

SEPTEMBER 2015

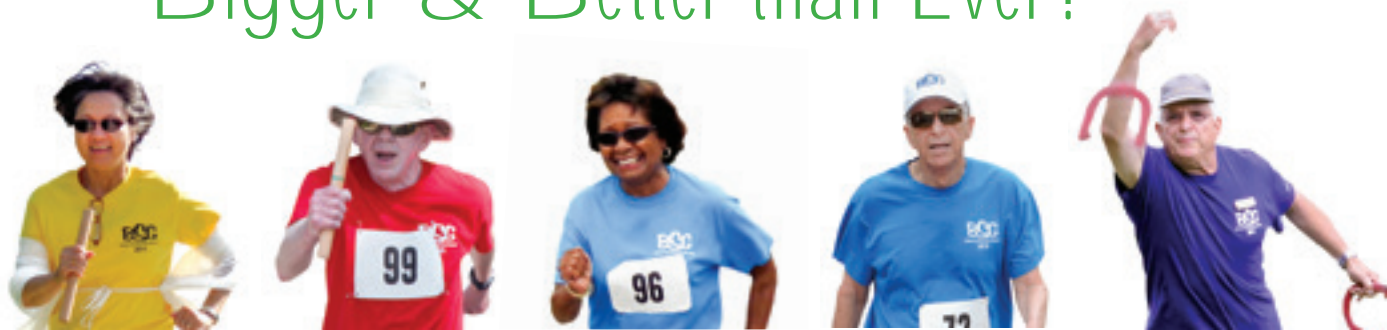
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# HOME ON THE Green

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

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

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

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



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## A MESSAGE FROM THE PUBLISHER



Where did the summer go? Have you ever wondered why life seems to pass more quickly as we get older? We remember in vivid detail our childhood summers but this one was over in the blink of an eye. The theory is that first time events, unique experiences, etcetera, are more vividly remembered and, of course, more "firsts" happened when we were children and young adults. So the very things we often enjoy—going to the same places, doing the same things—don't make distinct memories and time seems to fly by.

Enter the Summer Games and such a special week that brought the community together and provided lots of fun and laughter. The Games left us with so many unique and special experiences that maybe time did slow down just a little for you as you savoured the moments—and now, the memories.

You may notice that this issue of *Home on the Green* is bigger than usual. We have added an eight-page special section highlighting the Games that we hope you all enjoy. I am extremely pleased to announce that we will keep these extra pages going forward.

This issue is also the first for our new Editor, Anita Draycott. Anita has been the Assistant Editor for a couple of issues but is now taking on this key role. She has plenty of magazine experience as a writer and editor and we are very fortunate to have her on the team.

Enjoy the fall and I hope you are able to take advantage of a few new and unique experiences—even if just to slow down the perception of time flying by!

Donna Clark



## A MESSAGE FROM YOUR NEW EDITOR

When we moved to Ballantrae about three years ago, I was very impressed with *Home on the Green*. It was informative and useful.

I had been an Editor at Rogers in the Chatelaine division for about 25 years. So upon moving here, I naively offered my writing/editing services. Who knew that *HOTG* publisher, Donna Clark, who had been my publisher at Rogers, and I would connect again? Karma!

I had no idea about the number of hours required to produce this publication until I started helping our former Editor, Valery Vollenweider. When I took on the role of Editor, I knew I needed help. Enter our new Assistant Editor, Karen Clark, an absolute gem. Her article on the historic Stouffville Lawn Bowling Club is in this issue. Karen brings to the magazine tremendous energy and a sense of enthusiasm. She also has a knack for unearthing interesting story ideas.

Without Mary Hallam and her competent team of proofreaders, Helen Mitchell and Diane Ross, I would have been lost. Social Liaisons Kathy Billington and Susan Gamble keep us up to date with the myriad events and activities going on here in Ballantrae. Enid Sanders performs double duty as both *HOTG* secretary and regular contributor with her Ballantrae Tails column.


This is a special issue because we've devoted eight additional pages to the Ballantrae Summer Games. Sincere thanks to all the folks who helped put the Summer Games section together with a special round of applause to Photography Coordinator, Brian Freedman and his team.

We are blessed to live in such a vibrant and well-planned community. We should never take it for granted, nor should we take for granted the effort and expertise that so many residents give to making Ballantrae such a special place.

We welcome your ideas for new articles; please send them to [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com).

Anita Draycott

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## A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



As your Ward 2 councillor, I have had the privilege of attending a number of functions and meeting with constituents throughout the community. Last spring I participated in the graduation ceremony for the Town's volunteer firefighter recruits. This graduation brings to approximately 50 the core of volunteers we have serving our community. One of the recent graduates was our own BGCC Condo 1 resident, Quenton Hunt.



*Quenton Hunt with W-S Fire Chief and Councillor*

Quenton will be stationed opposite our front gate at Ballantrae Hall 52. Thank you Quenton for giving of your time to this valuable community service.

### TOWER

Many of us have heard the stories or rumours about the communication tower located on Highway 48 that adorns a major part of the BGCC skyline. This communication tower is regulated by the Federal Government through Industry Canada. It is presently owned and operated by Canadian Microwave Inc. (CMI)

It was constructed about 45 years ago by AT&T who then leased out space for various uses. About 15 years ago AT&T sold the tower to CMI who have since controlled it. There are apparatuses used for cellular communication, both by Bell and Rogers on this tower. It has two-way radio equipment for CN and Ontario Hydro, internet (including Explornet), Sirius satellite radio and amateur HAM radio paraphernalia. This tower is not going to be removed any time soon.

### TRAFFIC

Town staff, the York Region Police (YRP) and I have received many calls, emails and comments re the apparent increase in truck traffic in our area. Much of this increase is due to the new operations in gravel enterprises in both Durham and Whitchurch-Stouffville.

Contrary to what many may believe, trucks do have the right to use all regional roads and this includes Aurora Road. However as all drivers must, truck drivers are compelled to use safe driving habits when operating these vehicles. The frequency of large trucks not obeying proper "rules of the road" should be concerning to all of us. I would suggest that all drivers use extreme caution before proceeding into any intersection, even when the light has turned green, but especially those intersections that involve Bloomington and Stouffville Roads.

The YRP continue to have this situation as a priority and have in place a system of spot-checks including the use of radar.

### WHAT CAN WE DO TO ASSIST THE POLICE IN THEIR EFFORTS?

If you HAVE the license plate number of a vehicle you believe is breaking the rules of the road, you can go onto the police website: [www.yrp.ca](http://www.yrp.ca) click Services; Online Reporting; Road Watch. Answer the straightforward questions. The owner of the plate will receive a warning letter from YRP advising that the vehicle has been observed breaking the law.

If you DO NOT HAVE the license plate number you can still report a driving complaint. Simply call YRP communication at 1-866-876-5423 ext 7008. They will register your information and advise the officers in the field. As time permits, a patrol officer will respond to the area for which they received the complaint.

If you would like to be on my email list to receive periodic updates on what is happening in our area, just send me your email address. I would be happy to hear from you.

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# Are You Fit to Function?

BY DAYNA STODDART



The value of exercise should never be underestimated. Your body was meant to move and your personal fitness level is important at any age.

Functional Fitness is defined as “a physical activity and lifestyle modification program that promotes self-determined goals that enhance the lifestyle of the participant.”

This means that the goal of working out is to prepare your body so it can perform daily activities, such as walking, bending, lifting and stair climbing, without pain, injury or discomfort. It’s training for life...making us fit to function.

Maintaining the highest level of function to allow independence and prevent disability is key. The less activity you do, the less you will be able to do.

Functional Fitness exercises train your muscles to work together to prepare them for daily tasks by simulating common movements you might do at home, at work and in sports. It is the “specificity of training” that is crucial. We have all heard the saying, “If you don’t use it, you lose it.”

Consider getting up and down from the floor. I often have residents tell me how difficult it is for them to get down and then back up, but usually it’s not due to pain limitations, but because of strength limitations. When the grandkids come over and want to play, grandma/grandpa struggle to get down and/or up!

Including functional exercises, or simulating the movements that are becoming increasingly difficult to perform into a program is especially beneficial as part of a comprehensive regimen for older adults to improve balance, agility, strength and posture and to reduce the risk of falls.

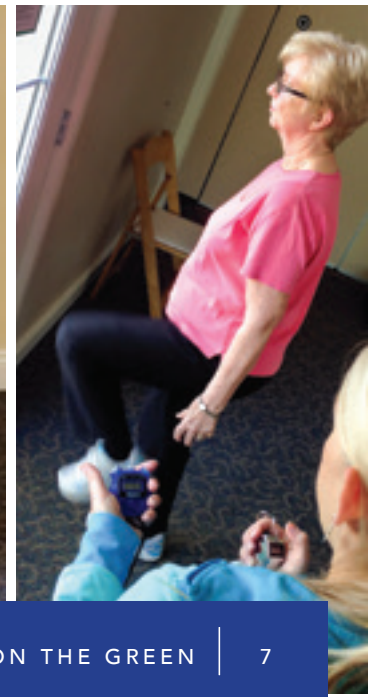
Exercise as medicine has been my platform for many years. Exercise can prevent disease, improve your health and your quality of life. Why would you not invest your time doing some form of physical activity on a daily basis? Your return on investment is priceless. It is your own health insurance.

The Senior Fitness Test (SFT), renamed the Functional Fitness Test (FFT) is a valuable resource when tailoring an action plan of activities to personal needs. The SFT/FFT was designed to assess physical fitness in older adults across a wide range of age groups and ability levels. Test results inform participants whether they have the recommended fitness levels for their age to remain functionally independent until late in life.

Also, by taking the test on multiple occasions and tracking scores over time, people can monitor changes in performance. Providing careful interpretation of the test results to participants can help them better understand how their fitness scores relate to their functional mobility. Especially important is the early detection of physical weaknesses and changes in physical activity habits.

You will receive recommendations and guidance on how to improve and maintain independence as you move through life stages. I encourage everyone to take advantage of this complimentary testing. As your Wellness Director, I offer this year-round to Ballantrae residents. It truly is a valuable assessment!

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# My Fitness Program Doesn't Include Spandex

BY JOHN GORMAN



The recently concluded Summer Games provided enough material for a few members of my family and non-Ballantrae friends to consider careers in stand-up comedy.

Mind you, I am well aware that the prospect of yours truly hurtling down the track in spandex is both humorous and alarming. Nevertheless, I seemed unable to convince folks that I was quite capable of rational participation in this iconic neighbourhood challenge.

To be fair, I have yet to locate a reliable source outlining acceptable levels of physical activity for geriatrics like me. Of course, I haven't spent a great deal of time researching the topic.

Actually, I plead guilty to a complete lack of planning for retirement. In my defence I would have you understand that my family has had little or no experience with the category. No one in my immediate family lived long enough to retire. As my life and career moved along toward this uncertain future, it was brought to my attention that I had done little to plan ahead.

Unlike many, I had no consuming interest in travel. I had travelled constantly in business and, because my wife's family was in Britain, I had spent much time there and in other European countries. Of course we had spent many winter holidays in Florida, so Elaine and I were vaguely committed to spending more time in that area.

It seemed to me that when one retired, one read a lot, travelled a lot, took long walks and perhaps played a lot of golf winter and summer. The fact that I wasn't much of a golfer didn't seem to bother me—I guess I thought I would gradually improve and enjoy playing often. It turns out, since retiring, my golf score has steadily advanced keeping pace with my age.

However, despite my lack of preparation, I have managed to develop a wide range of

diversions which have combined to mask my idleness to the extent that, on most days, I actually appear to be busy.

The Internet has been a bit of a lifesaver. I am now able to read newspapers and periodicals from around the world. I can while away many an evening listening to far away radio stations while I research family and old movies. And if it wasn't for Google, I wouldn't be such an expert on the wide range of topics that I regularly discuss with an air of confident authority.

So far I have managed to avoid most of the traditional exercises that many of my neighbours seem compelled to practice. My idea of a strenuous outing is a leisurely stroll through Stouffville or Uxbridge or Port Perry. All of these destinations have bakeries, coffee shops and lunch rooms which offer sustenance and a congenial atmosphere for wanderers like me. Most now have Wi Fi which means I can pursue my sedentary hobby while my wife thinks I am out getting appropriate exercise.

In an earlier time, I would set out from our home on foot to walk the circuit around Masters North and South. Anyone would agree that a couple of hours circling the neighbourhood on this route would represent excellent exercise. Unfortunately, one of the staff at the golf club mentioned to my wife that I was a regular in the mornings in the dining room drinking coffee and reading the morning paper for an hour or so. It wasn't long after that the golf club decided to stop serving coffee in the bar before lunch. Do you think my wife had a hand in this?

With my exercise program terminated so abruptly, I have been unable to maintain a competitive level of fitness. So it was with considerable regret that I was unable to compete in either the 3K run or the 6K relay recently as originally planned.



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# Bits & Bytes

BY KEN MIYAUCHI



*In this issue, I will update information on a variety of topics covered in previous columns.*

## U.S. HOME OWNERSHIP

The low Canadian dollar has changed the U.S. home ownership equation. The time to buy may be past, at least for now. If, however, you already own, your investment translated into Canadian dollars has grown considerably.

Since most home owners only occupy their homes part time, some are considering renting out their houses to offset the operating costs. Remember that earning more than \$3,800 means that you must file a U.S. tax return. So, weigh carefully the cost of dealing with two tax authorities. An alternative might be to "exchange homes" with others. There are numerous websites that, for a fee, enable you to list your property and view others. If you see a property you like, you contact the owner and arrange an exchange. No money changes hands so there is no tax implication.

## CANADIAN DOLLAR (CAD) AND U.S. DOLLAR (USD) EXCHANGE

The CAD is currently at 75¢ and trending downwards so there is no good time, in the near future, to exchange dollars. An alternative might be to cash in a U.S. investment. Unlike Canadian stocks, many U.S. shares are on the rise and if you can keep the funds received from the sale in USD, you will suffer no exchange fees. If you have no U.S. investments, shop around for the best exchange rates.

Many Canadian financial institutions have USD accounts but it is wise to deal with one of the major banks because 43 Canadian banks have failed since 1967. Canadian deposits are protected up to \$100,000 by the Canadian Deposit Insurance Corporation, but U.S. funds have no Canadian financial protection. Keep larger sums in an account with a U.S. bank, as they are protected up to \$250,000.

An item to purchase early is travel medical insurance because the cost is sure to rise.

These companies receive your funds in Canadian dollars but pay out in USD so as the CAD value falls, their costs go up. If your insurer offers an early bird discount, don't miss out.

## RECYCLING

There are recycling depots and dumps for all kinds of waste; however the locations are not well known. The result is that recyclables are still too often disposed of as waste. Did you know that some of your favourite retailers receive these hard to dispose of items? As examples, select Home Depot stores will take CFL bulbs, fluorescent tubes, and paint. Best Buy will take your electronic batteries. Check with the store before heading out. Our Recreation Centre will take your confidential scrap paper.

## SURROUND SOUND SYSTEMS

In a previous article, I spoke about home theatre systems with multiple speakers. In this setup, sounds from a movie are directed to specific speakers: front left, centre channel, front right, or multiple rear speakers. The effect is to be inside a circle of sound.

The new technology is called Dolby Atmos. In this system, in addition to the normal surround speakers, there are two to four ceiling speakers. Sound is not directed to a specific speaker. Instead, a computer chip determines where in the movie the sound appears to be and sends the sounds to multiple speakers. The result is the feeling that you are enveloped inside a dome or bubble of sound. I am in the process of installing a Dolby Atmos home theatre, so stay tuned and I'll report later if the result meets the hype.

In my column, I endeavour to discuss topics that are both interesting and informative. If you have ideas for future topics or articles, I welcome your suggestions.

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# My New Shadow

BY ENID SANDERS

I have a new shadow. Her name is Tyka. She's a four-year old Vizsla and she does not resemble my original shadow.

Tyka's behaviour changed when I was diagnosed with cancer. Now, wherever I am, she is right behind me. If Art wants to take her for a walk, she refuses to leave my side without coaxing. As soon as they return, she looks for me and tries to get as close as possible.

Dogs have a sense of smell that is one million times greater than ours but they also exhibit and recognize many human emotions such as love, sadness, fear etc. In fact, they seem to have a sixth sense when it comes to understanding human emotional needs. But do they really know if we are sick, sad or worried?

Some studies support all of the above. A paper published in the journal *Animal Cognition* reported that researchers found that a dog was more likely to approach someone who was crying than someone who was humming. They also found that dogs respond to weeping with submissive behaviour. This study goes a long way to support the claim that dogs experience empathy and that they are able to identify different human emotions.



Dogs have been trained to sniff for drugs but they have also been successfully trained to pick up the subtle scents our bodies give off when we have cancer or a tumour. They seem to sense when we are sick and can detect changes in our behaviour that result in behaviour changes in them.

Researchers in Germany trained dogs to detect the smell of a lung cancer waste product. These dogs could smell a person's breath and correctly identify lung cancer 93% of the time. In another study, a Japanese dog sniffed the breath and stool samples of more than 300 people and correctly identified which people had bowel cancer 98% of the time. Other studies have indicated that dogs can detect early stage breast cancer, melanomas and bladder cancer with an accuracy rate of 88 to 97%.

Most studies have concluded that dogs are able to identify illnesses due to their keen sense of smell. Malignant tumours exude tiny amounts of organic compounds not found in healthy tissue. One study stated, "If it gets inexpensive enough, maybe we'll all have a breath analysis done by a trained dog once a year to spot early, otherwise undetectable disease." This may seem like a pipe dream, but so have many other medical discoveries.

Dogs can be trained to smell a change in blood sugar levels and to alert their owners to a potential diabetic seizure. They can be trained to detect changes in behaviour, to recognize the onset of high blood pressure, a heart attack and epileptic seizures and to seek help for the person in need.

My Tyka has not been trained to do any of the above. She does however have a very strong bond with Art and me and we can see a great difference in her behaviour since I have been sick. Dogs may not understand everything we say to them or comprehend everything that is going on around them, but they have an incredible ability to understand how their people are feeling emotionally and physically. They are not called man's best friend for nothing.



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# BGCC Tennis Club Men's Doubles Championships

BY BLAIR TULLIS

Good play and great crowd support were the order of the day at the BGCC Tennis Club championships on the weekend of July 25 and 26. Round robin games were played on Saturday, with a barbecue lunch and an enthusiastic cheering section. With two divisions in each of A and B, the top teams in each met on Sunday morning for the championships. The A division winners, in a tight match with Terry Chapman and Glen Fisher, were Dennis Carter and Garry Stoddart. Battling perennial and ageless champion, Tak Hayashi, and his partner Cy Bulkis, the B final saw Bob Head and Jim Shepherd prevail in straight sets.



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## Ladies' Dine Around BY SUZANNE TEOLI

On Tuesday, July 14, thirty-one ladies from Ballantrae and one charming visitor from Texas (my sister), enjoyed a delicious selection of Chinese dishes at Cynthia's in Newmarket. Our hostess for the evening was the elegant and welcoming Cynthia herself. It was a most enjoyable, reasonably priced, dining and social experience.

Proceeds from the 50/50 draw were donated to the local food bank for a total of \$146 so far this year.

Sadly, Verna Woodruff, our able organizer for more than four years, is leaving Ballantrae this fall. We appreciate her untiring service to our community and wish the Woodruffs happiness in their new home.



## Fallsvew Casino Trip, May 21 BY GISELA WEGER



This year's trip to Fallsvew Casino hit the jackpot! Al Moldon once again provided the entertainment, keeping everyone occupied on the lengthy bus trip to Niagara Falls with his version of "Guess What It Is." Prizes were awarded on the return trip.

As always, some residents were really big winners at the casino, while others "made donations to the cause."

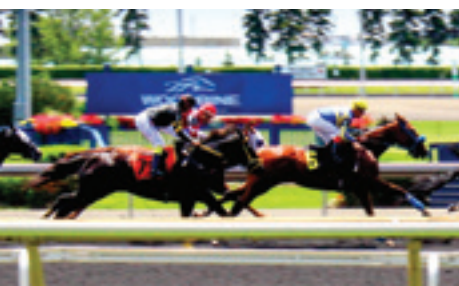
A very successful day as evidenced by the smiles of all the participants!



## A Day at the Races BY KAREN CLARK

Itwillallworkout, Saveaplaceforme, Marcherdowntheally... no, these are not typos, but winning horses on the card from our June 19 trip to the Woodbine Race Track. *En route* in our executive coach, Al Moldon gave a tutorial on such betting terms as Win, Place, Show, On The Nose, Boxed Bet, Parlay and more. Although there were no big winners, million dollar smiles were in abundance throughout the sunny day. The only "Safe Bet" was the delicious buffet we enjoyed in the six-tiered dining lounge overlooking the track. "Across The Board" it was agreed, the day was a "Trifecta!"

*Thanks to Gisela Weger for organizing the trip.*





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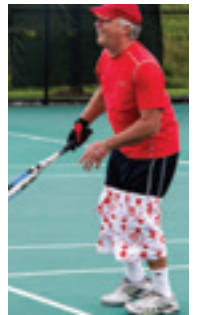
# BGCC Tennis Club Canada Day Celebrations

BY GARRY STODDART

Fifty members attired in red and white participated in our annual Canada Day competition and social. We played lots of tennis, gathered on the hill to sing *O Canada*, and enjoyed a great variety of potluck dishes. Thanks to Rennie Wittenbols and Geri Flotron for organizing this event and Skye Flotron for keeping scores.

The Ballantrae Cup winning team was the Squirrels with 86 points. Members were Blair Tullis, Ken Beaver, Jim Shepherd, Art Sanders, Alison Scowcroft, Anita Draycott, Maureen Cooksey and Pat Campbell. They all received a \$10 Tim Hortons gift card and two passes for the Rogers Cup in August. Honourable mention goes to the Rabbits who came in second with 78 points.

Sue LaRosa won the very nice tennis bag and Art Sanders won \$137.50 in the 50/50 draw. The Executive thanks all of our members who bought tickets; the cabinet in the shed is now paid for. Thanks again to our Social Directors and other volunteers who contributed food.



## Canada Day Celebrations

BY KATHY BILLINGTON



This year marked Canada's 148th birthday and many Ballantrae residents celebrated the event together at the Recreation Centre on July 1. To begin the festivities, volunteers initiated the singing of *O Canada* with everyone else enthusiastically joining in.

It was uplifting to see numerous youngsters in attendance dancing with their parents and grandparents to Trevor the Singing DJ's musical selections. Tasty offerings of pizza from Hanson's restaurant and of obligatory birthday cake were supplied by the Social Committee as well as treat bags for the younger party goers.

Many thanks to chief organizers Verna Woodruff and Ron Brewing and to their numerous helpers for putting on the annual fun affair.



## Condo 3 Street Party

BY STEPHANIE HALL

On Wednesday, July 17, Condo 3 woke up to a most perfect day weatherwise to hold our annual street party. More than 100 people showed up with delicious potluck dishes or food to be barbecued, to share with neighbours alfresco-style.

Festivities included welcome cocktails and lemonade, live music, the surprise appearance of four wannabe "ABBA Dancing Queens," T-shirts stuffed with balloons, free raffle prizes donated by local suppliers and lots more.

A big thank you to everyone for your support.



# Q&A WITH SLAVKO RADEK

BY ANITA DRAYCOTT

## TENNIS IS A LABOUR OF LOVE FOR BALLANTRAE'S CLUB PRO

### Tell me a bit about yourself.

I was born in the former Yugoslavia, near Zagreb. I arrived in Canada in 1958 at age 23. I had received my diploma as a machinist back home and worked in that field until I trained and became a paramedic in Toronto where I worked until I retired. My wife, Yvonne, and I moved to Ballantrae Golf and Country Club in 2002. We liked the look of the community and certainly the plans for tennis courts were part of the appeal.

### When did you start playing tennis?

Not until I was 35. I had played on soccer and volleyball teams before that. One day, my friend Viktor invited me to play tennis and lent me a racquet. It was love at first hit. He said I was a natural and I enjoyed the game. Viktor and I were both competitive but my goal was to beat him, which I eventually did. This opened up a new world for me.

### What do you like about the game?

It provides exercise, competition and fun. It's a social game and I've made many friends around Ontario through tennis.

### Have you entered many tennis competitions?

As my game improved I started to enter Senior Provincial and National Tournaments. This gave me the opportunity to compete against top provincial and Canadian senior players, for example, Lorne Main who was world senior champion and Keith Carpenter, Canadian champion. I was ranked in the OTA top ten seniors for 10 years. My doubles partner and I won our last tournament in the Provincial Championships in 1997. I also played in many competitions with my daughter, Irene. We had a very special father/daughter relationship due



to our love of the game. Judy Horvath, who lives here in Ballantrae, and I did very well playing mixed doubles, winning the York Region Senior Games.

### **What's your secret for looking and acting age 50 at age 80?**

I've been active all my life and have played various sports. I enjoy riding my bike and I spend some time at the Recreation Centre. I also enjoy the odd rum and coke. Would you like one?

### **Does your wife, Yvonne, play tennis?**

No, but she helped me master lobs and drop shots by feeding me balls and giving me drills.

### **What do you think of Ballantrae's tennis club?**

I think we are very fortunate to have such great tennis facilities here. The carpet surface is easy on our body joints and it only requires yearly spring maintenance. When the courts were finished I was asked to organize the club. Tak Hayashi was the first President and the committee consisted of Murray Greenlaw, Dennis Dallman, Sheila Beaver, Linda Curness and myself. They are responsible for the programs that we enjoy today. The Executive, who work voluntarily, do a great job keeping the club running smoothly.

### **Do you enjoy teaching tennis?**

Very much. I got my instructor's license from Tennis Canada at York University. I get satisfaction from watching my students' progress. In the past I had the privilege of running junior programs as well as giving senior lessons. I also enjoy helping coach inter-county competitive tennis.

### **Who on the pro circuit do you like?**

Roger Federer is a great player and a great representative of the game. I think the Williams sisters play well but sometimes I question their behaviour. Canada's Milos Raonic and Vasek Pospisil have tremendous

potential. I am hoping Eugenie can come back to her previous level of tennis.

### **I've seen you on the courts and I know you are competitive. Do you play other sports?**

I like to play chess. I have taught my grandson Stefan both tennis and chess. His goal is to beat me in both. He just might beat me in chess, but tennis? Well as I get slower and he gets better his chances are improving.

### **What's your advice for those of us still whacking tennis balls?**

I have a few sayings. Keep it simple. Keep the ball in play. Be patient. Have fun. And most important, treat others the way you'd like to be treated.



# Oh, To Be In England

BY PAT WOOD



We were, last spring. Our son, Dean, is working just outside of Oxford and has a flat in town. What started as a family visit turned into a wonderful holiday!



## LONDON

Having been to London several times before, the two things I wanted to do turned out to be outstanding. The London Eye is a thrill ride for oldies and though the day was drizzly, visibility was fine. In about 45 minutes, you do one circle, with lots of time to study London's landmarks. The ride was coupled with a boat cruise on the Thames accompanied by a fun commentary, which afforded a different perspective again of the fine old city.

Tea at the Savoy was a treat to savour and probably spoiled us for any "teas" in the future: lots of fancy sandwiches, scones with clotted cream and jam, decadent cakes, served in a garden room with a serenade of show tunes on a baby grand. After champagne and five cups of "Savoy Afternoon Blend," we sloshed out of

the beautiful old hotel to our ride—Dean's new Mercedes hybrid company car, which looked quite apropos driving into the courtyard. Lifestyles of the Rich and Famous, if only for the afternoon! By then the sun had come out, and we finished a magical day with a drive around London, past Trafalgar Square, the Palace, the Abbey and Big Ben, before heading back to Oxford.

## YORK

Dean took a few days off work, rented a wheelchair for me and literally pushed me all over the City of York. Our hotel, right next to the "Minster," was old, tiny and a bit challenging for me. Twenty steps up to a small room, good bed though, with a tiny door, then a long hall to our bathroom. It was "interesting" to literally squeeze through the door for a mid-night



bathroom visit. Of course, none of these things are the fault of the hotel, but rather of the guest, yours truly.

York Minster (the “Minster”) is a truly magnificent medieval cathedral, the finest I have seen. We spent quite a bit of time there, including a guided tour, which so added to the visit. The choir screen with carvings of the first fifteen kings was of particular interest to me. The sheer grandeur of the place is awesome, and fortunately for us all, great sums have been spent preserving this monument to faith.

The railway museum was Dean’s idea, (ho hum). As the weather was spectacular, we spent the rest of our time sitting by the river, drinking ale, visiting various pubs, drinking ale and enjoying the sunshine with the rest of the populace, drinking ale. The Brits take their beer very seriously, extolling the virtues of various drafts. This folderol is a bit lost on me as I am not usually a beer drinker. I did, however, try a few half pints, secure in the knowledge I would be “pushed” back to the hotel.

Next day we drove through the Yorkshire Dales, James Herriot’s country: stone walls, lovely little farming villages, local cheese, sheep, sheep and more sheep. Overnight at a modern inn with great food completed our trip to the North.

## OXFORD

After a couple of days R & R, I was ready to tackle the town. What a beautiful place it is: lovely old yellow sandstone buildings, wonderful architecture, church spires and bells ringing. As it was exam time, we saw students in their robes with various colours of carnations (white while starting exams, pink for halfway through and red for completion).

Oxford has a service where you can borrow a complimentary motorized scooter for the day. Hubby would get the scooter near the flat and I would drive it all around while he walked. Guess who was more tired at day’s end?

We joined an informative walking tour, visited several colleges and churches, and lunched at a variety of local pubs. The Turf Tavern, where Clinton smoked his marijuana but “didn’t inhale,” was a favourite. We saw the colleges’ rowing races on the Thames, (called the Isis in Oxford), the Magna Carta, the Gutenberg Bible, even the extinct dodo’s head in the Natural History Museum. Everywhere you turn in Oxford, someone now famous did something or wrote something—a history buff’s paradise.

Fighting the hordes of residents, students and tourists on the streets, our last stop was usually M & S (Marks & Spencer), where we picked up supplies for that night’s dinner. Hubby would return the scooter while I got supper started. Dean was very happy to come home from work to home cooking. We were very happy to hunker down with Netflix after our excursions. Our three weeks flew by.

**My impressions of England:** the traffic is horrendous, while the flowers are beautiful and everywhere. The shower arrangements are challenging, but the people are great. Everything is very expensive and the TV stinks, but the pubs are outstanding and the food is a lot better than I remembered. The buildings are beautiful and history is everywhere. It truly is a wonderful destination and I feel privileged to have had the experience! The tourist bureau says my cheque is in the mail!!





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# Vi Pei Bistro: *A Taste of Europe in the Heart of Stouffville*

BY SUSAN GAMBLE

Vi Pei Bistro, which opened in November 2014, is located just west of the Ninth Line on Stouffville's Main Street.

The owner, Siva Thambinathan, originally from Sri Lanka, began his hospitality journey in Europe, working in both Italy and France where he mastered the art of creating European dishes. He has been an executive chef for 25 years. His focus is on quality, and he trains his staff accordingly. He takes customer satisfaction very seriously. Siva also runs two other restaurants in Toronto. All of his establishments are named either Vi Pei or Vi Vetha, after his son and daughter.

In Stouffville, Siva saw an opportunity to service an area that is rapidly developing some excellent restaurants. So far the decision has proven successful.

Siva believes in providing sizeable portions of good food at reasonable prices. Brunch is very popular at Vi Pei. Along with a Classic Eggs Benedict, Siva offers lots of omelets and specialties from the griddle, such as Grand Marnier Infused French Toast. For lunch, consider the BBQ Thai Chicken and Shrimp Salad or a salad of Smoked Salmon and Goat Cheese. A wide range of pastas includes Gorgonzola Linguine, Vodka Seafood Penne and Smoked Sausage Rigatoni. At dinner, Crab Cakes are a specialty. Regulars rave about ViVetha's Secret Ribs. Vi Pei also offers gluten free and vegetarian options. So whether it's for breakfast, lunch or dinner, drop in with friends and support a local business. You may find it's the first of many visits!



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# Recommendations from our Book Clubs

BY SUSAN GAMBLE

In search of a good read? Consider these page turners that the various book clubs in Ballantrae have enjoyed in the past year. Some titles are repeated in the various lists, perhaps indicating their universal appeal. The name of the person who organizes each club is also listed (although they are not currently looking for new members).

## THE READERS' COMPANION

(Sheilagh MacDonald)

*The Rosie Project* by Graeme S. Simsion  
*The Light Between Oceans* by M. L. Stedman  
*Annabel* by Kathleen Winter  
*Orphan Train* by Christina Baker Kline  
*419* by Will Ferguson  
*The Tiffin* by Mahtab Narsimhan  
*The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce  
*The Orenda* by Joseph Boyden

## PAGE TURNERS

(Alma Boyd)

*Dear Life* by Alice Munro  
*The Invention of Wings* by Sue Monk Kidd  
*Of Mice and Men* by John Steinbeck  
*The Underside of Joy* by Sere Prince Halverson  
*Me Before You* by Jojo Moyes  
*An Irish Country Doctor* by Patrick Taylor  
*The Paris Architect* by Charles Belfoure  
*The Boston Girl* by Anita Diamant

## THE BOOK TASTING CLUB

(Ruth Flanagan)

*Me Before You* by Jojo Moyes  
*Left Neglected* by Lisa Genova  
*The Light Between Oceans* by M. L. Stedman  
*A Woman in Berlin* by Marta Hillers  
*The Rosie Project* by Graeme S. Simsion  
*The Lowland* by Jhumpa Lahiri

## BOOKIES

(Denise Casey)

*Burial Rites* by Hannah Kent  
*An Astronaut's Guide to Life on Earth* by Chris Hadfield

*The Light Between Oceans* by M. L. Stedman  
*The Boys in the Boat* by Daniel James Brown  
*Gone Girl* by Gillian Flynn  
*The High Road* by Terry Fallis  
*The Storied Life of A. J. Fikry* by Gabrielle Zevin  
*The Massey Murder* by Charlotte Gray  
*The Invention of Wings* by Sue Monk Kidd  
*Orphan Train* by Christina Baker Kline

## AUTHORS, BOOKS & CHAT

(Betty Ann Jarvis)

*Endurance* by Alfred Lansing  
*The Signature of All Things* by Elizabeth Gilbert  
*The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce  
*Me Before You* by Jojo Moyes  
*The Storied Life of A. J. Fikry* by Gabrielle Zevin  
*Death Comes to Pemberley* by P. D. James

## COME WHEN U CAN

(Margaret Lunn)

*All the Light we Cannot See* by Anthony Doerr  
*The Immortal Life of Henrietta Lacks* by Rebecca Skloot  
*The Invention of Wings* by Sue Monk Kidd  
*Stella Bain* by Anita Shreve  
*The Substance of Style* by Virginia Postrel  
*Prisoner of Tehran* by Marina Nemat  
*Anthology* by Alice Munro  
*Gossip Girl* by Cecily von Ziegesar  
*Capital* by John Lanchester



# Wow!

BY HARRY RENAUD, GAMES CHAIRMAN

## WHAT A WEEK!

With close to 500 competitors and 150 volunteers, the 2015 Ballantrae Summer Games were by far the most ambitious, successful and enthusiastically supported.

Over the past two years, the Organizing Committee devoted their time and talents to refine this special bonding week with the objective of promoting participation, fun, community building and competition. Thankfully, even the weather gods cooperated.

We must keep in mind that the 65 year-old resident who moved into BCGG in the early phases is now approaching 80...but still keen to be involved, so we have added more categories to involve as many as possible. Mind you, having viewed the swimming trials, I suggest that men over 70 should not wear Speedos!

Watching three men, all over 80, trying to outdo each other in the final 25 yards of the walking race was as exciting as it gets, never mind the risk potential! Then there were those who just competed by walking at their normal pace so they could say they participated and participate they did. Medals be damned.

One of the new events this year was the Bean Bag Toss—also known as Tail Gate Toss! It was so popular the garbage guys stopped their truck and asked if they could play.

Michael Bell, as Sports Chair, had the challenging task of preparing the schedule, avoiding conflicts and ensuring all the venues were available.

From modest beginnings, the entertainment and food service, along with the evening medal presentations, has become a huge success. Most nights it seemed that the entire community was enjoying a good old-fashioned hootenanny.

Over 2500 food servings were orchestrated seemingly magically by Lowell and Bonnie Dennis and Mary Freedman. Fantastic live bands and disc jockeys had folks dancing long after closing time. The night the Rookies band played, I swear I saw Roy Orbison at the Rec Centre.

A special thanks goes to Wayne Burgess who rounded up a record group of sponsors. Actually, Wayne did such a good job he was a natural choice to head the 2017 Games!

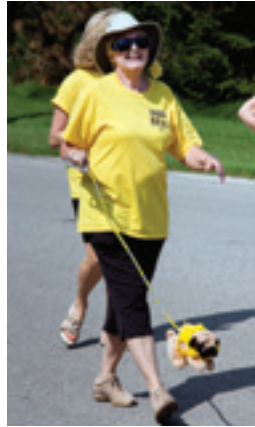
After weeks of competition in 38 sports with hundreds of participants, Condo 5 won the John and Joan Graham Championship Trophy for the first time in five bi-annual Games. The victory represented the combination of scores for highest registration and highest points in competition. Three condos were neck and neck, within 2% of each other, going into the finals. Only after calculating scores to the first decimal point did the winner emerge.

This year's Games were a true success and participation was the highest ever. Many people met new neighbours and the competition was stellar and injury-free.

Throughout this special eight-page section you will see the marvellous photographs taken by our volunteers. Brian Freedman and Pat Whittingham have done an incredible job of sorting through the mountains of digital graphics to select their favourites.

I congratulate the entire Organizing Committee for staging the best Ballantrae Summer Games ever. Let the Games begin in 2017.





# EVERYONE LOVES A PARADE!

Bruce Hyland has been organizing the Opening Day Parade since the first Games in 2007. The colourful Saturday morning romp around our community included horses, dogs, police, dignitaries, dressed up convertibles and a fire engine. The fact that Bruce pulled this off for a total cost of \$65 is amazing.





# EVOLUTION OF THE BALLANTRAE GAMES

An idea hatched at a backyard barbecue grows to the extravaganza we have today.

BY KAREN CLARK

The original property owners of Condo 1 were the pioneers, so to speak, of Ballantrae. They were a small but social group and because they were "out in the sticks" back in the early 2000s they often organized their own entertainment... video movie nights with homemade popcorn, street parties, and barbecues.

By 2006 however, the community was growing and Condos 2, 3 and 4 were emerging. Wanting to create a community outreach across the condos, John Graham had an idea. Using a Can/Am games model that his club in Florida hosted each year, John pitched his idea for the "Ballantrae Olympics" while attending Brian Birkness's annual July 1 Strawberry Social. A lawyer in the group suggested that they might have problems using the Olympics term and suggested that Games would be a better title. This concept would unite the new condo people while providing fun and friendly competition.

Over the winter, John Graham, Brian Birkness, Stew Cannon and Betty Shukster formulated a plan. John and Stew posted a sheet for a "Sign Up Barbecue" at the Recreation Centre in May 2007. But would anyone come? Stew brought his barbecue and John supplied the coffee pot that he dropped in the driveway! And come they did! Overwhelmed by the positive reaction they now had to proceed. An organizing committee met regularly to set the Games in motion. John oversaw the direction and he and his wife, Joan, donated the Graham Cup. Brian managed the sporting events, Stew arranged the advertising, shirts and equipment, and his daughter handmade the 200 medals. Brian

Cox did all the data entry, Bruce Hyland was the Parade Coordinator and medal count man along with Al Moldon. Ron and Sheilagh Kaighin put together a much-needed team of volunteers. John VanVelzen acted as Treasurer and Betty Shukster and the Social Committee helped coordinate the Opening Day Barbecue where folks were served hot dogs, chips and pop... all for \$15 per person. They needed a way to distinguish the different condo groups, so each condo was assigned a different coloured T-shirt.

The fall of 2007 saw the first Ballantrae Games. An enthusiastic group of neighbours participated in the following events: tennis, golf, cycling, walking/running, swimming, field events, horseshoes, bocce ball, slow pitch, water volleyball and lawn bowling.

The Games were a huge success and everyone wanted more, but Graham and his team knew the enormous amount of work involved so decided that the Games should be held every other year. Also, it was agreed that a new condo group should organize the next Games to keep them fresh and to add new ideas. Events such as cribbage, euchre, snooker, ladder golf, and bean bag toss were added in subsequent Games to encourage more participation.

When Phil Bannon and Leo McGuire organized the Games in 2013, the committee decided that the trophy would go to the condo with the most participation...not just the number of medals. And so the spirit of our Games continues the vision of the pioneer team.



# THE STORY BEHIND OUR BALLANTRAE GAMES MEDALS

BY STEW & ELLIE  
CANNON

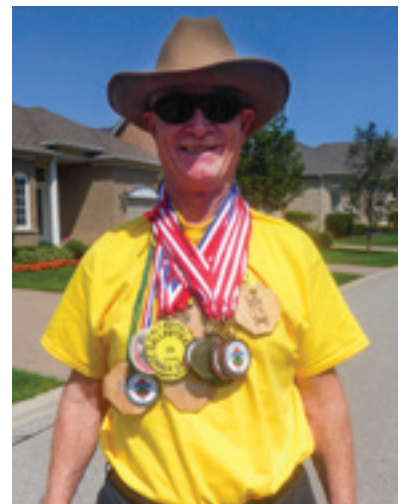
We started off with homemade wooden “medals” hand-lettered by our daughter, Jenn. They were hung on hemp lanyards (BFG 2007). Notice it was called the Ballantrae Fall Games. Why? We cannot remember.

Two years later (2009), we made the medals out of miniature DVD’s and printed every label. We bought real ribbon lanyards and changed our name to the Ballantrae Summer Games.

In 2011 we purchased real medals and ribbon lanyards which we have continued to use. The medals feature the official Ballantrae Golf and Country Club logo and the year. No more home-made stuff!! Most importantly, Donald Crump designed our official BSG logo which we now use on all of our T-shirts and advertising.

Over these past nine years everything has multiplied— more homes, more Condos, more participants, more than twice the number of events and more than three times the number of medals (200 to 639).

We have loved every moment, but thank goodness we no longer make medals by hand!



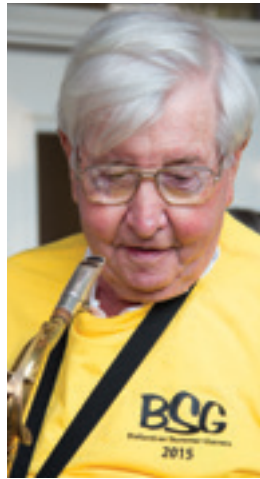
# KITCHEN CONFIDENTIAL: DID WE REALLY EAT ALL THAT?



Ballantrae residents proved to be a hungry crowd.

Thanks to the culinary talents of Lowell and Bonnie Dennis, with the help of Mary Freedman and a team of volunteers, an average of 200 people per night at 25 tables were served a variety of good eats. We devoured 270 hot dogs, 48 loaves of garlic bread, 50 heads of lettuce, 240 baked potatoes and 400 roast beef sandwiches. A crew of volunteers husked 60 dozen cobs of corn in two hours! Bonnie Dennis suggests that Corn Husking should be an event in the next Games.





# AND THE BANDS PLAYED ON

Thanks to the orchestrations of Treasurer and Entertainment Director, Terry Chapman, two disc jockeys (Al Moldon and Brian Freedman) and live bands (Chapman Family, John Graham, Memories Unplugged and Overtime) had us dancing and prancing under the outdoor tent every evening.

The "Rookies" band, consisting of four young guys in their 20s, "knocked the ball out of the park" by playing our kind of tunes from the 50s, 60s and 70s. They'll be returning to BGCC for the Christmas Party.



# MORE FUN & GAMES



## ANOTHER GREAT TEAM RESULT!

BY BRIAN FREEDMAN, HOTG PHOTOGRAPHY COORDINATOR

A big thank you to the team of *Home On The Green* photographers who helped us capture the fun, spirit and special moments of the 2015 Ballantrae Summer Games.

Brian Freedman



Anne Brewing



Cy Bulkis



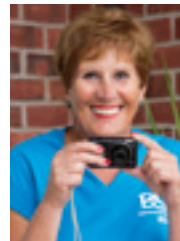
Ed Arnold



Elisabeth Schon



Geri Flotron



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## Slots at Georgian Downs

Wednesday, October 7, 2015

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

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

Tickets are non-refundable

---

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

## JOIN US ON A TRIP TO THE Aga Khan Museum

Wednesday, October 21, 2015

Cost is \$40 per person  
(includes tours and bus)

Lunch is available at the museum

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

---

Please call:  
Kathy Billington 905-591-1390



## Annual Craft Show

Saturday, October 31, 2015

**RECREATION CENTRE**  
**10:00 A.M. - 2:00 P.M.**

To book a free table,  
Ballantrae residents may contact:

Elaine Gorman, 905-632-0861  
Shirley Beazley, 905-642-6264

## A Tribute to Jerome Kern

BY THE DAVE PARSONS QUINTET  
FEATURING VOCALIST LISA LEVY

Sunday, October 25, 2015

**RECREATION CENTRE**  
**2:00 P.M.**

Cost: \$15.00 per person  
(includes refreshments)

---

Please Call: 905-640-2790

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Proceeds go to the Ballantrae Choir  
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Thursday, November 26, 2015

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For tickets contact:

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

**Carollyne Kaise**  
905-642-0647 / carollynek@gmail.com

## Calling all Curlers! Come Out For Ballantrae's Annual Fun Bonspeil

NEW DATE

Saturday, November 21, 2015

**New Closer Location:**  
Uxbridge Curling Club

For information contact:

**Liz or Cliff Jenkins**  
905-640-8216 / cliffjenkins@rogers.com

**Helen or Pete Mitchell**  
905-640-9597 / phmitch9597@rogers.com

## Grey Cup Bash

Sunday, November 29, 2015

**RECREATION CENTRE  
5:00 P.M.**

Watch this year's Grey Cup game  
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at the Recreation Centre and enjoy  
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**Contact: Pam Tulino**  
905-591-4004 / pam.tulino@humber.ca

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June Dyer	905-642-4994
Lorraine Farro	905-642-9938
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# Stouffville Lawn Bowling & Hen Houses...

## What do they have in common?

BY KAREN CLARK

While looking for a shady spot in the park to read, I noticed some intense activity at the Stouffville Lawn Bowling Club. Intrigued, I walked over to take a closer look. Recognizing the red, blue and gold T-shirts, I realized it was a group of Ballantrae residents on the green. Introducing myself to an official-looking gentleman holding a clipboard, I realized it was our very own Art Sanders, coordinator of Lawn Bowling for the Summer Games. Club member, Marg Curtis, eagerly offered to give me a tour. I was about to be given a fascinating history lesson.

Entering the historic clubhouse was like going back in time...1934 to be exact. The first club records from the 1890's state, "... a loosely knit group of men initiate the lawn bowling tradition in Stouffville." This group of men became more official in 1907 when they paid membership fees. In 1929, women were invited to play on Monday nights for an annual fee of one dollar. The two groups merged in 1984 to form one executive. Banners on display in the clubhouse celebrate events won over the years at the district, provincial and Canadian levels.

Initially, there were two rinks situated where the clubhouse now stands. If hosting a tournament, two private rinks in town had to be employed. In 1930, at a cost of \$350, a local businessman built a frame with two rollers powered by a small gas engine to roll the green. It was said to be the first powered lawn mower in use at an Ontario club. The engine was on display during the club's 100th anniversary in 1994.

The original clubhouse was sold in 1934 to a local farmer for \$35 to be used as a hen house! With a chuckle, Margaret reflected that she had

collected eggs in that same hen house as a child as it was her uncle who had bought it! Despite modifications and renovations the old charm remains. The green has since been expanded and improved to include 10 rinks.

The game has similarities to bocce or curling. In singles, the simplest competition, one of the two opponents flips a coin to see who wins the "mat" and begins an "end" by placing the mat and rolling the jack to the other end of the green to serve as a target. Once it has come to rest, the jack is aligned to the centre of the rink and the players take turns rolling their bowls from the mat towards the jack.

Located at 4 Church Street, behind the Clock Tower on Stouffville's Main Street, the club welcomes new members of all ages. Prospective members are offered free instruction and trial sessions before committing to a very reasonable membership fee. The season runs from May to September.

Judging from the enthusiasm I witnessed on these historical grounds, lawn bowling is no longer a game for "seniors in their whites" as has long been misconstrued.

Their Vision Statement says it all. "The Stouffville Lawn Bowling Club is made up of friendly people committed to playing lawn bowling to its fullest, playing well, expanding friendships, aggressively building for the future and fostering community health." Sounds like the perfect place for like-minded Ballantrae residents!

*Photo Courtesy of Whitchurch/Stouffville Museum*



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# Are you and your Spouse Prepared for the Inevitable?

BY TERRY CHAPMAN



Some weeks ago we came home from attending the Annual General Meeting of Condo 4. My wife turned to me and said, "During the meeting I realized we were sitting within a small radius of four widows." We then discussed that this is a reality of living in Ballantrae Golf and Country Club. We all live in a great "active adult" community and we are growing old together.

Like you, I don't like talking about death, but as a Financial Planner it was my job to help couples plan for the inevitable. One initial session started with the husband saying, "Why should I care?... I will be dead." I turned to the wife and could actually see and feel the hurt in her eyes. She had just heard, "I don't care about you!" As the planning progressed, both came to understand that this was a joint responsibility, that it took a lot of hard work, but in the end it was all worth it.

Preparing for the passing of a spouse consists of sitting down at the kitchen table and asking

a lot of questions. Then, by answering those questions, you start to formulate an action plan. Often this means a transfer of financial knowledge from husband to wife. The need to do this was reinforced when a recently widowed friend told me, "He did it all himself. I don't even know how to write a cheque." At the worst time in her life, she quickly had to learn the details of daily financial management just so she could carry on. The angst was needless and it seemed so unfair.

Spouses should share detailed financial information with their partners. Where are the financial assets? How does one "take over" the management of those assets? Calculate the "pay cut" resulting from a death. What medical/dental benefits will remain? Where are all pertinent documents kept on file? Who do you call for help in a time of grief?

I urge all couples to discuss these issues. Prepare for the inevitable; it is the caring thing to do.

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BY PETER SIMS, WEBMASTER



## BALLANTRAE SUMMER GAMES

All the results and more photos than you can imagine! Just click on The Games heading! Many thanks to those who submitted results and pictures for everyone to enjoy.

## HELPFUL CONTACTS

This page has phone numbers for Emergency Services, Hospitals, FirstService Residential, and general community information. Additional numbers can be found on the Help for Residents page. Consider this your Community Directory.

## MEDICAL EQUIPMENT FOR LOAN

Many of our neighbours who have undergone medical procedures, have various equipment items left over from their rehab or physio and have generously offered to lend these out.

This page lists what is available and who to contact. Sample items include walkers, canes and shower seats.

## FREQUENTLY ASKED QUESTIONS

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# RECREATION CENTRE NEWS

A new Board is in place for the Recreation Centre, YRVLCC 1202. Returning Directors are Carole Draper, Condo 4, President; Wayne Burgess, Condo 3, Secretary; and Bill Balfour, Condo 1, Director. Our two new Directors are Ken Miyauchi, Condo 2 and Heinz Vollenweider, Condo 5.

The volunteer committees have taken on their tasks in keeping with the vision statement for 1202 and we look forward to their valued input as we mature as a community. The Vision Statement is, "To provide the facility and services for quality, comprehensive wellness programs and amenities for residents of the Ballantrae Community."

All ceiling lights within the Recreation Centre are now LED lights. Two new bocce courts were built behind the Recreation Centre and the horseshoe pits were relocated. The centre island garden was planted for this year. A beautification plan for the grounds at the Recreation Centre is being reviewed with Melfer for implementation

in 2016. A Reserve Fund Phase 2 Study is being conducted for Condo 1202 and a review of the electrical and mechanical situation for the pool area is being undertaken.

All aspects of the Recreation Centre, including air quality control, change rooms, water problems, sound baffling, acoustics, heating, cooling and controls are being reviewed. A new three-year contract with FirstService Residential as the 1202 property manager has been signed.

The 2015 Ballantrae Summer Games were another huge success. Congratulations to all of the organizers, participants and volunteers. Big thanks to all our amazing sponsors.

Your 1202 Board remains committed to overseeing Condo 1202 and all that it entails. We strive to make it comfortable, accessible, affordable and all-inclusive through as many diverse and varied programs as possible.

~ Your 1202 Board

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# Flavours of Puglia

BY ANITA DRAYCOTT

THE SELF-APPOINTED QUEEN OF SPAGHETTI SAUCE SINKS HER TEETH INTO REAL HOME COOKING IN SOUTHERN ITALY



Who has not been seduced by Italy's *la dolce vita*? The easy-going Mediterranean lifestyle where friends and family linger over sun-drenched meals, where the wine and conversation flow effortlessly. Haven't we all harboured a fantasy to take off and live in an Italian villa?

My fantasy has come true.

I'm in Puglia, the heel of Italy's boot and I've signed up for a stint with Flavours Holidays ([www.flavoursholidays.com](http://www.flavoursholidays.com)).

Lorne Blyth, Flavours' director and founder, has picked me up at the Brindisi airport and left me at Casino Pisanelli, my home for the next week in Salento. Lorne takes off to run errands and pick up the rest of the group, leaving me under a lemon tree by the lavender-lined swimming pool. I am introduced to Cosimino the gardener and Gina, the feisty chief cook, bottle washer, and as I quickly learn, boss.

Savoury aromas tempt me inside to the kitchen where all is not so peaceful or pristine. Last week's group, who departed this morning, obviously had quite the farewell bash. Empty Prosecco bottles lie by the fireplace. The kitchen counter is piled high with dirty dishes. Gina races from room to room trying to make the place spic and span before

the rest of my group arrives. I offer to help but with my pitiful Italian, Gina thinks I need help. We try sign language and finally, I point to the "can I help you" phrase in my Berlitz guide. Gina seems surprised that a guest would offer to dry dishes but shrugs her shoulders and tosses me a towel.

By late afternoon the rest of the foodies appear. Tom and Helen are both doctors from London. David is a Cambridge lawyer. Shari is an American computer guru working in Germany and her friend Don is an engineer from Philadelphia.

Casino Pisanelli was originally a neo-classical hunting lodge built in 1790 by Count Orlandi as his summer residence. For a few weeks in spring and autumn the present owners give exclusive use of their estate to Flavours Holidays.

"We want to give our guests a taste of something special that they can't put together themselves on the internet," Lorne says.

Indeed, this is no sterile cooking school experience; it's more like being part of an intimate Italian house party where you're welcome to raid the fridge for leftovers or to brew a pot of tea.

By 7 p.m. we've gathered around the fireplace in the library. Lorne pops open a bottle of Prosecco and passes platters of bruschetta.

Dinner in the huge farmhouse kitchen starts with Gina's chickpea and pasta soup, followed by grilled sausage and veal, a tomato and fennel salad and baked apples. All of this is washed down with copious amounts of wine and Gina's homemade Limoncello. If our small convivial group has one thing in common it's a passion for food.

Next morning we loll around the pool waiting for Antonio to appear. At Casino Pisanelli we benefit from two local chefs. Gina is in charge of dinners; Antonio, who runs a restaurant in nearby Santa Maria di Leuca, arrives each morning to lead us through typical southern recipes inherited from his mama.

Our "working" *cucina*, across a courtyard from the main house, is a sun-splashed country kitchen with baskets of fresh produce, and a rustic table where we peel, chop and knead under Antonio's direction. The traditional cuisine of Puglia is based on the staples of durum wheat, tomatoes, olive oil and wine. With the Adriatic Sea to the east and the Ionian Sea to the south, fish is also key to the diet. Throughout the week, the Salentine specialties we'll learn to make include *orecchiette* pasta, chicory and fava bean mash, stuffed squid, baked mussels and eggplant Parmigiana. After a morning of cooking, we enjoy the fruits of our labour at lunch, *alfresco*-style, in another courtyard.

One night we were sampling local cheeses when there was a knock at the door and into the front hall marched a troupe of troubadours. The merry band entertained us for about an hour with *tarantala* songs and dances.

When not cooking or eating, we explore. Sun-baked Puglia is scattered with fortified castles and whitewashed *trulli*, the area's distinctive conical shaped dwellings, and carpeted with a silvery sea of olive groves. It also has an incredibly rich natural larder. The area produces most of the country's extra virgin olive oil, full-bodied wines and is famous for its intensely flavoured olives, almonds and figs. Other local specialties include *orecchiette*, an ear-shaped pasta, seafood risotto,

fava beans (which are dried and made into a paste) and *burrata* a creamy cheese similar to mozzarella.

In Santa Maria di Leuca we enjoy *aperitivos* at Antonio's restaurant. We visit the castle and cathedral of the Byzantine port of Otranto. We tour Lecce, capital of Puglia, known as the "Florence of Baroque." In Gallipoli we feast on marinated anchovies, seafood risotto, linguine with clams, giant grilled prawns and lemon sorbet.

On our last afternoon, Cosimino takes us on a shopping spree to buy local pottery, olive woodcarvings and textiles. We return to our home away from home to find that our hosts have pulled out all the stops. The table is illuminated with massive candelabras. We feast on Gina's lasagna, baked cod, buffalo mozzarella and tomatoes drizzled with olive oil, fennel salad glistening with pomegranate seeds, caramelized figs, peaches poached in red wine, Amaretto biscotti, more wine, more Limoncello. Now I understand why Casino Pisanelli had that "morning after" appearance when I arrived a week ago.

On our last day we exchange addresses over breakfast. Cosimino insists upon giving us all a litre of olive oil from his hometown. Gina tucks two bottles of her famous Limoncello into my bag. We take a farewell stroll through the gardens until the minibus arrives to deliver us to the airport. Alas, the fantasy of living *la dolce vita* has come to an end.



# Greenridge Quilters Support Wounded Warriors Canada

BY MARY HALLAM



Wounded Warriors Canada is a non-profit organization that supports Canada's ill and injured Canadian Armed Forces members, veterans and their families through a wide range of national programmes and services.

Wounded Warriors provides a spectrum of care that is focused on mental health and particularly on post-traumatic stress disorder.

The original focus of BGCC's Greenridge Quilters was to stitch donation quilts for the community. Our first creation, a year and a half in the making, hangs as a welcoming focal point in the Recreation Centre. Subsequent quilts were donated for events held to raise funds for Breast Cancer support programs.

This spring we were given the opportunity to "Honour the Fallen, Help the Living." We began the process of designing and stitching a quilt to be raffled in support of Wounded Warriors Canada. The theme of the quilt is remembrance and hope which is depicted in the two feature panels. The fabrics in the "scrappy" background were selected to portray sea, land and air.

Eight quilters were involved in the design and execution of the quilt. We were delighted that two of our alumni returned to contribute their time and talent to this project.

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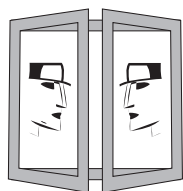
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# A Golfer's Riff on *Frankie and Johnny*

BY JOHN GRAHAM

(to the tune of *Frankie and Johnny Were Lovers...*)

Frankie and Johnny were golfers  
They just didn't play golf for fun  
Played each day, and practiced too  
To see who could be number one  
He was her man, he wouldn't do her no wrong

Folks from all over the country  
Came to see these two go for the cup  
Played thirty-six holes, through wind and rain  
Then Johnny won one up  
He was her man, he wouldn't do her no wrong

Frankie went down to the pro shop  
She said "You must show me the score  
I played it right, I played it tight  
How come I shot one more"  
He is my man, he wouldn't do me no wrong"

"Don't want to tell you no story  
And I ain't going to tell you no lie  
But Johnny used that old foot wedge  
To get the birdie on number five  
He is your man, but he was doing you wrong"

Frankie went home in a hurry  
She didn't go there for fun  
Went to her bag, looked through her irons  
Found trusty ole number one  
He was her man, but he was doing her wrong

Johnny saw Frankie a comin'  
Out the back door he did scoot  
Frankie swung sweet with that ole one iron  
And that ball went a-root-a-toot-toot  
She got her man, but he was doing her wrong

(Say this next verse real slow,  
'cause this is the saaaaad part.)

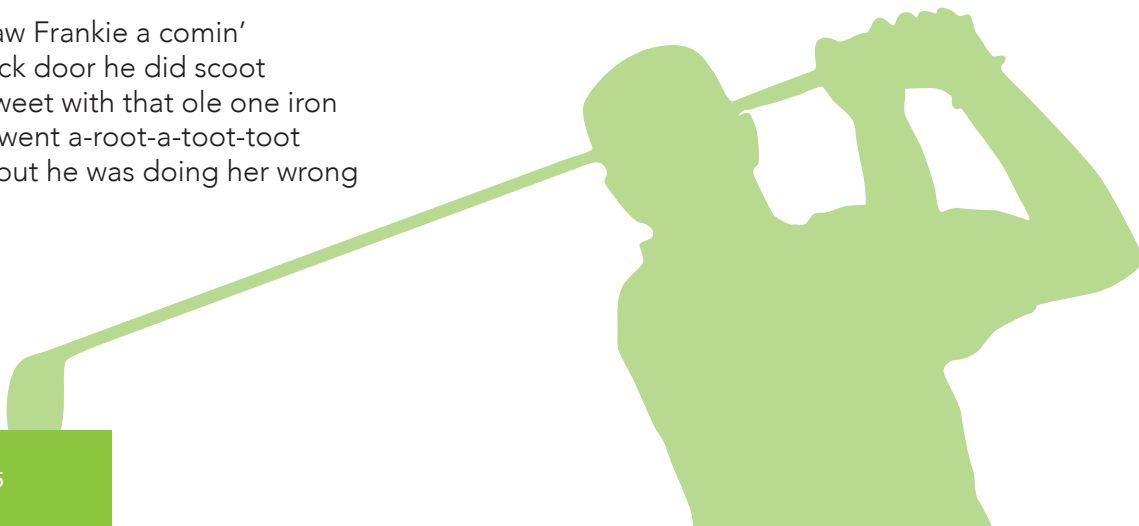
"Roll me over easy, boys  
Roll me over so slow  
Roll me gentle, cause I'm hurtin' bad  
That ball, it struck me real low  
I was her man, but I was doin' her wrong"

Johnny don't golf so good no more  
He rides with a flag on his cart,  
But it was havin' to play off them yellor tees  
That really broke his heart  
He was her man, but he was doing her wrong

The captain then called out poor Frankie  
"You must pay for what you have done  
You won't win that cup no more  
Cause your handicap's now minus one  
He was your man, but he was doing you wrong"

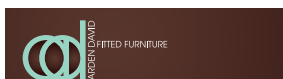
This story does have a moral  
It comes right here at the end  
You can play it rough, you can play it tough  
But you don't ever cheat on a friend  
He was her man, but he was doing her wrong

JUST DOING HER WRONG





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