centre is our Regional Stroke Centre; Mackenzie Richmond Hill Hospital is our District Stroke Centre and Markham Stouffville Hospital is our Stroke Prevention Clinic. The severity of a patient's symptoms and the type of medical expertise required will determine where EMS will decide to transport patients for the best care.

Remember to Act FAST because Time is Brain!

HOME Under THE Green

BY IAN WHITE

Why on earth would anyone go to a nice warm beach in the Pacific with swishing palm trees, grass skirts, and dirt-cheap booze, when you could freeze your butt off and pay an arm and a leg for cod, of all things, in Iceland?

Well there are some people who swim upstream and Iceland is on the bucket list for every real photographer, so both of these merged and I went with a photog buddy on a 10-day drive around Iceland.

The country is breathtaking – both the scenery and the prices, so read on . . .

This is a country of very hardy people and highly variable weather. In July we had 8 days of brilliant sunshine 22 hours a day which is not that great for photography. This was followed by two days of serious Atlantic gale in Reykjavik the capital. I saw several tourists blown over by the wind and drenched in the hail/rain.



A Happy Icelander



Icelandic Horse



Home Under the Green



Reykjavik in July



Glacier Lagoon



Landscape



The Black Church

This is a country of absences. No garbage, no dirt, no people on beaches, glorious empty landscapes. This is also a country of incredible landscape variety from volcanoes, glaciers, incredibly rugged cliffs, ice, desolate farms, and great beer.

Most of the interesting bits need a long walk uphill or with a serious 4x4. Really, if you need nail varnish and lippy before you venture out in the morning (guys included) this is not for you. But I suffered mightily lying back in a natural hot tub, fed by boiling water from underground, looking out at a glacier on one side and trying to avoid the snow blowing in my face on the other. The gorgeous waitress dressed in a parka was eager to serve me booze at mind-boggling prices and the world was quite nice thank you.

The local language is impossible. Even the Danes, at one time Iceland's colonial masters, cannot understand spoken Icelandic, but it looks really quaint in a picture. The locals are very friendly and thankfully speak English very well.

Until 50 years ago, it was common to see houses and farm buildings built into the ground and covered in turf as a cheap insulation. Many of these remain in use hence the title of this piece.

The whole country is volcanic and displays a great variety of features from lava deserts, sulphurous pools with boiling mud, incredibly sharp volcanic cliffs, deep calderas and black grit beaches.

My overall impression is of huge waterfalls, black mountains, and a rough farmland thinly populated with sheep and horses. The former is on every menu in every restaurant, including lamb burger, lamb pizza, lamb soup etc. The latter are ridden by tourists then eaten.

Now for the golfers, well you can go to Hella. This is the home of the GHR Club which has hosted the Icelandic National Championship six times. It is a links course which uses lumps of volcanic dross instead

of sand dunes. The fairways are bulldozed coarse lava covered in tufted grass and the tees are set up high giving a great view of Mount Hekla which hasn't erupted much since the year 2000.

Play slows a bit for lava flows and there is a constant wind – the last stop was the Azores! It makes Ballantrae's breezes feel balmy. The positive side to this is that in July you can play 22 hours a day as you are so far north.

The restaurant at the golf club is very good. The views are wonderful and it serves local specialties such as fermented shark meat and boiled lamb's head on the half skull in addition to the normal fare of grilled horse and whale. Life is different up there!

There are really three Icelands. The first is Reykjavik, the capital, which is not very interesting except for the area near the cathedral downtown. This is spectacular and has a statue of Leif Erikson out front. Leif was the guy who discovered Newfoundland about 1000 AD, but they didn't have screech at the time so he went back to Iceland. A hidden gem near the cathedral is a walled sculpture garden. I am not really into sculpture but these are not amorphous blobs trying to claim artistic content. These are incredibly detailed and emotional bronzes by the national sculptor Einar Jonsson – well worth seeing and a quiet respite from the tour buses.

The Golden Circle is the second part, which features a large selection of scenic wonders within easy reach of Reykjavik. However, that means it is bung full of tourist coaches lined up to let people off to take idiotic selfies. Avoid!

The third part is the rest of Iceland which is the place to go. Fascinating, adventurous, and clean. You need to see it while it is still there.

Some of my photographs accompany this article, but there are more in the Iceland gallery on my site at www.whitepixels.ca.

So, tell us about your latest trip!!

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Potluck

This spring issue came together thanks to Skype and the Internet as many of the editorial team members were basking in the sun in different countries. Here are some of their favourite recipes from their winter homes.

SMASHED AVOCADO ON TOAST

THESE AUSSIE RECIPES ARE FROM OUR PUBLISHER, DONNA CLARK.

YUMMY BREKKY OR SERVE ON FLATBREAD FOR A DELICIOUS APPETIZER.

- 1 ripe medium avocado, pitted and mashed.
- 1-2 tbsp feta cheese (creamiest you can find)
- cherry tomatoes
- fresh basil
- toast

Mix avocado and feta to spread on toast. Top with sliced cherry tomatoes and fresh basil.

BBQ LAMB WITH HALOUMI AND BEETS

- 2 tbsp lemon juice
- 1 tbsp olive oil
- 2 tsp dried oregano
- 8 loin lamb chops
- 250 g pearl couscous
- 250 g cooked beetroot (if possible, use roasted beets, but you could use jarred beets in a pinch)
- ¼ cup chopped parsley
- 180 g *haloumi* cheese
- tzatziki* dip, to serve
- lemon wedges, to serve

Stir lemon juice, oil and oregano together in a shallow dish. Add lamb chops, turning to coat. Set aside for 10 minutes.

Meanwhile, cook couscous as per packet instructions. Dice beetroot and stir through couscous with parsley. Slice *haloumi*.

Preheat a barbecue or chargrill over medium-high heat. Cook chops for 4 minutes each side. Cook *haloumi* slices for 1 minute each side.

Serve lamb chops, couscous and *haloumi* with a dollop of *tzatziki* and lemon wedges.

Serves 4.

HEIRLOOM KEY LIME PIE

This Florida favourite comes from our assistant editor, Karen Clark, who spends her winters in the Sunshine State.

Here's a bit of trivia: what we know as Key lime pie was created in the 1850s after sweetened condensed milk was created. The original pies had a pastry crust, but the graham cracker crust dates back at least to 1949.

Crust

- 1 ¼ cups graham cracker crumbs
- ⅓ cup confectioners' sugar sifted
- 6 tbsp unsalted butter, melted and cooled

Filling

- 4 egg yolks
- 1 can (14-oz) sweetened condensed milk
- ½ cup lime juice (Key limes are best, but regular limes will work)
- ½ tsp cream of tartar

Meringue

- 4 egg whites
- ¼ cup granulated sugar

Crust

Preheat oven to 350 degrees. In a bowl, combine the graham cracker crumbs, confectioners' sugar and butter. Press the mixture into a pie plate to form a crust. Bake for 10 minutes until lightly browned. Cool on a rack.

Filling

Preheat oven to 325 degrees. Beat the egg yolk until light in colour. Stir in condensed milk, ¼ cup of lime juice and cream of tartar. Add remaining lime juice. Spoon into the pie shell and bake until it sets, approximately 10 to 15 minutes. Freeze for at least 3 hours.

Meringue

Preheat oven to 450 degrees. Beat the egg whites and sugar until stiff. Spread over the pie.

Bake until the meringue is golden.

Source: *The Key West Cook Book* (1949)

THE PERFECT MARGARITA

Our editor, Anita Draycott, has been spending her winters in Puerto Vallarta in the state of Jalisco, Mexico, for the past ten years. She has perfected this simple cocktail.




- 1 ½ oz tequila (make sure it's made from blue agave)
- ½ oz Triple Sec or Cointreau
- 1 oz fresh lime juice salt to rim the glass (optional)

Put all ingredients in a glass, add some ice cubes and stir.

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profile BY ANITA DRAYCOTT

Q&A

WITH *HOME ON THE GREEN*'S
FOUNDING EDITOR,

RUTH FLANAGAN

To celebrate the fifteenth anniversary of *Home on the Green* magazine, your current editor had the pleasure of chatting with the publication's founding editor, Ruth Flanagan. Without her passion, determination and vision, we wouldn't have this important community resource today. On behalf of everyone in Ballantrae who enjoys the magazine, thank you Ruth.

LET'S GO BACK TO THE BEGINNING. TELL ME HOW THE MAGAZINE GOT STARTED.

I was inspired by a quote from poet and author Sylvia Plath: "And by the way, everything in life is writable about, if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy to creativity is self-doubt."

I had a career as an English teacher. All my friends suggested I should write a book. I decided against that as I worried it might never get published. Instead, I decided to start a Ballantrae magazine and make sure it got published. I wanted it to embody the spirit of our remarkable community. I had no real business experience so I decided to surround myself with Ballantrae folks who possessed the skills I lacked. My late husband Jack lent me \$1,000 and said I did not have to repay him. I presented my plans to the Condo 1 Board and they offered to loan me another \$1,000. I repaid that loan in seven months.

WHO NAMED THE MAGAZINE?

We sent out an announcement asking for suggestions and offered a dinner at the golf club to the winner. Joyce Popovich submitted the name, *Home on the Green*. It won hands down. Tom Popovich produced the first cover featuring a spring trillium.

WHO MADE UP THE ORIGINAL TEAM?

Early in January 2003, I assembled eight people around my kitchen table. The first person I approached was Marna Moldon, who became the assistant editor. Other team members were Stew Cannon, John Van Velzen, Greg Myers, Carol Sisco, Pat Naccarato and Tom Popovich. We called ourselves the editorial board. The inaugural 40-page issue came out in April of that same year.



In the early days Enid Sanders was my right-hand gal working with me as assistant secretary when I did the winter issues from Florida. It's nice to see that Enid, plus Lynne Balfour, Pat Wood, Mary Hallam and Maurice Smith are still contributing to the magazine. Pat Whittingham continues to provide first class photos, such as the December 2017 snowman cover. Jack and I loved John Gorman's "View from the Rough" stories. I was sorry to learn that he had retired his regular column.



HOW DID YOU GET ADVERTISERS?

I knew that the key to the future of the magazine involved securing advertisers. We got a copy of the rates used by the Swan Lake Village magazine and then lowered them considerably. Many early advertisers are still buying space today, but now it's all colour. Back then we had a budget for only black and white.

I knew that the Schickedanz family had plans to build 900 homes and I also knew we would need their support, so I invited Nicole MacDonald (Schickedanz) to be part of our advertising board along with Ellie Cannon, Nancy Myers and Wilma Willan. The advertising committee met separately and made it all work. After all with no money there would be no magazine.

WHAT WAS YOUR FAVOURITE PART?

I loved doing profiles. I did not play golf myself but decided to interview Ballantrae's golf course architect, Doug Carrick. His parents lived here back then. My husband had bought me a tape recorder and after the interview with Doug I sat down to play back our conversation and discovered that the tape was blank. I picked my dignity up off the floor, called Doug and explained the problem. Being the fine gentleman that he is, he did the interview a second time. Another of my early profiles was on our renowned figure skaters, Bruce and Margaret Hyland.

YOU MUST HAVE HAD SOME CHALLENGES.

Yes, back in 2003 we didn't have a Recreation Centre, nor a tennis club, in fact not many clubs at all. There wasn't a whole lot to write about except profiles, golf, walking excursions in the local forests, travel and parties.

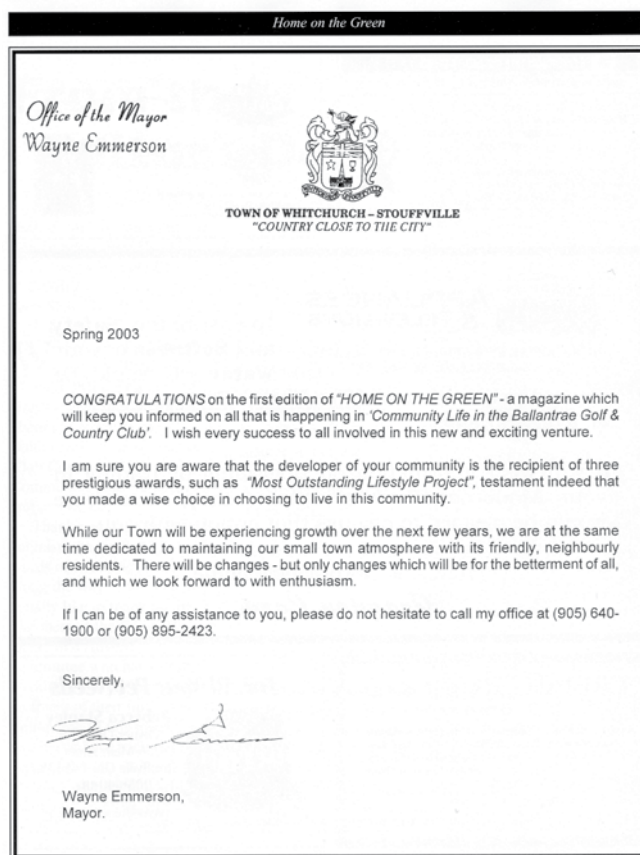
I realized by the second year that eventually there would be five condos and five condo boards. I did not want to lose control of the magazine so I created a Board of Directors. I also decided to make it a not-for-profit magazine.

DID YOU HAVE MAGAZINE RULES?

My team and I voted on everything. We decided not to write about religion. We also had a rule about not putting residents on the cover that I broke. John McLellan, who manages the golf course, told me about two female professional golfers who were visiting and suggested an interview. I knew nothing about golf so I invited my friend Frank Weis to come along and help with the questions. The ladies were very attractive so I asked a photographer to take a shot of them on the 18th hole. At the last minute I asked Frank to pose with them. That shot made the cover.

HOW LONG WERE YOU EDITOR?

I committed to three years. In the fall before my December "deadline" my husband gave me an ultimatum. He said, "if you don't leave the magazine, I will leave you." I agreed to leave! We needed two people to take over my role—a publisher and an editor. I begged Betty Ann Jarvis to become editor and Al Hodgson to be publisher.



WHAT ARE YOU FONDEST MEMORIES?

We had the launch party at the golf club and Schickedanz Bros paid for the lunch. The mayor of Stouffville and our town councillor came. After I resigned as editor, Jack and I went to Florida. When we returned to Ballantrae I was invited to the Recreation Centre for a surprise luncheon complete with Irish dancers. My entire team was there. Phil Bannon gave a speech. I was presented with a dozen red roses and a framed collage featuring the first twelve issue covers. Sher Donald, who took the cover photos, had them framed in this picture. She was passionate about her role!

HAVE YOU ANY WORDS OF WISDOM FOR THE CURRENT TEAM?

Yes, let me tell you what I think about *HOTG*. On the 15th anniversary of the magazine I offer my congratulations to the editor and publisher for their dedication and perseverance. I celebrate with them the many accomplishments of all the volunteers who contribute to its continued success. You continue to capture the essence and spirit of the lifestyle we all share in our community. This is very important. My original long-time goals for *Home on the Green* have been exceeded beyond my wildest dreams... and then some. All the people who contribute to the magazine should feel proud of their combined efforts.

Just when I think you've reached the pinnacle of creativity, the December 2017 issue arrives with the best front cover ever! It even extends to the back cover. Class act! I am genuinely impressed with the layout and new format of the magazine



with colour throughout. It is very professional. *Home on the Green* has become a "first-class publication" that is right up there with the best of them on the newsstands.

ADVICE?

HOTG is all about the people of Ballantrae. Why not put more of them on the covers?



For the BIRDS



Announcing Canadians' Top Five Favourite Feathered Friends BY FRANK ALLISON

In our last Spring issue, we featured local birds observed and photographed around Ballantrae. This year, we are going national and featuring Canadians' top five favourite birds.

There are more than 450 bird species across Canada supported by our national and provincial parks that are the envy of the world. But we don't have a national bird. The United States has the bald eagle. The United Kingdom claims the robin.

The Royal Canadian Geographic Society decided it was time to change the situation and founded the "National Bird Project" with the aim of declaring an official bird for Canada by 2017, our 150th anniversary of Confederation. The project was not undertaken lightly, or quickly, and was conducted over a period of two years in three phases.

PHASE 1:

In January 2015, the Society asked Canadians to vote for a bird from our varied habitats that could represent our nation. Almost 50,000 people answered the call voting for their favourite bird and submitting thought-provoking and convincing comments. The voting closed on August 31, 2016 leaving Canada's top five favourite birds as decided by popular vote.

PHASE 2:

The Society convened a panel of experts in September 2016 to debate which species they believed worthy of the honour.

PHASE 3:

Before making the final decision, the selection committee weighed the opinions of ornithologists, conservationists, cultural experts, and indigenous peoples.

AND THE WINNER...

On November 16, the long-awaited announcement was made that our national bird would be the grey jay, also known as the whiskey jack and would join the beaver and maple leaf as an official symbol of Canada. However, when the proposal was put to the Federal Government, they responded by stating it's "not actually considering proposals and at no time did it sanction the project." The announcement caused great controversy and public outcry, especially from the loon supporters, as many of the voters would not have heard of the grey jay, let alone seen one. The debate expanded to "what it means to be Canadian."

The results of the popular vote showed the loon well ahead of the pack with nearly 14,000 votes, followed by the snowy owl (8498), grey jay (7918), Canada goose and the black-capped chickadee.

Personally, I have a soft spot for the loon as no other sound in nature typifies our great Canadian wilderness as much as its haunting call. I think the fact that it heads south for winter cost it the title, but I have to agree that the humble grey jay (whiskey jack) ticks ALL the boxes. It is known to be loyal, tolerant, friendly, trusting, hardy, and super smart...you can't get any more Canadian than that!

HAPPY BIRDING!

5

BLACK-CAPPED CHICKADEE

It forms flocks consistently on the move in search of food and brightens winter days at the garden feeder. It has a sophisticated variety of calls to convey information to other birds in the flock such as food location, predator warning, etc. It has similar colour and attributes to the grey jay in that it caches food from summer and fall for winter survival.



4

CANADA GOOSE

The most common goose in North America, it's known for its V formation and honking in flight when migrating. Canada geese make excellent parents. The male shows great aggression and would defend the nest to the death. The young stay with their parents for a full year.



3

SNOWY OWL

This ground nester breeds on the tundra. Unlike others of its species, it hunts both day and night. Its main diet consists of lemmings but it will also prey on small birds and mammals. In severe weather and if the lemming population declines, it will move further south.



2

COMMON LOON

Ontario's provincial bird is actually found in all provinces and nests on large lakes. The loon is ungainly on land but a master in water, capable of diving 150 feet for fish. Unlike most species, both parents take equal responsibility for care of the young. Famed for its haunting call, the loon appears on our dollar coin (hence coined the "loonie"). It heads south before our lakes freeze.



1

GREY JAY (WHISKEY JACK)

This friendly bird that is fearless of man is found throughout Canada, but is restricted to the boreal forest range. It eats almost anything and caches food scraps, packaged up with its unique glue-like saliva to survive our severe winters. This true Canadian nests as early as February and withstands sub-zero temperatures!



La Vie En VERTE

Take a swing around France's finest and most formidable golf courses in Normandy and Brittany

BY ANITA DRAYCOTT



Entretat golf course

If ever a nation has mastered the art of fine living, it's the French. Think champagne, *foie gras*, *haute couture*, fairy-tale castles and you think of France, right? But did you know that France also has 600 golf courses?

This August the 2018 Ryder Cup will be played at Le Golf National, located outside Versailles, not

far from Paris. I have yet to play Le National but I have chased dimpled Titleists all over France and I highly recommend the French golfing experience.

Four of my all-time favourites are located in scenic Normandy and Brittany where both the courses and the *après golf* diversions won't disappoint.





Dinard Golf Club



Omaha Beach, La Mer course



St. Malo Golf Club



St. Malo

Golf d'Etretat, Normandy

Number 10 on d'Etretat golf course is a "trou Normand" you'll never forget. From giddy elevated tees you must launch your ball into the wind gusting in from the English Channel to a fairway that leans toward the sea. From there it's a climb to the green and a million-dollar view of the chalky white cliffs and the church spire of the town of Etretat. It's awesome. The course is close to the posh seaside resort town, Deauville, where Coco Chanel began designing clothes.

Omaha Beach, Normandy

The sixth fairway on Omaha Beach's La Mer course is truly unique and memorable. Why? A real German concrete bunker sits behind the sand bunkers on this par-three set high on the cliffs overlooking the D-Day landing beaches. Omaha Beach Golf Club has two 18-hole courses, La Mer and the newer inland Le Manoir. As part of the D-Day 50th anniversary, each hole is named after a war hero or battle.

On this Normandy coast you're never far from the memories of the allied WWII troops who stormed the beaches on June 6, 1944 and eventually liberated much of Europe from Nazi Germany. I highly recommend visits to the nearby Memorial of Caen and the Juno Beach Canadian Centre.

Dinard Golf, Brittany

The signature hole of the venerable Dinard Golf Club is reputed to be number six, a downhill romp to a seaside green. But this gem on the Emerald Coast, the second oldest course in France designed by Scotsman Tom Dunn in 1887, has so many breathtaking fairways, it's difficult to pinpoint the most scenic. Covered in gorse and broom the links-style tract plays over moors, dunes, cliffs and strands and the briny fresh air is an exhilarating tonic.

Check into the Grand Hôtel Barrière in chic Dinard, one of the most fashionable seaside resorts in the world in the 19th century. It's lost

none of its charm since. This superb stretch of coast is famous for its oysters so you're never far from a dozen or two of Brittany's finest bi-valves.

Saint-Malo Hotel, Golf and Country Club, Brittany

On what used to be the hunting grounds of a swashbuckling corsaire (pirate/mercenary), Saint-Malo sports two courses: the 18-hole championship L'Etang and 9-hole Old Course. An inviting stone priory houses comfortable rooms, a pro shop and a restaurant serving regional specialties. The casual and unpretentious setting encourages après golf camaraderie, especially if you parred the devious par four 16th signature hole that has a bridge linking the fairway to the green.

Nearby in St. Malo, visit the Jacques Cartier Museum and house. The Breton explorer set sail in 1535 to discover the St. Lawrence River and found Quebec. Take a relaxing thalassotherapy soak at Les Thermes Marins, then stroll the seaside promenade to the medieval walls of old Saint-Malo. Treat yourself to a crêpe bretonne.

My Parisian friend, Francois Bras, owns France Golf Tours. He has arranged all my swings throughout France and will customize your golf arrangements. He has special tours this year based on the Ryder Cup. www.francegolftours.com.



Brittany's bountiful seafood

Christmas came to Ballantrae

BY BLAIR TULLIS



The BGCC Annual Christmas Dinner Dance was, as usual, a great success. From the fabulous décor to the danceable tunes played by the Overtime Band, a splendid time was had by all. Chair Jenny Gould and her dedicated social committee put together an evening to remember. The crowd lived up to the elegant tone and décor by turning out in everything from tuxes to kilts and little black

dresses to formal gowns. The event was a sellout and the dance floor was rarely empty. All in all, this glittering evening was a fitting kickoff to the Christmas season and, thanks to the generosity of our sponsors, many went home with early Christmas presents.



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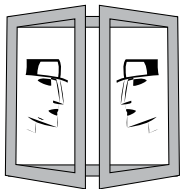
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Christmas Concert

BY PAT WOOD

Last December, the Christmas concert was a challenge for the Ballantrae Choir. Along with some old favourites, we had our *Dancing Day*, saluted the stars, sang in Hebrew, told the shepherds where to go, and ran to Bethlehem (the only running most of us can do these days).

For thirteen weeks our wonderful choir director, Lisa Kyriakides, had instructed, cajoled, chastised, and encouraged us to perform in two sold-out shows, with only a couple of minor hiccups, hopefully not noticed by the forgiving and supportive Ballantrae audience.

With help from talented musicians and a superb guest performer, we sent *Joy to the World*, if only to our community, and wished for a *White Christmas*, even though most of us prefer the convenience of a green one.

The men in the choir promised to be *Home for Christmas*, while the ladies *Counted Their Blessings*. Full of Christmas spirit, it was hard not to feel very blessed indeed!





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Ladies' Christmas Luncheon: A Magical Afternoon

BY KAREN YOEUELL

The annual Ladies' Christmas Luncheon was nothing short of "magical" and featured an illusionist, Mindbender, who kept everyone entertained with his slight-of-hand skills. He went table to table engaging the ladies and left everyone asking, "How did he do that?"

The luncheon was held at the Recreation Centre which was beautifully decorated by the creative and hard-working members of the BGCC Social Committee, the hosts of the event. Over 80

lovely ladies attended and enjoyed a delicious hot Italian buffet along with a dessert table, catered by O'Malley's. There were also a number of door prizes.

Once again, the generosity of the Ballantrae Pharmacy was greatly appreciated for sponsoring gifts for all who attended the luncheon. Also, thank you to all the ladies who gave a donation to the Stouffville Food Bank.

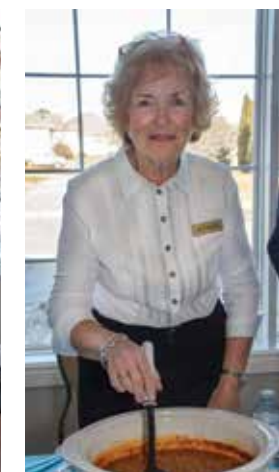


A Breath Of Fresh Air!



On Sunday, February 25, a number of residents were led on a guided walk through one of our regional forest trails. Later, thanks to our nine volunteer soup makers, folks enjoyed a delicious selection

of homemade soups, along with sandwiches and dessert. This event is becoming an annual tradition – and a welcomed break - for those of us braving the winter here in the north!





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Ladies' Dine Around

Tuesday, May 8, 2018

LOCATION

Peter's Fine Dining
5701 Highway 7, 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 contact

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Annual Fallview Casino Trip

Thursday, May 24, 2018

\$20.00 per person includes \$10.00 slot rewards
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Bus leaves from the
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For tickets please contact:
Kathy Billington 905-591-1390

Dave Parsons Concert

Sunday, April 29, 2:00 p.m.

Spring Concert Tribute to
composer Harold Arlen of
Over the Rainbow, Get Happy,
That Old Black Magic fame.

LOCATION

Ballantrae Recreation Centre
Dave Parsons Quintet,
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Sunday, July 1, 2018

LOCATION

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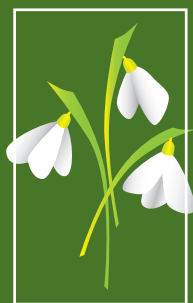


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Make A Date With The Pacemakers

The Pacemakers are a group of Ballantrae musicians specializing in interactive entertainment. Their happy hour sessions involve sing-along music and include talented guest performers from the community.

Wednesday June 13, 4:00 p.m. to 6:00 p.m.

Join your neighbours and friends to welcome summer with a fun-filled happy hour sing-along at the Recreation Centre featuring many of your favourite songs.

For tickets please contact Pam Tulino at 905-591-4004.

Wednesday October 17, 4:00 p.m. to 6:00 p.m.

Get hip to the jive and bring your favourite dance partner to enjoy a "blast from the past." Join The Pacemakers and dance the afternoon away to the sounds of your favourite music from the 40s, 50s, 60s and 70s.

Wednesday December 12, 4:00 p.m. to 6:00 p.m.

Join The Pacemakers for another fun-filled happy hour by ringing in the festive season with your favourite Christmas and holiday songs.

BGCC Tennis

BY JOHN PERZ

The BGCC Tennis Club will start the 2018 season with registration at the Recreation Centre from 10 a.m. to 1 p.m. on April 28. The Club organizes activities for its members, including Men's, Ladies' and Mixed Drop-ins, Mixed Ladder, Men's and Ladies' Intermediate Leagues, Mixed Open and Novice programs, as well as social events that combine tennis with food and refreshments. Drop-ins will start the week of April 30 (weather permitting), and other tennis activities will start in May, once the activity directors have received applications. The Opening Social Round Robin will be held on May 19.

Club activities are open to club members, but any BGCC resident who is interested in joining is welcome to participate in up to three drop-in

events to "test the waters" before joining. If you are new to the game, or returning after a long absence, the club provides group instruction and practice to get you going. All new members are assigned a mentor to help meet fellow players and work their way into the club.

Note that all BGCC residents have the right to use the tennis courts outside of hours reserved for club activities; a sign-up board and booking rules are posted on the bulletin board beside the courts.

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

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WHAT IS PICKLEBALL?

FUN, FITNESS AND FRIENDSHIP. GIVE IT A TRY.

BY DENNIS CARTER, STOUFFVILLE PICKLEBALL PLAYERS' COORDINATOR



We all know the importance of staying active as we age, but the monotony of the same exercise program can get stale after a while. Changing your fitness routine and trying a new sport can keep you motivated to achieve the recommended 150 minutes of exercise a week.

If you've always been intimidated by intense racquet sports like tennis, the increasingly popular sport of pickleball may be right up your alley. Pickleball helps you develop and maintain a good level of fitness and helps with your coordination, balance, and agility.

Pickleball was created in 1965 when Joel Pritchard and his friends devised a new game to keep their families entertained. Failing to find the shuttlecock to play badminton, they improvised with a wiffle ball, lowered the net and fashioned the very first pickleball paddles from plywood.

Over the years, the game has steadily gained traction and more recently, there has been a national explosion of interest in the sport.

Pickleball is a low-impact exercise that's easy on the joints. An official pickleball court is about three to four times smaller than a traditional tennis court, which means longer rallies with less area to cover. This also means less frantic darting back and forth, which is much easier on the knees, elbows and back. While pickleball may be a low-impact exercise, it can escalate quickly into a competitive game that makes you sweat.

Pickleball also fosters social connections by combining the health benefits of exercise and friendly interaction, regardless of your level of skill. Pickleball helps improve your daily social life and can be summed up in three words-- fun, fitness, and friendship

The Stouffville Pickleball Players play six times a week: Tuesday, Wednesday, Thursday and Saturday from 10:00 a.m. to 1:00 p.m. and on Monday and Thursday evenings from 6:30 to 8:30 p.m.

The 2018 season will start Tuesday, May 1. Our opening day celebrations happen on Saturday, May 26 with a pancake breakfast.

Beginner classes will be held on Saturday, May 19, Tuesday, May 22 and Thursday, May 24 from 8:30 to 10:00 a.m. at the Vandorf Pickleball Courts (located in the town of Vandorf behind the Stouffville Museum), 14732 Woodbine Avenue which is one kilometre south of Aurora Road. Be aware of the 50 kilometre speed limit in the town of Vandorf and watch out for the radar!

The town of Stouffville has indicated that they will be building new dedicated pickleball courts in Stouffville during the summer of 2018.

Warning: This sport is addictive. So if you come out be prepared to hear yourself say, "How about one more game?"

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

www.stouffvillepickleball.weebly.com





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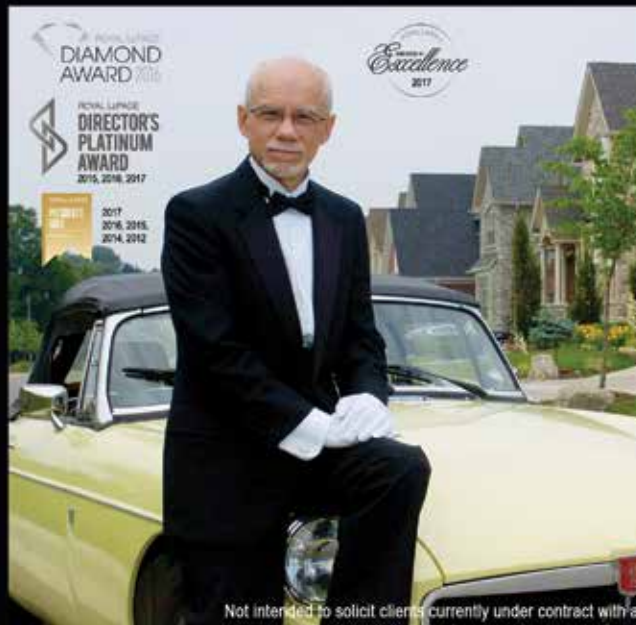
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Golf, Golf & More Golf

Ladies' No Stress Golf League

The Ladies' No Stress Golf League plays Tuesday mornings at Maples of Ballantrae Executive nine-hole course on Highway 48. Cost is \$18.00 for 9 holes and includes 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 the return of all our previous members and welcome NEW members, no matter what your 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 24, 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

Ballantrae Ladies' Golf League

If you would like to play 18 holes of golf with a great fun-loving group then please join the ladies of the BLGL.

We play Monday mornings in May and September starting at 8:30 a.m. and in June, July and August we start at 8:00 a.m.

This year we have expanded the closest-to-the-pin events to four. Our sponsors are Amica Retirement Homes, Inside Out Painting and Decorating and real estate agents, Joyce Dow and Helen Hunt, who are also members.

Our coffee and registration is on Monday April 30, 2018 at 10:00 a.m. at the Recreation Centre with a registration fee of \$65.00.

THE OPENING SCRAMBLE DAY WILL BE MAY 7.

Each week we play a "fun" game that allows you to keep your own score. Two special days are the popular "Bring a Friend Day" and luncheon on June 18 and our BLGL Championship Day on July 16.

COME OUT AND JOIN THE FUN.

For more information, please contact

Sandy Hinch, 905-591-3552
sandyhinch@hotmail.com

Sunday Nine & Dine Golf

The weather wasn't very cooperative so we only played on five of the nine dates during the 2017 golf season. We had a full roster of 36 regular players and our spare golfers had at least five opportunities to play during the season. Over the last several years, a number of spares have become regulars. As a result, we need more spare golfers.

For our season-ending event, we played "Everything Is Just Beachy," and the team of Ann Adams, Eric Adams, Barbara Grasby, and Ken Grasby are the 2017 Sunday Nine & Dine Challenge Cup champions. Our thanks go to Porcupine Management (John McLellan & Tanya McGee) for the provision of the prizes.

We also said goodbye to Jacqueline and Michael Bell, longtime members and previous organizers

of the Sunday Nine & Dine group. Jacqueline and Michael have moved to Peterborough. We wish them well in this new phase of their lives.

The 2018 season is almost upon us, and we are looking forward to another year of good company, good food, and sometimes good golf. We get together every second Sunday afternoon 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.

If you would like to join our congenial group, contact Ken Miyauchi at kenmiyauchi@rogers.com with your name, address, and telephone number.

Ballantrae Men's Golf League 2017

**A fun group of swingers meets every Tuesday,
May through September, 1st tee time 8:00 a.m.**

Again 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, Markham; Benjamin Moore Inside Out Decorating, Stouffville.

PLEASE MARK YOUR CALENDAR FOR THESE SPECIAL DATES

April 24: Pre-Season Information Meeting at the Recreation Centre, 1:00 p.m., lunch provided.

May 1: Opening Day, weather permitting.

June 19: Golf Baseball Team Event.

July 17: Choker Challenge.

July 31: Team Championship with Bill Burrow Trophy awarded to the lowest net score team.

August 14, 21, 28: Individual Championship (best two scores to count).

September 25:

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

Monday Nine & Dine Golf

The Monday Nine & Dine group will start on May 14, weather permitting, with our first nine-hole scramble of the year. In the event of poor weather, we still attend the "dine" portion of the event.

Although we have a full roster of regular golfers, we welcome those who may want to be on the spare list. We will be playing (or at least dining) on 10 occasions, usually every other Monday, with the last game scheduled for September 24. On this last date, we have prizes and a tasty dessert for all.

If you are interested in joining us for a no-pressure evening of fun, give us a call at **905-640-5775** or send an email to **ronbettystatham5775@yahoo.ca**. We will add your name to the spare list and send you the relevant information.

We look forward to seeing you for another great season of golf (scramble format), fellowship and good dining.

Betty & Ron Statham Coordinators

Thursday Nine & Dine Golf League 2018

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.

**Weather permitting we will begin in early May.
Tee times start around 4 p.m.**

I invite anyone who would like to join us to contact me at liz.jenkins@outlook.com or 905-640-8216.

Fire Prevention in the home

BY JUDY FLOW



After the fire on August 10, 2017 many Ballantrae residents expressed concern about replacing their smoke alarms and about fire prevention in the home.

If you live in a house that is more than seven to ten years old, the smoke alarms should be replaced as they have a seven to ten-year lifespan. The

date for replacement is located on the side of the alarm, or the manufacturer's date is located on the back of the alarm. They can be tested by pushing the button on the alarm. If the alarm needs replacing, the owner, rather than a renter, should have an electrician replace all original hard-wired and connected smoke alarms on one trip. However for their own safety renters also need to be pro-active.

The building/fire code now requires hard-wiring and battery back-up in alarms. Think about whether you want the combination smoke and carbon monoxide alarms or the combination

photoelectric and ionization types, as well as additional units elsewhere in the house; e.g. the garage. The best alarm for the garage is a "Heat Alarm" by Kidde or 1st Alert, which detects and alarms. This can be hard-wired into the house system. A residential sprinkler was also suggested for the garage; one sprinkler head covers an area 20' x 20'. Upgrades to fire prevention in the house could result in a reduction in insurance rates.

The electrician will explain alternatives and remove and replace the units. If there has been any renovation work done in the basement where separation walls have been built, then additional alarms should be installed, as specified by building/fire codes and/or in location(s) recommended by the manufacturer.

Another major concern is dryer vent build-up. Everyone should clean the exhaust pipe at the back of their dryer, or call a dryer venting company to make sure they are clean and properly installed. There are electricians and dryer venting companies listed on our Ballantrae website (ourbgcc.com): go to Helpful>Trade Referrals.

NOTE: This was updated February 6, 2018, after the Fire Prevention Meeting with Jennifer Cooper, Fire Prevention/Public Education Officer for Whitchurch-Stouffville January 31, 2018 in the Recreation Centre.

NOTICES

Ballantrae Bereavement

Providing support to neighbours in need

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

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

Our Dedicated Message Centre: 647-999-8070

Name Tags Available for \$10 each

Are you new to Ballantrae Golf & Country Club?
Do you need a replacement name tag?

Please contact: Elaine Teillet 905-591-2089

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Thursday, May 31, 2018

Reception at 5:30 p.m.

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Catherine Ortiz

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or cortiz@msh.on.ca

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Recreation Centre Report

Our goal is to maintain the Recreation Centre as the hub of social, recreational and fitness activities by providing programs that best meet the current and ongoing needs of our BGCC residents.

Survey Results

A report was emailed to residents in early January.

ACTION PLAN

We are implementing a realistic action plan to deliver Service Excellence every day; to apply Fiscal Prudence to get value for every dollar; to provide **Timely** Communication on social and fitness activities and to achieve Sustainability of the Recreation Centre's functionality, appearance and cleanliness. We respect residents' strong resistance to higher monthly maintenance fees or special assessments, so any suggested upgrades will

only be done using currently available funds.

FUNDRAISING

Our thanks to two Recreation Centre partners who donated \$6,000 towards upgrades. The Social Committee paid for the new bar cooler fridge. The Fashion Show Committee will fund new future library shelving.

SPA

The whirlpool was refinished in January.

PAINTING

Community rooms and the card room were repainted.

FITNESS ROOM

A new emergency safety button was installed.

DRY-O-TRON

The Board acted on the engineers' recommendations to maintain the pool and air temperatures within manufacturer specifications to avoid further costly property damage.

CENTRE RULES

Draft updated rules are under review.

LIFE-STYLE GUIDE

Fall and winter guides were redesigned to meet residents' ongoing information needs. Further revisions are planned to keep residents informed of all social and fitness activities, possibly supplemented by periodic

updates on social events and activities.

ACTIVE AGING WEEK

174 residents participated in 23 seminars last September. The 2018 program will be overhauled with emphasis on physical activity based on national association guidelines.

President and Treasurer
Vic Mangal

Secretary
Susan La Rosa

Directors
Phil Bannon, Condo 1
Fergus Gamble, Condo 2
Trevor Kimpton, Condo 3

Ballantrae's Volunteer Assistance Program

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

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

CALL US FOR:

DRIVES

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

ODD JOBS

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

FRIENDLY VISITS

INFORMATION

About community and local resources

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

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

MEDICAL EQUIPMENT now available FOR LOAN - See BGCC website: www.ourbgcc.com Judy Flow, Coordinator



NEEDED: New Volunteer Drivers and Intake (telephone) Volunteers, preferably but not limited to those who are in BGCC most of the winter.

ORIENTATION to be planned for late April. Please pick up Role Descriptions and Application Forms at the Recreation Centre Reception.

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Bob Marley



More Good Reasons to Visit www.ourbgcc.com

BY PETER SIMS, WEBMASTER

EQUIPMENT FOR LOAN

Several residents of this community have generously agreed to lend various items of medical equipment. For example, after surgery, you may need a walker, a shower seat and/or a raised toilet seat. All of these are available for loan. Items are loaned "as is" with no guarantee as to condition or suitability. If this is for post-surgery use, please have the hospital P.T. or O.T. adjust the item for you. There is no fixed period for a loan – most items are returned within two to three months. If someone's condition has stabilized, but there is still a need for a device, it is expected that the person will purchase the required item.

TRADE REFERRALS

Who you gonna call? No, you won't find "Ghostbusters" here but your neighbours have recommended many other different trades people. Every listing is based on a recommendation from at least one BGCC resident. There is no guarantee attached to these referrals. Some of these referrals are several years old so please do your due diligence. They should be viewed as a starting point. **Hint:** Look over the whole list as the categories may not be exactly what you are expecting. If you have used people you don't see on the list and you were pleased with their work, please pass along their contact information.

CONTACT US

Your email is down. How do you get in touch with the webmaster? At the bottom of every page there are links to four useful items. Click/tap on the second one – Contact Us. This page contains a form that generates an email that goes straight to the webmaster. Please include your email address so that you will get a reply when your email is back up again.

FREQUENTLY ASKED QUESTIONS

Has Ourbgcc changed its email address?

We are in the process of changing from ourbgcc@rogers.com to ourbgcc2@outlook.com. The old address will still exist for the foreseeable future. In fact the monthly newsletters will continue to be sent from that address. Mail sent to the new address will be seen sooner and will not end up in a hidden junk mail folder. In short, please start using the new address.

Note that items for What's On in the Area should still be sent to whatsoninthearea@gmail.com.

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Advertisers Index

HOME ON THE Green

AUTO SALES, SERVICES, TAXIS

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

FASHION

MR Menswear	4
Peach Tree Originals	6
Peppertree Klassics	4

FINANCE, INSURANCE, PROFESSIONAL SERVICES

IDC Insurance Brokers	26
RBC Dominion Securities Inc.	37
Rempel Capital, Hollis Wealth	2
Riverin Law Firm	14
Thomas and Pelman Professional Corporation	12

FUNERAL HOMES

Chapel Ridge Funeral Home	12
Dixon-Garland Funeral Home	51

FURNITURE & APPLIANCES

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.	39
Jane Philpott, MP	37
Lindy's Floral Boutique	41
PB Upholstery	26
PC Doctor	6
Redfearn, Zizek & Assoc. Inc., Interior Painting	10
Rotostatic	4
Stitch in Tyme Upholstery	41
Water Systems Plumbing & Drains	26

GOLF - BALLANTRAE GOLF CLUB

OBC

HAIR STYLING & SPA

Fame International Salon & Spa	39
Mr Fame Barber Shop	51

HEALTH FOR PEOPLE & PETS

Ballantrae Pharmacy	18
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
Vivid Optical	35
Wishing Well Guardian Pharmacy	41

HOME IMPROVEMENT

Comfort Masters	43
Dan the Drawer Man	2
Fischer Custom Cabinets Ltd.	IBC
Home Hardware, Markham	55
Inside Out Decorating Centre	26
Kelly & Sons Roofing	8
Lifestyle Oasis Windows & Home Products	10
Novelcare Heating and Cooling	14
Patti-Lynn Interiors	IFC
Stouffville Garage Doors	51
Tri-Aqua Water Systems	45
Trudel & Sons Roofing Ltd.	55
Twins Windows and Doors	35
Water Systems (Purification and Softeners)	12

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

Hanson's	24
Off The Hook Fish Market	41

SENIORS RESIDENCES

Amica	4
Chartwell Hollandview Trail Retirement Residence	18
Stouffville Creek Retirement Residence	53

TRAVEL

Pro Travel	53
Stonehouse Travel & Tours	6

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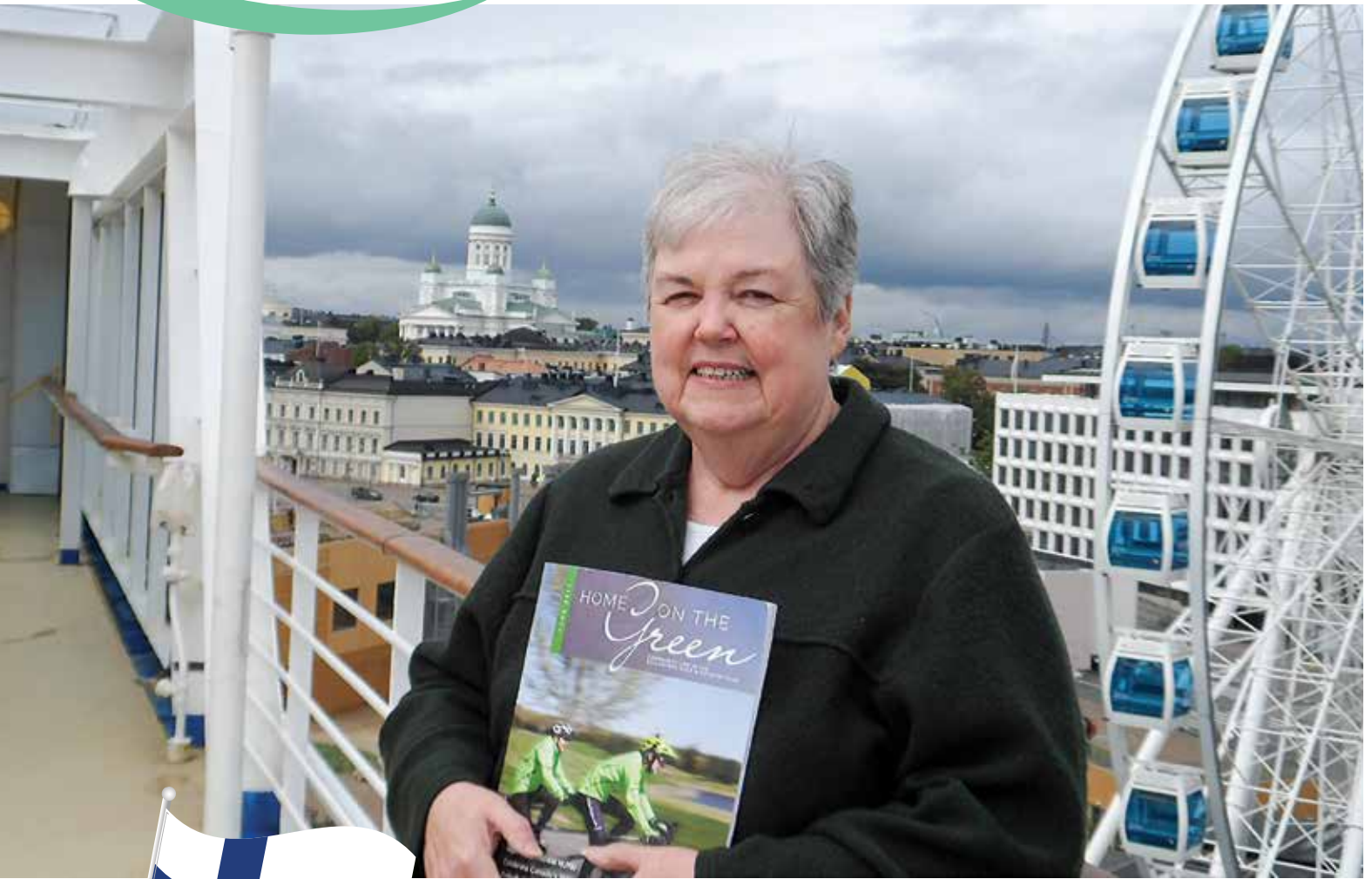
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BY GAYLE CONNOR



Finland

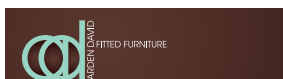
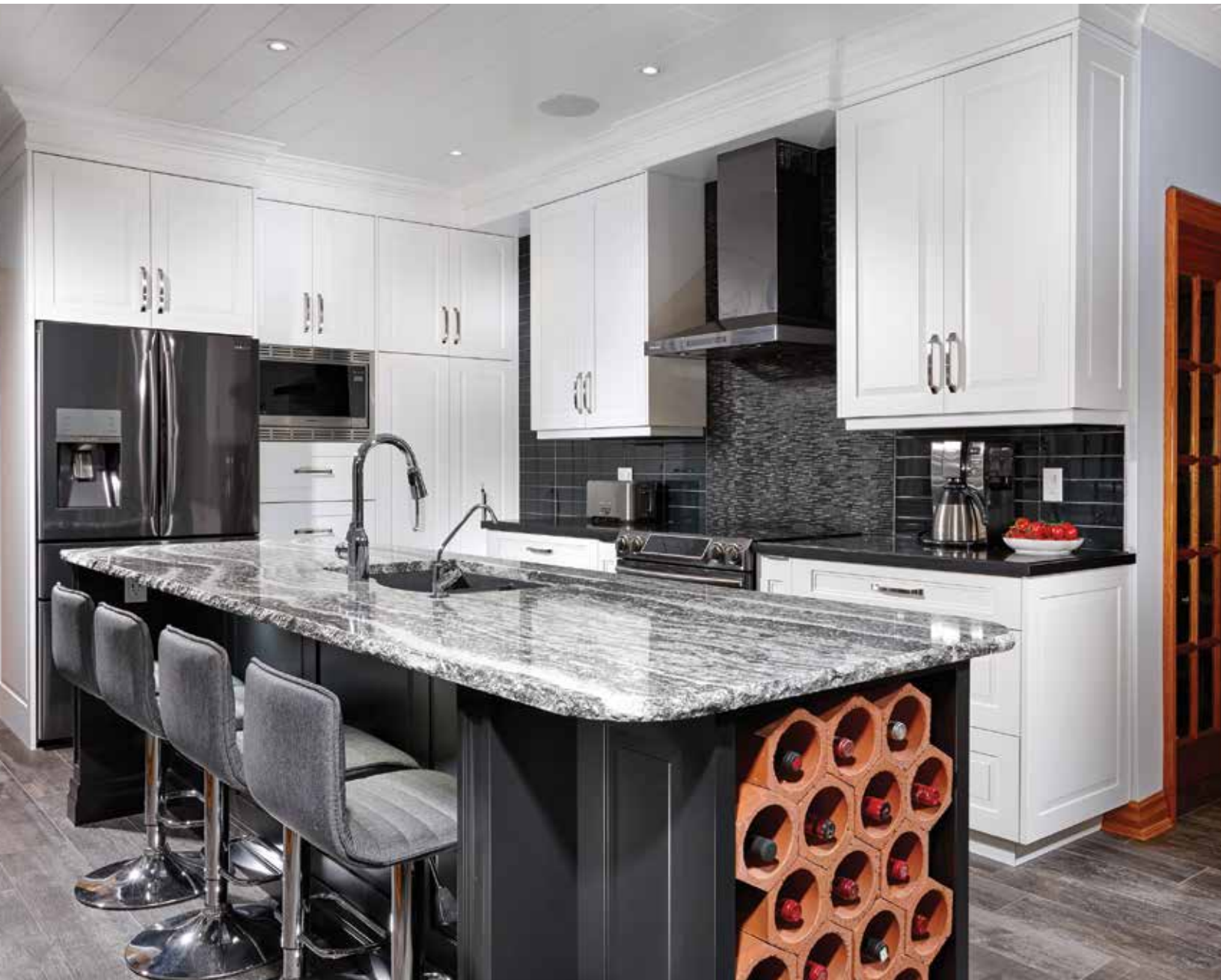
This photo was taken on the deck of the Pacific Princess cruise ship with the Cathedral of Helsinki in the background. That's the building with the green domes. The Ferris wheel is just an added attraction. LOL

Going on an adventure?

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



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