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



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A MESSAGE FROM THE EDITOR

I've always found fall to be an enervating time of the year. Perhaps it's the exhilarating nip in the air and the burst of autumn colours. It seems that more such elevated energy levels are also alive and well amongst our magazine team and readers. Here at *HOTG* we have been working on new ideas and innovations that we hope you will like.

This issue celebrates the results of our second photo contest. When I asked the winner, Ian White, to tell me about his photo, he wrote, " We awoke before dawn and tramped miles across the heather. We crawled the last mile on our bellies through the bog being eaten alive by midges (Scottish Black Fly). My *ghillie* (gun bearer) grumbled constantly in incomprehensible Gaelic" Then he confessed: "I could have said this, but in reality deer are over-running the countryside in Scotland and this stag just wandered over to the car to see if we would feed him something. The shot was taken from about 20 feet." White went on to explain that the shot was taken about seven years ago on a driving trip with his wife somewhere in the highlands near Rannoch Moor and "Rudolph showed up out of nowhere." It seems that Ian has not only a sharp eye but also a good sense of humour.

I'd like to thank Pat Whittingham and his group of judges for all of their work. I'm also pleased to announce that Pat has agreed to write a regular column entitled "Picture It." You'll find it and more on the other photo contest winners starting on page 27.

In this age of "selfies," feedback indicates that the folks living in Ballantrae want to see more pictures of themselves, so we have redesigned our Past Events pages to reflect this.

It was encouraging to receive submissions from some new contributors for this issue. Both Rudy Niessink and Christel Von Richter submitted photos and descriptions on wildlife sightings in their backyards. Herb Rempel contributed a story on market volatility. Many of you seem to like the Potluck page and have sent us your recipes but we need more. How about sharing your festive favourites for the winter issue?

We are trying to make *HOTG* more interactive by linking it with our website. In this regard, assistant editor, Karen Clark, has suggested that we run feedback on our articles in a new section of www.ourbgcc.com called Reader Feedback. Send your comments to: hotgfeedback@gmail.com For example, here's how Susan Gamble responded to our "Dream Cars" article in the summer issue: "I loved your car article! Interestingly, I had a boyfriend – back in the day in England – who had a Triumph Roadster. That's the same car that is on this issue's front cover, belonging to Al Roeder. I used to drive it, and it was a magnificent beast! It was a '3 on the tree' not '4 on the floor', in fact I learned on a '3 on the tree'. Now I have to content myself with a Subaru STI (the sports version of the Impreza) which is a 6 speed and has TWO more horsepower than my husband's BMW!!!"


Please keep those suggestions and submissions coming. After all, this is your magazine.

Anita Draycott

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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



Life is still busy as your local councillor but I will have just returned from a two-week break when you are reading this. Please remember that even when I am away on a break I can still be contacted by email at: maurice.smith@townofws.ca

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LANDS SOUTH OF OUR FRONT GATES

By now most are aware of the delay in the housing development project on Highway 48, immediately south of the gates to Ballantrae Golf & Country Club. In conjunction with this project the town had agreed to install sidewalks on the east side of the highway from our gates down to Aurora Road. These sidewalks will join those planned to be installed along the north side of Aurora Road. Since the sidewalk project is a town project and not based on the developer it will go ahead as planned.

BALLANTRAE PARK

In my opinion there is a need to add another permanent field house at this park on Aurora Road. I was successful in convincing council to allocate funds in the 2016 capital budget so that this will become a reality this year. I hope that it will be opened by the time you are reading this magazine.

COULTICE PARK

Construction of this park on the south side of Musselman's Lake is nearing completion as you read this article. Councillors allocated approximately \$2,000,000 for the project and I am confident it will be the gem of all parks in Whitchurch-Stouffville. I will advise through my website (www.mauricesmith.ca) when the official opening will be held.

BALLANTRAE CONSTRUCTION

In 2015, the town constructed a sidewalk along Aurora Road to the west of the community centre and up to

McMullen Drive. The second phase of this work to take place in 2016 is for similar sidewalk installation from Highway 48 to just beyond Grayfield Drive. The third and final phase of the work, proposed for 2017, is to add street lighting on Aurora Road along the installed sidewalks.

HAPPENINGS AROUND TOWN

This summer our Strawberry Festival was the best ever. Weather for most of the weekend was perfect. Attendance was over 35,000.

Food Truck Frenzy was held on five different dates over the summer. Sections of Main Street were closed for each date and crowds were outstanding.

Your 19 on the Park venue continues to hold a number of spectacular, reasonably-priced and very popular events. Check out their fall schedule at www.19onthepark.ca. You may want to take in a TIFF movie on their big screen, or consider bringing your grandchildren to one of their family features.

SAFETY TIP

Some of us have acquired the bad habit of not stopping when travelling northbound on Highway 48 when the traffic light is red because we just want to make a right turn into BGCC. Remember, if the light is red, there could be a vehicle travelling east on Ballantrae Road and crossing 48 into our complex. Accidents do happen.

LIBRARY BUILDING EXPANSION

One of the largest single capital expenditures ever undertaken in our town is the expansion to the building in Memorial Park which houses the public library. I, along with the Mayor, represent council on the committee for this exciting project. We have met regularly for about a year and construction should start this fall. When finished late next year the building will consist of an expanded public library, a full-size gymnasium, pickleball courts, a fitness facility designed for families and a new 5500 square-foot home for Latcham Gallery.

I trust you had a wonderful summer. For those leaving soon for warmer climates, travel safely.

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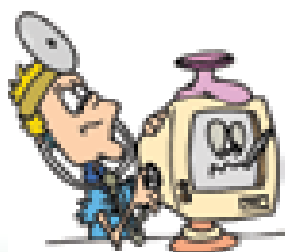
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Farewell to old friends, Betty & Bernie Shukster

BY LYNNE BALFOUR



Many Ballantrae Golf and Country Club residents know Betty and Bernie Shukster. Betty has organized numerous trips that residents have enjoyed throughout the years, as well as helping initiate the Social Committee. This interview with Betty took place prior to their move. We will miss the skills and friendship of the Shuksters and wish them well in their new home.

When you moved to BGCC I think you were among the first residents. I know you and Bernie and the Kostandoffs were in advertisements on radio and newspapers to promote this development.

That's right. There were about 25 houses here the first year. We wanted to get to know the area and meet our new neighbours. Joyce Fisher and I invited that group to a winter party. The Dine Around group was formed to get to know local restaurants and our neighbours. I don't like exercise, but as misery likes company, we started an exercise group. We found we could use a portable building by the school on Aurora Road. We talked Schickedanz Bros into cleaning it for us. We also used it for bridge, then moved to the golf course restaurant with Schickedanz Bros's permission until our Recreation Centre was built. With the Breckles' and the Fisher's, we hosted Cocktails on the Green for several years behind our homes until Joe Viveiros was hit by a golf ball. Then we moved near the sales office. These events were continued by the Social Committee.

How did you get involved in the travel business?

I worked as a dental nurse prior to starting our family. Later, one of my sons was going on a school trip to Mexico and they needed another parent to supervise. I watched those young people just bloom on that trip, becoming more independent and interested in another culture. That peaked my interest in travel.

I went to a local travel agency (Forum Travel) and volunteered my time in their office to decide whether the travel business was really for me. After a few months, I enjoyed it so much that I took my certification as a CTC (Certified Travel Counsellor) and worked for many years there.

After a while, Bernie was tired of the long hours I was working so I set up my own agency, Travel 24, in 1980. I sold that company 17 years ago. My old agency is now part of Vision Travel Solutions, the biggest agency in Canada, and I am still part of it!

What is your favourite place to travel?

I loved India for its gentle kind people; Africa for the beautiful scenery and animals. (We had elephants come right into our camp to drink water!) Of course it is hard to say—Europe has a fascinating history. I enjoy South America, New Zealand and Australia. I really can't decide!

Were there any special incidents that you remember from all those trips?

Two of our neighbours met on one of our trips and were subsequently married! On another trip to Ireland, our plane was detained in London because a bird was caught in its engine. I had to rebook our whole group on various flights via other countries in order to reach Ireland in time to catch our tour. I don't think my fellow travellers realized the furor behind the scenes to accomplish that—all part of being a travel organizer! I was also arrested in Santiago, Chile, for having a package of illegal unsalted nuts in my purse. (I was able to explain my mistake!)

What did Bernie do while you were so busy?

Bernie graduated as an electrical engineer from the University of Manitoba. He worked for Ontario Hydro, ending up as a systems analyst at head office when he retired. Here he has enjoyed bridge, poker, and a lottery pool!

How long have you been married?

Sixty years this June. I was attracted to Bernie because he was quiet and strong-minded. He liked me because I was more outgoing—a good match!

Where are you moving?

We have a condo at Yonge Street and 16th Avenue, near our sons. We will miss BGCC. It is a wonderful place to live, but we will visit often. I will still plan trips in the next few years, including one to Portugal and Spain next winter.



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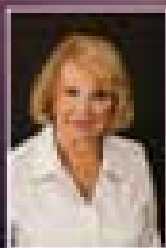
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Off To The Dentist---Aargh!

BY PAT WOOD



So there I was chewing softly on a brownie, when suddenly there was a nut. Wait a minute, there's no nuts in those brownies. Could that hard piece be a tooth part? Examination confirmed it was, as my tongue frantically searched my mouth for the "spot". Of course this happened in the evening, so my tongue could spend the rest of it returning time and again to the offending crater.

An early morning call to my dentist confirms they could efficiently take me that day. I have to confess here that in recent years, I have become quite a wimp re the dentist, for no particular reason, just another charming symptom of getting older, I guess.

The receptionists greet me cheerily, as if they are really glad to see me, and though they're lovely ladies, the feeling is not so much reciprocated. I settle in with a magazine and am just getting to the juicy gossip when my name is called for the torture chamber. I once actually used this term jokingly and they acted horrified. (As if they don't know!)

Settled back in the chair, I had hopes my facial might begin any minute. Prepped and x-rayed to find out if anything's going on, the dentist enters, smiles kindly but says sadly, "it's an old tooth," as if this should be news to me. Of course it's an old tooth. It matches the rest of me. "It probably should be capped or we could use a stopgap method and just refill it." The price of the cap steers me to the stopgap option, as I contemplate outliving my teeth.

This brings up an interesting scenario. Most of us will leave with a pretty good set of teeth. It's too bad there's no way of passing these on, you know, like organ donations. Would somebody in the third world want these well maintained chompers? Maybe they don't need them,

having not spoiled their own set with a sugary, starchy diet. Just a thought!

My procedure proceeds, and here's where things have really improved with new technology. No longer does the dentist come at you with that gigantic needle to freeze you. I always seemed to need it twice so I was numbed up to my eyeball. Now he simply lays something against the gum and *voilà*, numbness.

No longer do you study that drill hanging in front of you in anticipation of the sound and fury. Now it appears from behind your head, whirs a couple of times and you are ready for the filling. "Do you want the P35 and R26?" asks the hygienist. "That's good," the dentist replies. I have no idea what any of this means, but I know I'm on the home stretch. The filling is in and hardens in quick time. In fact, the whole thing is done so quickly and efficiently, I severely chastise myself mentally for my wussiness. I float out to reception, in a state of euphoria that I am done, to pay the bill.

Reality returns as inflation and the price for this new technology is considerably more than the old version. What the heck, maintenance for everything costs more now, and our maintenance level generally continues to rise. We're like that old car we have to keep on the road as no new model is available. I happily whip out the credit card and banish thoughts of any alternate purchase I might have made.

My dentist advertises in this magazine and I have to finish by saying how great they are to me. I must have one of those bad emoji faces on my file, but they never show it. The anticipation of the visit is always worse than the reality—entirely my own fault.

Hmmm, let's hope that filling holds!





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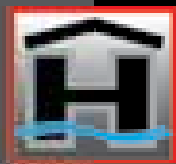
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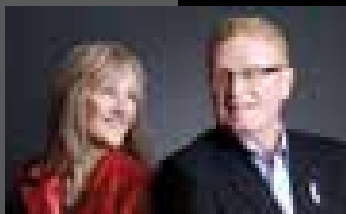
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BY
JOHN GORMAN



I was lying in bed listening to my stomach. It certainly makes some funny noises when the house is quiet.

Oddly, I am never clear on what the sounds mean. As I get on in years, I tend to forget things and the significance of stomach rumblings is one item that I can't recall. Fortunately, I am able to narrow the rumbling down to two potential causes. On the one hand, it could be talking to me because I have eaten something that doesn't quite agree with me or on the other, I could be hungry and in need of nourishment.

Fortunately the solution in this case is simple. When faced with the two options I always err on the side of caution. It seems to me that one can hardly go wrong having a lifesaving snack inasmuch as the consequences of suffering from malnutrition are reportedly most unpleasant.

This type of problem typifies one of the major characteristics of aging which is the increasing lack of a dependable memory and uncertainty in decision-making.

I am not referring to "serious" memory conditions to which a growing number are susceptible. I am simply reporting on my experiences with relatively minor but troubling lapses in thought retention that have accelerated recently. Many recent examples have come to mind so I will try to write them down here before I forget them. Perhaps some of you can identify with my experiences and will have examples of your own to share.

Chief among my more pedestrian complaints is my habit of going from one room to another in our home and upon arrival, wondering why I wanted to make the move. I know there was a reason and I know it will occur to me eventually—but only after I leave the room and return to where I came from.

Grocery shopping without a list is fatal. I don't mean the "big shop" – I am referring to pulling into the store to get the one or two things I have been asked to pick up. I can forget those items between the time I step out of the car and the time I get into the store.

Often, in some way calculated to save face, I pick up a couple of things that we "could" need but usually don't. In fact, if you should see me wandering aimlessly about a local supermarket, just send me home empty handed and tell me you understand.

A comparatively major problem in our home centres on messages and appointments. People will call and ask if I could have Elaine call them back and I assure them their message is safe with me. However, if I don't remember to write it down, chances are the first time my wife will hear of the call is when they call again to ask why they haven't heard from her.

Even worse is when a doctor calls to make or change an appointment. Then I had better have a pad and pen at the ready, or it could lead to enormous domestic stress.

Remembering names is another adventure. And matching names to faces has become social roulette for me. At BGCC events, many people are wearing name tags, thank heavens. However my eyesight isn't what it used to be and staring at a person's chest, particularly a woman's, is a debatable strategy.

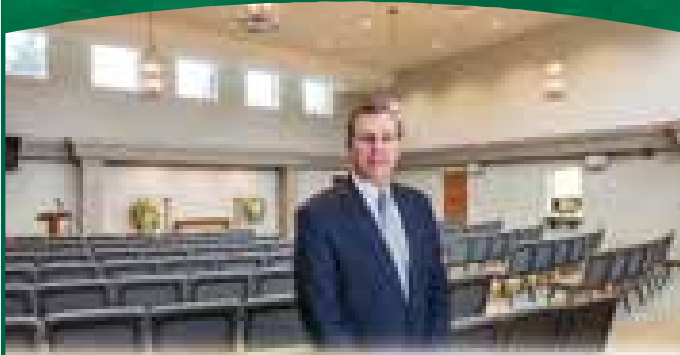
It isn't that I can't get a name. One usually springs to mind. But it seems that I am always just a tad off. For some reason, I will think the name is Bill when it's Bob, or Eleanor not Elaine or Henderson instead of Anderson, etc. Usually close but no cigar as Pop used to say. I can't quite figure out why this is but there is a definite flat spot in my mind's hard drive. I will have to ask Al Moldon about this.

Often, at gatherings, I will be chatting with someone when another, who clearly doesn't know the person I have been speaking with, joins us. While I burble on, I am trying desperately to recall the names of both people so I can introduce them. But that rarely works. Usually the best I can hope for is that they will introduce themselves to each other and I can simply apologize for my lack of manners.

Frequently though, my ego is at once shattered and bolstered when these folks turn to me and say "Sorry, I've forgotten your name."

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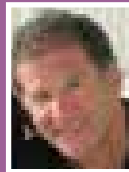
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Between History & Mystery

BY KEN MIYAUCHI



As we advance in years, we all wonder, “How long do we have left? How many good years are remaining?” We simply don’t know. What we do know is that we keep hearing about supposedly healthy individuals who are suddenly incapacitated by a previously unknown condition. So what are we to do?

Someone once said, “Yesterday is history, tomorrow is a mystery. Today is a gift; that’s why it’s called the present.” In the past, our kids were the priority. Now they’re adults and the present is finally our time. So, let’s unwrap the present. Live for today. Do it now.

I am not recommending that you go out and spend every last dollar, but it may be time to reassess your financial plan. The retirement plan you created some years ago assumed a greater number of years than remains today. Also, your personal wealth has likely changed. For example, you may have received an inheritance that was not part of the previous plan. For the remainder of this article, I’m going to assume the positive—that you are better off financially, with fewer years remaining to spend your money.

Now that you’ve updated your financial plan and verified that you have more than you need for your remaining years, let’s discuss ways to reward yourself.

Make a bucket list of two to three items, depending on cost and your financial plan. If there’s a trip you’ve always wanted to take, go now. If there’s something you’ve always wanted, get it now. After all, you didn’t save and sacrifice for all of those years just to pass on your wealth to your beneficiaries. You can add to the bucket list as finances and health dictate.

Now that you’ve addressed your innermost desires, ensure that the more mundane, but equally important, items are in place.

It’s time to become more self-aware, more self-sufficient. If you have a partner, consider your dependency on this individual. Do you understand the details of your finances and could you take over? Who does the driving, especially at night? Ensure an orderly transition by learning and adapting now. Don’t wait till it’s too late.

Have you thought about preplanning and even prepaying your funeral arrangements? By doing this you can ensure that the details are to your liking and the cost is limited to that which you wish to spend. Don’t leave your family to guess your wishes or overspend during a time of grief.

Once we have looked after ourselves, it’s then time to consider others.

What about gifts of cash for your loved ones? In Ontario, there is no gift tax associated with monetary gifts while you are alive; however, funds distributed afterwards (with some exceptions) as part of your estate, are subject to probate and estate fees. The gifts may also be in the form of investments, but you must pay capital gains tax on the shares sold or transferred.

You may also contribute to Registered Education Savings Plans (RESPs) for your grandchildren. These are treated, from a tax perspective, the same as monetary gifts. Confer with your children to ensure that the maximum RESP tax advantages are realized.

By now, you may be thinking that you’ve overdone it. Before doing anything, check and recheck your financial plan and seek the advice of family and professionals. The future still has numerous unknowns, especially health related issues, so you must keep an abundant reserve for these potential problems. Going forward, review your financial plan regularly. Borrowing and adapting the Ontario Lottery and Gaming tagline, “Know your limit and spend within it.”





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Herbie:

AN UNUSUAL FEATHERED RESIDENT

BY ENID SANDERS



Imagine for a moment that you are golfing and you suddenly hear, "Where's the big dog?" You hear it again and naturally begin looking for the big dog or for whoever is continuously asking this curious question.

The "who" is Herbie, an African Grey parrot, and a very verbose resident of Ballantrae.

I recently met with Herbie and his owner. Actually, I spent most of my time listening to and conversing with Herbie. He has an amazing repertoire and often uses words appropriately.

Owners and bird aviculturists count African Grey parrots among the best talkers. The most famous example is Alex who can identify about 50 objects by color, shape and matter and uses language intentionally. With regular training sessions, encouragement and patience, an African Grey parrot might talk. The exceptions always prove the rule, however, and some will simply mimic sounds and make their own noises. Greys possess what appears to be the power of association; the capacity to connect an object with a particular sound or phrase.

Greys normally live from 20 to 25 years but can survive as long as 70 years. Adopting a parrot as a pet is a long-time commitment, so it is imperative that you make sure that your bird will be cared for when you can no longer do so. Herbie's owner has already made provisions for him.

In the days of the Roman Empire, Greys were worth more than slaves. They are difficult to catch and in ancient times they were cruelly trained to talk and behave. Today, a more humane method of catching them is used and most people who own parrots have learned how to carefully and kindly tame and train them to talk. They are very inquisitive and naturally mimic sounds, but their instinct is to be wary of humans. When a bird talks, it is imitating the speaker and most likely has no comprehension of the words themselves, unless it can associate them with a particular object or action. Food is a good training tool.

These birds are basically wild and will never entirely get used to living in a cage. Greys develop stability and confidence when they have things to do, including playing with bird toys, engaging in foraging activities and exercising. They should be placed near their owner and included in daily rituals and activities.

I only spent a few hours with Herbie, but it was difficult not to become enamoured of his constant chatter. His owner told me that when she needs conversation, all she has to do is pay attention to Herbie and he will go on talking incessantly.

Apparently, he recognizes people who visit his home on a regular basis. He has certain phrases that he saves for them. While I was there I heard him say "what a beautiful day," "woof," "meow," "happy birthday to you," and "hello."

A Grey is not a bird for people who tire of novelty easily or are incapable of giving the same physical and emotional attention to a pet that they would give to a small child. Before adopting this type of bird, you must ask yourself whether this bird will be a good addition to your family, or whether you will all be unhappy living together. Neil Sims, a Grey owner advises, "They are not really recommended for first-time bird owners, but if you are willing to make a lifelong commitment to a four-year-old child—that's about the Grey's intelligence and emotional level—a child who will never grow up, but who will always remain as difficult, but also as endearing, then maybe the gorgeous Grey is the bird for you."

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USE IT OR LOSE IT

BY DAYNA STODDART



"We do not stop exercising because we grow old, we grow old because we stop exercising." Dr. Kenneth Cooper

Regular physical activity is important for health and well-being throughout our life cycle. We are all aging, whether our chronological age is 25 or 75 years. How we age is determined by both genetics (1/3) and lifestyle choices (2/3). Research shows that regardless of age, you can achieve a significantly higher quality of life if you increase your physical activity levels.

DO YOU MEET RECOMMENDED PHYSICAL ACTIVITY GUIDELINES?

Only 21% of men and women ages 25 to 64 meet the 2008 Physical Activity Guidelines. This percentage decreases with age: 14.2% for ages 65 to 74 and 7.1% for ages 75 and older. Several recent publications including *The Canadian Physical Activity Guidelines, 2011*; *The Physical Activity Guidelines for Americans, 2008*; and the *World Health Organization 2010 Report*, all concur with this same message: "There is strong scientific evidence that regular physical activity produces major and extensive health benefits."

These guidelines recommend at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week and two to three sessions per week of strength training.

Doing more physical activity than the above mentioned guidelines will provide even greater health benefits.

USE IT OR LOSE IT

In the April 2013 issue of *Chatelaine*, Dr. Natasha Turner N.D. reports on more research to support this. In her article "Are you aging too fast?" she shares information on a study from *The Archives of Internal Medicine*. This study compares telomere lengths of exercisers versus non-exercisers. Telomeres are the DNA caps at the end of your chromosomes. Growing evidence shows telomere shortening can speed up aging. The study found that the exercisers had longer telomeres and were biologically younger than the non-exercisers. Dr. Turner suggests that for longer, stronger telomeres, we try three workouts a week that combine 30 minutes of strength training with 30 minutes of interval cardio.

This is why I love Dr. Kenneth Cooper's statement that "We do not stop exercising because we grow old, we grow old because we stop exercising." It speaks volumes on so many levels and is so very true.

Until recently, aging has been viewed as a burden; with increasing years come increasing illnesses, costs and functional problems. But when we take responsibility for our own health and wellness, we transform aging into a time of opportunities, during which we can lead productive lives. Much of the usual age-related decline in physical fitness is preventable and even reversible through proper attention to our physical activity and exercise levels. With every decade, exercise becomes more important in terms of quality of life, independence and having a full life.

After the age of 30, with insufficient exercise or physical activity, on average every decade we lose ten percent of our ability to breathe and ten percent of our strength and flexibility. And we gain ten pounds! Indeed a study suggests that after the age of 25, we shorten our life expectancy by 21.8 minutes for each hour spent watching T.V.

So I ask, how do you see yourself at the age of 90? The choice is yours: frail, feeble, unable to care for yourself, spending the entire day in a wheelchair or active, engaged in life, involved, cognitively intact and independent!

Please share these guidelines and messages with your loved ones. It is never too late to get started with some form of physical activity.

Think of physical activity as a kind of health insurance that you don't have to buy!

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The Tin Mill

BY SUSAN GAMBLE



If you're looking for an interesting spot to eat, I would highly recommend that you help the Tin Mill restaurant in Uxbridge celebrate its upcoming tenth anniversary in December. Lunch, dinner or Sunday brunch – take your pick.

The Tin Mill has an interesting history. In the late 1800s it was a flour and grist mill, with tin cladding added in 1921. In 1946 new owners transformed the mill into a leather factory, becoming the town tannery. Sadly a fire occurred in the 1960s, and the owner's retirement marked the end of the era of tanneries in Ontario.

Fast forward to the present time...in 2006 Don Andrews and Conrad Lepine began the challenging task of restoring the mill to its present condition. They spent seven hard but rewarding months lovingly renovating and restoring hand-hewn beams, and turning the location into the delightful premises it is now, complete with beautiful wooden floors. The original tin panels were resurrected to decorate the bar and fireplaces.

A large terrace has been added for guests to dine *al fresco* during our lovely summers (from May to September). The setting, in half an acre of green space, makes it a welcome destination to rest, relax and enjoy a tasty meal. My husband and I lunched there on a warm June day, in sight of the river, with ample shade for comfort.

The Tin Mill has two dining rooms with working fireplaces, which are so welcoming in our colder winter months. Private events can be arranged for 35 to 45 people.

This restaurant sources fresh fruits and vegetables from nearby farms, including Holland Landing and Bradford Marsh, complemented with meats from a local butcher and an on-site garden supplying herbs and vegetables.

Their lunch menu tempts with such tasty fare as Deep Dish Quiche, which I can personally recommend, and Penne Pasta with Roasted Brussels Sprouts and Yogurt Sauce. My husband can vouch for the Chicken and Brie Panini. Lighter fare such as salads and wraps are also available.

Classic and modern dishes for dinner include Veal Parmigiana, Ribs, Beef Tenderloin, Venison Sausage Ravioli, Lamb Chop Pilau and Roasted Chicken in Dashi. For diners with food allergies, items which are gluten free, dairy free or contain nuts are identified.

As an enticement to visit, the Tin Mill has "Date Night" every Tuesday and Wednesday. Customers can dine for \$50 per couple, enjoying one appetizer, two entrees and one dessert.

For brunch there are interesting egg dishes, one example being Portobello Mushroom Benedict (sign me up!), as well as other options such as Pork and Potato Hash Poutine.

Desserts are well worth the modest investment. The Lemon Pot was light and tangy, and their Famous Carrot & Pineapple Cake was, according to two fellow diners, the best they had ever eaten. Their Lindt Chocolate Cake also received rave reviews. The resident baker certainly earns her keep!

The menu is updated every three to four months and is available on the website for advance perusal.

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ERRATUM: The phone number listed in the last issue of HOTG for Bijoy's Restaurant was incorrect. The correct number is 905-727-7149. Please accept our apologies for any inconvenience.

Happy Hour Fun

BY KATHY BILLINGTON

The Recreation Centre was rocking on June 1 during the Happy Hour event hosted by the Social Committee. The Pacemakers, Ballantrae's irrepressible favourites, had the sold-out crowd joining in as their backup singers to many tunes including: *Blueberry Hill*, *Love Me Tender*, and *You're sixty, you're beautiful and you're mine*. Sixty seemed to fit the demographics better than sixteen!

The first surprise guest hailed from bonny Scotland. Al Gillan, crooned a Scottish medley which included *Loch Loman* and *Donald Where's Your Trousers?* Next, June and Jim Dyer entertained us with their rendition of *Side by Side*. Our very own Tim McGraw with hair, aka, Adam Hassan received a standing ovation after performing *Okie from Muskogee* and *Help Me Make It Through the Night*. Returning to the stage, Al Gillan enchanted us with *In the Still of the Night* with the Pacemakers as his backup singers.

Who would have guessed the array of musical talent we have here in Ballantrae?

Canada Day Celebration

BY ELAINE TEILLET

Although the weather was uncooperative, Canada Day at the Recreation Centre was a cheerful event with many residents dressed for the occasion. Our local Ballantrae Pharmacy generously donated funds which were used to buy fresh sandwiches and treats for the party goers. Many thanks to all for making Canada Day a success. Please join us next year when we celebrate Canada's 150th Birthday!

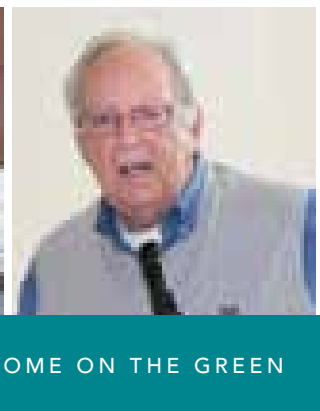




Welcome Back Event

BY MAURICE SMITH

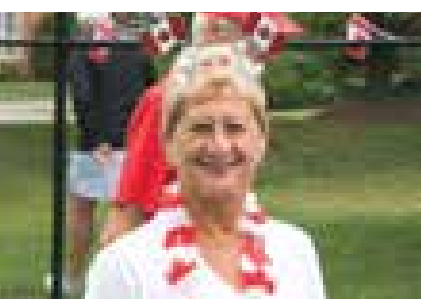
A sold-out crowd of over 150 residents joined in the festivities at the Recreation Centre on May 14 to welcome back Ballantrae snowbirds and wish a fond farewell to Betty and Bernie Shukster. Pizza and salad were enjoyed after a few well-delivered speeches and presentations.



Canada Day at the Tennis Club

BY GARRY STODDART

Tennis games for both the Get Acquainted and Canada Day socials were rained out. However, Vicki Carter and her group of volunteers provided lunch for more than 50 enthusiastic members. Rennie Wittenbols supplied the door prizes.



A Day At The Track

BY GISELA WEGER

The trip to Woodbine Racetrack, June 17, was a "runaway" success. After watching the horses pounding down the race track, enjoying a fabulous buffet lunch and receiving complimentary hats and scarves, everyone from Ballantrae was in the winner's circle!

Photos on page 30



Fallsvue Casino Bus Trip

BY JOHN GORMAN

The annual visit to Niagara Falls (disguised as the Fallsvue Casino) took place on May 26. Social Committee organizer, Gisela Weger, was one of 49 happy folks who left for the Casino early that morning. Oddly, the bus ride to the Falls always seems to be more fun than the long journey back to Ballantrae. Perhaps the mood is dictated by the reality that only a few of the folks were big winners. Most contributed modestly to the Ontario Gaming Commission, but the laughs more than made up for any losses.

Barb Breckles continues her amazing streak of always coming home with some of "their" money. However, on this trip she was topped by Margot Marshall who apparently won so much she is going into the Witness Protection program.

Gisela made certain everyone had a beverage and candy during the bus ride, while Al Moldon provided his usual sparkling banter and introduced a new trivia game.

If you have never been on one of these junkets, make certain you sign up for the next trip. You don't have to be a big time gambler, and win or lose, you are guaranteed a great time.





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NEIGHBOURHOOD SIGHTINGS

Just Ducky!

BY CHRISTEL VON RICHTER

This past summer a male wood duck visited our feeding station for about two weeks. He was often accompanied by a female or male mallard, but he also came on his own and became quite brave and waited to be fed.

This is a rare occasion as wood ducks are elusive. Before we moved to Ballantrae we lived on five acres with a pond and stream and we had a nesting box in the pond. In the 36 years we lived there I only saw the wood ducks three times. They usually live in wooded swamps and ponds and occasionally quite a distance from water. Females lay their eggs in tree cavities or man-made nesting boxes in order to hatch their young. Fledglings drop right out of the nest into water or onto the ground and the female raises her brood on her own.

We were excited to see this pretty duck and we hope he will return next year.



An Interview With My Buddy, Chip

BY RUDY NIESSINK

I asked Chip for an interview this morning while he sat on the patio table nibbling his breakfast peanuts. I asked him about his day but he just stared at me.

Then his buddy Dale showed up and they chased each other around for awhile and took off.

Chip shows up daily and will take blueberries, grapes and any available nuts from my hand. Dale is shy and prefers to hide his bounty in my neighbour's flowerpots.

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Photography Tips

BY PAT WHITTINGHAM



I've been invited to write a regular column to give you ideas and techniques to enhance your enjoyment of digital photography. For this first article, I will focus (pun intended) on phone and tablet cameras. After all, the best camera is the one you have at hand.

Today's smart phones, such as the 12-megapixel Apple iPhone 6SE, offer simplicity and quality to rival entry-level "point and shoot" cameras. Most lack a zoom lens, but the detail they capture allows you to enlarge. The 6SE costs less than \$100 with a two-year contract. It also shoots 4K SHDTV video. With the addition of an inexpensive camera application like 645 PRO, you can take control of the camera and even apply old world film effects. See <http://jag.gr/645pro/>



Increasingly, I use my iPhone for some very demanding situations. For example, a couple asked me to produce a 90th birthday video greeting to be sent overseas. I arrived prepared with tripod, lamps, a professional camera, external microphones, etc. I expected to edit and convert our video for the European HDTV standard. We used my iPhone 6+ to rehearse the message and send it to their computer for viewing in the next room. But the result was so good that we concluded that it was more than adequate—no editing, no standards conversion. We simply emailed it to Germany. Within minutes, it was viewed there. All were happy with the results when played a week later on a large screen HDTV to gathered friends.

While spontaneity is the key strength of camera phones, several books will help you take better photographs and give you creative ideas. One I recommend is *iPhoneography Pro* by Robert Morrissey.

Finally, here are a few of my suggestions for taking better images with a camera phone or tablet:

- ✓ Watch that your fingers don't block the lens.
- ✓ Use a countertop or door/window frame to steady your hand. Try a short trigger delay (e.g. two seconds) to eliminate the movement of the camera after hitting the camera release.
- ✓ Shoot both horizontal and vertical orientations for variety. Try the square crop and panorama settings or set 16x9 when you want to fill an HDTV.
- ✓ If available in your camera app, use the grid lines to straighten your shot and improve composition using "the rule of thirds." (More on this in a future article)
- ✓ Best to shoot with the sun or bright lights behind you. If this causes your subjects to squint, try placing them at an angle to the sun.
- ✓ Where a built-in flash is available, consider using it to brighten the eyes and bring out faces often darkened by strong backlight or shaded by hats.
- ✓ If the phone includes an HDR setting (High Dynamic Range) try it to balance the extreme bright and dark areas of the shot.
- ✓ Select the focus point by touching the screen where you want the camera to focus. For portraits, getting the near eye in sharp focus is ideal.
- ✓ Be courteous when shooting in a group, especially with tablets that may block others from shooting around you. Apologize, move in to take the shot, then step back.
- ✓ Email the images to yourself at the highest resolution to transfer the pictures to your computer when you are on a WIFI network to avoid cellular data costs. Send smaller file sizes when sharing pictures with other phones.

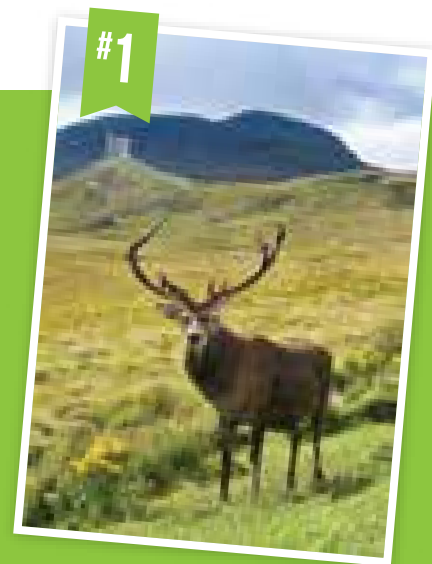
In conclusion, modern camera-phones are definitely not toys. They have the potential to deliver quality suitable for publishing. Accessories such as longer or wider lenses can be mounted to many of these phones to reach a wider or deeper subject.

Next time, I will reflect on "point and shoot" and "bridge" cameras, outlining how these can take your images beyond today's best camera phones.

Congratulations to our Photo Contest Winners!

BY PAT WHITTINGHAM

I was pleased to coordinate the HOTG Photo Competition again this year and along with Frank Allison, Cathy Boyd, Terry Coulson, and Brian Freedman to judge the 59 images submitted by 16 residents. It was a difficult task with so many fine pictures, but a clear winner emerged. First place goes to new resident, Ian White in Condo 3 for submitting several beautiful images. His "Stag," shot in Scotland, graces the cover.



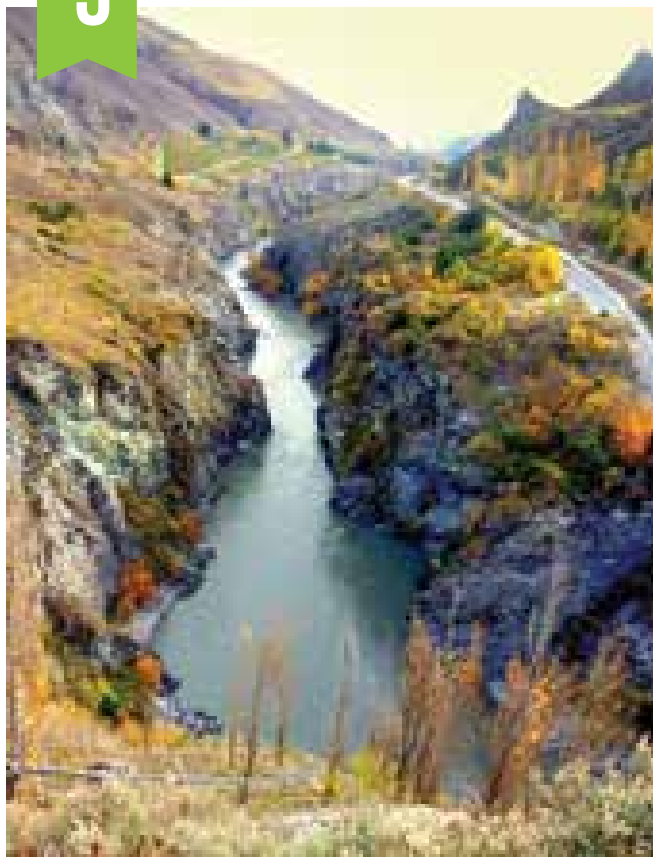
#2

Autumn Colours
By Brian Smith



#3

Shotover River, New Zealand
By Shirl Sankoff



#4

Venice Traffic Congestion

By Pam Tulino



#5

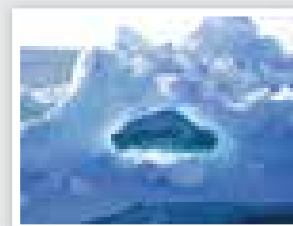
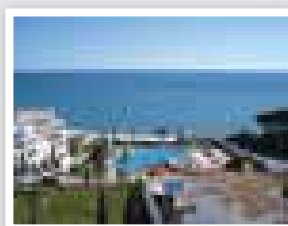
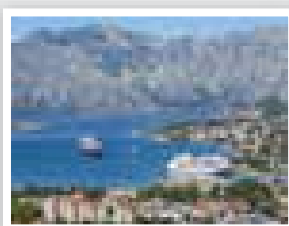
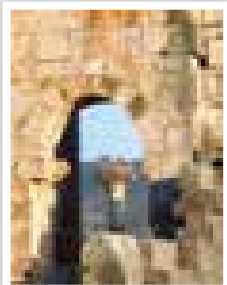
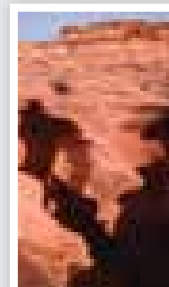
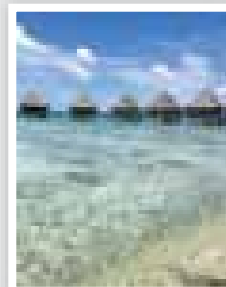
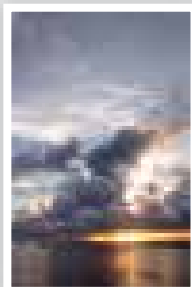
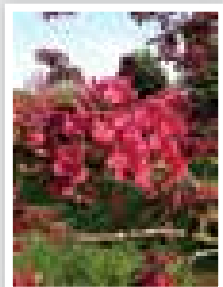
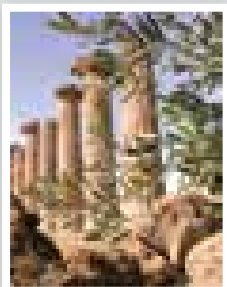
Kim Penguin and Seal, Antarctica

By Fergus Gamble



Honourable Mentions (From left to right):

Anita Draycott, Elaine Gorman, Helen Mitchell, Jane Keast, Murray Chamber, Robert Pitour, Rudy Niessink, Sheilagh MacDonald, Susan Gamble



B Division Winners
Liz McEuan &
Ruddy Niessink

MIXED
DOUBLES TENNIS
CHAMPIONSHIP

A Division Winners
Gigi Fisher &
Terry Chapman

WOODBINE
RACETRACK
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BBQ

Ballantrae Summer Games BBQ

BY WAYNE BURGESS, CHAIRPERSON, 2017 BALLANTRAE SUMMER GAMES

The Ballantrae Summer Games Social BBQ was held at the Recreation Centre on July 28. More than 200 athletes attended this first lead event to the upcoming 2017 Ballantrae Summer Games.

The 2017 Summer Games Committee is very busy organizing and planning the most exciting and most inclusive fun Summer Games ever.

At the Summer Games BBQ, the brand new individual Condo Summer Games Hoodie was revealed. Details regarding cost and ordering are being finalized.

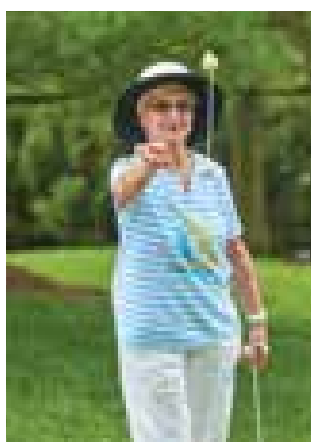
As the chairperson of the 2017 Summer Games, an honour not taken lightly, I encourage the participation of all residents in our community, in one way or another.

DATES TO NOTE

2017 Ballantrae Summer Games

Saturday, August 19 to Sunday, August 27, 2017

Registration: Saturday, May 13, 2017 **Cut-off Date:** Saturday midnight, June 17, 2017



Swinging Under The Palms

BY ANITA DRAYCOTT



FOLLOWING IN THE FOOTSTEPS OF HOPE, SHORE AND MORE IN GREATER PALM SPRINGS

Dubbed the “golf capital of the world” and voted as 2012’s Top North American Golf Destination by the International Association of Golf Tour Operators (IAGTO), the Greater Palm Springs oasis is home to more than 100 lush courses and an average of 350 days of sunshine per year. Last year I finally checked it off my bucket list.

Beyond those lush fairways, I discovered that Palm Springs has a unique vibe. Think Jetsons architecture, Frank Sinatra clones crooning in piano bars and a laid-back lifestyle that seduces both retirees and younger folks alike.

Back in the 1930s and ‘40s, Palm Springs became the playground for the Hollywood set. In those days actors were pretty much “owned” by the movie moguls and most contracts stipulated that the movie stars had to be within two hours of Hollywood. Palm Springs fit the geographical requirements. *Liberace*, *Lucille Ball*, *Bob Hope*, *Dinah Shore* and *Frank Sinatra* all partied hearty in the Coachella Valley. As you drive around you’ll notice all sorts of streets and landmarks named in their honour.

Greater Palm Springs actually consists of nine cities (Palm Springs, Desert Hot Springs, Cathedral City, Rancho Mirage, Palm Desert, Indian Wells, La Quinta, Indio and Coachella) tucked into the folds of the San Jacinto Mountains, across the desert floor and into the foothills of Joshua Tree National Park. Although the region is surrounded by sand, rock and tumbleweed, it’s far from desert-like because most of its cities sit on top of a giant aquifer.

What’s not to like? The sun shines without fail. The ever-changing light on the Santa Rosa and San Jacinto Mountain chains is enchanting.

There’s no lack of creature comforts—from hot mineral springs to cool cuisine and funky hotels. Plus, you don’t need a movie star income to enjoy Palm Springs.

WHERE TO SWING

Set among rolling greens and lush fairways with sweeping views of the towering Santa Rosa Mountains, JW Marriott Desert Springs Resort & Spa’s Palm and Valley courses beckon. Both courses, originally designed by acclaimed architect Ted Robinson, were recently renovated by his son, Ted Jr., at a cost of about three million bucks.

More than 35 acres of sparkling streams, lagoons, and waterfalls, plus spectacular mountain vistas showcase the quintessential Palm Springs golf experience. Ted Robinson, dubbed “King of the Waterscapes” lives up to his reputation on the Palm’s signature par-three 17th. To reach the island green, your ball must carry a series of waterfalls and boulder-lined pools that huge black swans and pink flamingos call home. To augment the challenge, the green sports three strategically placed “magnetic” bunkers. There’s so much going on here you’ll need to harness all of your powers of concentration in order to score par.

Managed by Troon Golf and owned by the City of Indian Wells, the two courses at Indian Wells Golf may be the poshest “munis” you’ll ever play. *Golfweek* ranks both in its “Top 20 Public Courses in California.”

I started on the Celebrity Course, re-opened in 2006 after a complete re-do by Clive Clark. In addition to spectacular mountain views, the course features streams, brooks and split-level lakes connected by waterfalls. Exquisite gardens frame every tee deck.



The second Players Course, by designer John Fought, is a gem with sculpted bunkers reminiscent of Alistair Mackenzie's classics around Melbourne, Australia. Fought took advantage of the plentiful water supply, so bring lots of balls.

Another "muni," owned by the city of La Quinta, SilverRock's Arnold Palmer Classic Course was the former Bob Hope Classic home course from 2008 to 2011. From the tips at 7,578 yards some forced carries look so long they might require a flight plan. Water and scrub areas will collect errant shots, as will numerous deep bunkers. The greens are massive, multi-tiered and were super quick on the day we played. This course demands respect and should be strategically managed from tees that are appropriate to your skill level.

When you approach the ritzy clubhouse at Mission Hills Country Club in Rancho Mirage, you know you've arrived at a place of legendary fame. It is the home of the Dinah Shore Tournament Course and the site of the first Major in golf every year—The LPGA's Kraft Nabisco Championship.

Mission Hills Country Club offers a unique golf experience, with three very diverse golf courses designed by some of the game's greatest names. Diabolical Pete Dye's Challenge Course opened in 1988. Arnold Palmer's contribution is most members' favourite. Desmond Muirhead designed the Dinah Shore Tournament Course in 1970. A bronze statue of Dinah Shore presides over the 18th green. Ms. Shore, a top golfer herself, used to reside on the first fairway. In 1988 Amy Alcott started the tradition of the winner of the now Kraft Nabisco Championship jumping into the pond beside the 18th island green. In later years, Annika Sorenstam celebrated with a cannonball and Lorena Ochoa took the plunge with her whole family.

La Quinta Resort & Club boasts no fewer than six courses. Members only can play the private Arnold Palmer, Jack Nicklaus and Tom Weiskopf tracts, while the rest of us can take a swing at the PGA West's Greg Norman, Nicklaus Tournament or Pete Dye's TPC Stadium.

The newest at PGA West, the only one in the Coachella Valley to be designed by "Shark" Norman, sports 102 bunkers and water on nine holes of the 7,200-yard gem that has been described as a truly "Outback" experience. It was recently Audubon certified.

If you think the Norman course is difficult, consider that *Golf Digest* ranked Dye's TPC Stadium Course as the fourth toughest in America in 2007. Host to PGA TOUR "Q-School" finals every other year, the 18th island green hole is known as Alcatraz. As Dye has said, "Golf is not a fair game, so why build a course fair?"

WHERE TO DINE



Once you've said goodbye to yet another Titleist, remember that Palm Springs knows how to pamper and spoil your hedonistic side. At Arnold Palmer's Restaurant in La Quinta, try some of the "King's" favourite comfort foods, such as meatloaf and pot roast. Or cool off with a glass of his chilled Chardonnay or his signature iced tea and lemonade and savour the good life under the palms.

Frank Sinatra and Barbara had their pre-wedding dinner at Melvyn's Restaurant at the iconic Palm Springs Ingleside Inn. It's been a celebrity hangout for years. There's nothing hip about Melvyn's and that's the way his loyal clientele like it. The restaurant specializes in chateaubriand and flambéed desserts. In the evenings an accomplished pianist plays old time hits and folks take a spin around the Casablanca Lounge dance floor. Melvyn's is vintage Palm Springs at its best.

Splurge at Rancho Mirage's most awarded restaurant, Wally's Desert Turtle. I recommend the filet mignon crusted with bone marrow and horseradish with a wine jus, celeriac mash and maybe the world's best Brussels sprouts. Old Blue Eyes used to dine here too. You will probably never have a better *crème brûlée*.

Photos, Clouds Apple and More

BY ALEX FLOW



There is a great deal to cover from the last three meetings on April 26, May 17 and June 21.

FOR PHOTO BUFFS

One of the highlights of our meetings was a presentation by one of our resident expert photographers, Pat Whittingham. Pat wanted to encourage everyone to participate in the *HOTG* photography contest, the results of which you will see on the cover of this issue and throughout the magazine.

In addition, he wanted to encourage us to take pictures -- to record our experiences at events and with friends and family. He summarized current photography trends and reviewed the various types of cameras. Digital cameras have almost eliminated the use of film. Camera phones and tablets allow everyone to take photos and videos every day, often overwhelming us. Not all of these photos may be worth keeping. Privacy is a thing of the past.

Camera companies have been forced to change production by current usage. Cellphone cameras have changed the photography world. These are not "toys." The latest iPhone 6s has a 12mpixel camera with 4K video, and takes high quality photos. As a result, point-and-shoot cameras play an increasingly diminished role. Even high-end cameras with interchangeable lenses and incredible flexibility have a diminished market - mainly attracting serious and semi-professional photographers.

Additionally, there has been a significant development of in-camera apps for both high-end and in-phone cameras. Pat recommended two items: iPhoneography Pro, by Robert Morrissey, Amazon Kindle Books, \$19.74; Camera App 645 Pro III, Apple App store, \$5.49.

ONE CAUTION in using digital cameras. Don't lose your images!! If you take a lot of pictures, make sure you have a system to transfer photos to the Cloud, your computer, or an external drive.

SLINGBOX

Brian Freedman re-introduced us to Slingbox; a device that allows you to watch 100% of your live cable or satellite TV programming, including PVR recorded material anywhere and from any computer, even from down south when you are away. Brian outlined the essentials of installation and use of Slingbox (available at eBay or Best Buy, \$150). The unit is connected between the cable box and the TV using an HDMI connection. It then streams content through the internet. Once set up, you can access your content on any computer, anywhere. To make control easy and accessible, you should get the Slingplayer app that acts as a hand-held controller, allowing on/off, change of channels and remote usage. You will have to create an account which allows the controller to access your personal access to the internet. If you are interested in installation, call Brian Freedman.

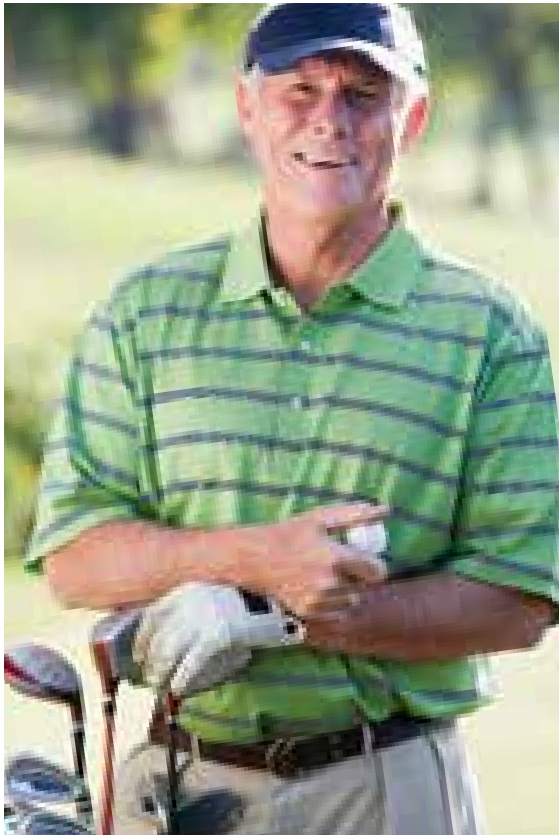
WHAT IS THE CLOUD?

The Cloud provides off-site storage of data. The user registers with the service and saves data in that provider's server. The process allows data access anywhere from any computer, after appropriate information and passwords are provided. With many providers, such as MS and Apple, the initial space provided is free. When this space is used up, additional space is made available for a fee, usually relatively inexpensive. In mail platforms, such as Google, mail is in the Cloud. With Windows Live Mail, any folders created are located in the computer.

It is important with Apple to use Apple Cloud because it allows the transfer of all data to a new iPhone or other device.

WHAT'S UP WITH APPLE?

This fall watch for some major changes in Apple devices and operating systems. Al highlighted the potential enhancements to iOS and Siri. He feels that Apple is moving toward voice-operated instructions and operations.



“Something to smile about.”

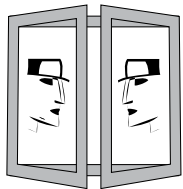
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An Evening With An Author

BY MARGARET LUNN



AUTHOR
Nicole Lundrigan



On Tuesday, May 31, the Book Babes of Ballantrae, also known as the Condo Five Book Club, hosted an evening with celebrated Canadian author, Nicole Lundrigan. At our January meeting one of our members, Gerry McCready, had introduced us to Nicole's writing when we read and discussed her novel, *The Widow Tree*. We were so impressed by Nicole's writing style and depth of knowledge of post-war Yugoslavia that we decided that other readers in Ballantrae should be exposed to the works of this young Canadian writer.

Nicole, age 43, lives in Toronto, was born in Ottawa and raised in Newfoundland. Already, she has written six novels; all of them beginning with a murder.

As well as being a gifted writer, Nicole was an entertaining, confident and knowledgeable speaker who captured our attention with many amusing anecdotes about her life as a writer.

Nicole described to us how she develops her plot lines and how the characters in her stories become real people who live in her head.

If you enjoy reading a good murder mystery, especially one that is historically accurate about the life and time of 1953 Yugoslavia, you will not be disappointed in *The Widow Tree*. Nicole possesses the talent to craft rich, absorbing characters who are so vivid that they seem to come to life. This dark period of history is peeled back layer by layer to expose a tragic era. The story is filled with suspense, heartbreak, loss, grief and guilt.

The Book Babes of Ballantrae were pleased to have presented this evening with more than 60 attendees. It was a worthwhile experience and we hope that other book clubs here in Ballantrae will keep this tradition going.





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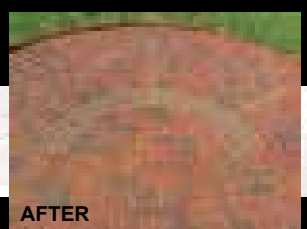
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Recent Market Volatility and Five Possible Causes

BY HERB REMPEL

With the arrival of any new year, a feeling of optimism naturally permeates the air. However, for people who had money invested in the markets it was a challenge in January to stay optimistic. The entire month was an unpredictable ride; major swings to the positive and negative sides took place on a weekly basis. What was the cause of all this stock market volatility? Well, actually, more than one disruptor was behind the turmoil.

REASON #1: The devaluation of the stock market in China

For years, financial analysts in Europe and North America have speculated that stock prices in China were inflated. Over the last few months, the market decided they were right. Couple the sentiment of the analysts with the devaluation of the Chinese currency, and the result was a drop in the value of the Shanghai Exchange.

REASON #2: Distrust of the Chinese GDP number

The legitimacy of the numbers associated with China's economic growth has long been questioned. That distrust was fueled even further at the beginning of the year when the Chinese government reported that the country's gross domestic product (GDP) grew by 6.8%. Meanwhile, seasoned market watchers were suggesting Chinese growth could be as low as 2.4%. Such a large discrepancy between the two caused many to question the accuracy of the Chinese number; as a result, stock markets worldwide went into a tailspin during the first two months of the year, and have continued to be volatile thus far.

REASON #3: Automated computer trading

The selling and buying of stocks is no longer transacted by frenzied traders in loud jackets

on the stock market floor. Computers now handle a large proportion of these tasks. They're programmed with algorithms that trigger buy and sell orders when certain price levels are reached. When markets experience wild swings, the algorithms are triggered more frequently, the number of trades escalates and the perception of even greater stock market volatility is created.

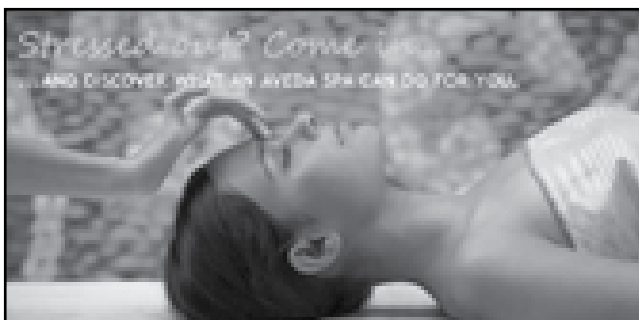
REASON #4: Price of oil

The Organization of Petroleum Exporting Countries (OPEC) reiterated that its members are not going to curb their production of oil despite the current glut on the market, but that hasn't stopped the price of oil from bouncing up and down. The market is so desperate for an oil price recovery that any news will spark a sudden uptick. Case in point: in January, there was a rumour that the Saudis and Russians were going to reduce production. As well, there was a report that claimed North America was in for a colder winter than last year. Both of these conjectures caused the oil price and the markets to rise, only to decline soon after.

REASON #5: Interest rates

In the U.S., the Federal Reserve decided not to raise interest rates in January, which was the opposite move from what market watchers had predicted it would do, and interest rates have not moved since. In Canada the expectation was that the Bank of Canada would lower interest rates, which it didn't do. Both of these surprise announcements caught market watchers off guard and, as a result, caused stock market volatility.

All five of these reasons have one thing in common: they represent uncertainty. The one thing that markets dislike the most is uncertainty. The bottom line: the higher the level of uncertainty, the higher the level of market volatility.



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TIME

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TICKETS

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Includes \$10 credit toward slot play and \$5 food credit

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Sat., October 22, 2016

LOCATION

Recreation Centre

TIME

10:00 a.m. - 2:00 p.m.

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CONTACT

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Annual Mixed Golf Christmas Dinner

Fri., November 25, 2016

LOCATION

Sleepy Hollow Golf Club, Stouffville

TIME

Doors open at 5:15 p.m.

Cocktails at 5:30 p.m.

Fabulous Turkey Dinner at 6:30 p.m.

Entertainment by The Pacemakers
Price to be determined

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The Ballantrae Stitchers Support The BGCC Charity Drive For Children

BY MARY HALLAM

The BGCC Charity Drive for Children caught the interest of Ballantrae stitchers. They put their hearts into this endeavor and went into full production mode.

Fabrics were sorted and patterns traced. The piles of sleepers, rompers, sleep sacks and Tee shirts began to grow! Wee sweat suits were stitched and embellished with bright snap closings and whimsical appliques.

Concurrently, the knitters were busy creating cozy blankets, sweaters and hats from their collection of yarns.

Treasured Teddy bears and dolls were dressed to showcase some of the outfits.

We hope that our collective creative efforts will bring smiles to the faces of young mothers in the region.

A full report on the BGCC Charity Drive for Children will be published in the December issue of *HOTG*.



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Potluck

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

ST. FRANCIS CHICKEN AND WILD RICE SALAD

FROM BLANCHE LESLIE

This may be made a day ahead and keeps well for a few days. I often cut this recipe in half as it serves 15 to 20 people.

2 pkgs Uncle Ben's wild rice mix
2 whole chicken breasts, cooked and cubed
1 cup mayonnaise
6 oz jar artichoke hearts, drained and sliced
4 oz jar pimentos, sliced
2 cups chopped celery
1 lb fresh mushrooms, sliced, (optional)
1 cup chopped green pepper
Italian salad dressing to taste

Prepare rice as per package directions using ½ cup less water.

Combine rice, chicken and mayonnaise. Cool completely.

Combine artichokes, pimentos, celery and green peppers with salad dressing. Mix gently with rice mixture.

Fold in mushrooms just before serving.

GARLIC BITES

FROM ALISON SCOWCROFT

This is the most requested appetizer recipe from The Passionate Cook's Essentials in Uxbridge.

½ cup mayonnaise
½ cup Parmesan cheese
½ cup red onion finely minced
2 cloves garlic minced
½ tsp fresh thyme

Mix everything together in a small bowl (mixture will keep in the fridge for a week).

Divide mixture in four and spread on 4 small flour tortillas.

Bake in a preheated 400°F oven for 8 minutes or until golden brown. Cut each tortilla into 8 and serve.

IGGY'S QUINOA SALAD

FROM IGGY NATOLI

This delicious and healthy dish was a hit at the BGCC Tennis Club Canada Day Social. You do not need to season with salt as the feta cheese has enough salt, so you can enjoy this as a low sodium recipe. Who says eating healthy isn't appetizing?

1 cup quinoa
feta cheese
⅓ to ½ cup tomatoes chopped
¼ cup sliced black olives
2 or 3 asparagus spears, chopped
¼ cup parsley, chopped
2 green onions, chopped
½ red pepper, chopped
⅓ cup celery, chopped
Fresh thyme chopped to taste (optional)
1 tsp garlic powder
1 tsp curry powder
1 tsp pepper
¼ cup vinaigrette (2 parts olive oil to 1 part apple cider vinegar)
Juice of ¼ lime

Boil 2 cups of water and then add one cup of quinoa.

Add asparagus and let simmer for about 12 minutes or until water is absorbed and quinoa is tender.

Let the quinoa and asparagus mixture cool down a bit and then add all the ingredients except the feta cheese.

Mix well. Crumble in the feta cheese to taste.

HOT AND SPICY CHEESE TWISTS

FROM ALISON SCOWCROFT

These are so good you probably won't have leftovers, but if you do, freeze them.

2 cups finely shredded Cheddar cheese
1 tsp dried rosemary, chopped
¼ tsp dried crushed red pepper flakes salt & pepper (to taste)
1 sheet frozen puff pastry (thawed)
1 egg
1 tbsp water

Preheat oven to 425°F. Place one rack in the top third of the oven and another in the lower third and line two large baking sheets with parchment paper. In a mixing bowl, combine cheese, rosemary, red pepper flakes, salt and pepper. Whisk together water and egg to make an egg wash and set aside. On a floured surface, brush each side of a puff pastry rectangle with egg wash and add cheese to both sides. Then, cut in half and cut each half into strips. (I use a pizza cutter to cut the pastry). Twist the strips and then pinch the ends to make sure the shape holds. Place on a baking sheet, leaving 1 inch between strips. Bake for 10 to 12 minutes or until golden. Serve warm or at room temperature. Enjoy!

UPCOMING EVENT

Christmas Dinner & Dance

Saturday, December 10, 2016

LOCATION: Recreation Centre

TIME : Cocktails & hors d'oeuvres at 5:30 p.m. / Dinner at 6:30 p.m.

TICKETS: \$70 per person

Please contact: Jenny Gould at 647-448-4022



NOTICES

Recreation Centre Update

BY WAYNE BURGESS

The 1202 has a new Board of Directors: Wayne Burgess (Condo 3) President, Bill Balfour (Condo 1) Secretary, Vic Mangal (Condo 4) Treasurer, Ken Miyauchi (Condo 2) Director, and Bill Butler (Condo 5) Director. The 1202 site on www.ourbgcc.com has been changed to reflect the new board.

The new board remains committed to a vision of having the Recreation Centre being an integral part of our residents' daily lives.

It is also committed to completing repairs, maintenance and upgrades on a timely basis, all within budget. To that end the ladies' change room tiles have been replaced and a new drain added. The Dry-o-Tron unit has been repaired and hopefully will last another three to five years.

The three volunteer committees continue to move forward in their efforts to bring to the 1202 Board concrete and positive suggestions to enhance the overall long-term future benefits of the Recreation Centre to our community.

We continue to look to establish a 1202 email list, so please contact your Condo rep on the 1202 Board and let him know if you do wish to be part of this email list.

The 1202 is a huge supporter of the upcoming 2017 Ballantrae Summer Games and we encourage all residents either to participate or to find a way to support the most exciting and fun event held in our community every two years.

A special thanks goes out to the Summer Games Committee which has kindly donated two bocce sets to the 1202. These are stored in the tennis hut beside the tennis courts. The bocce courts are available for all residents to use on a scheduled basis. Just book your desired time in the binder on the table situated outside the Recreation Centre office door.

Pickleball Fundraiser Raises \$2,685 for Fort McMurray

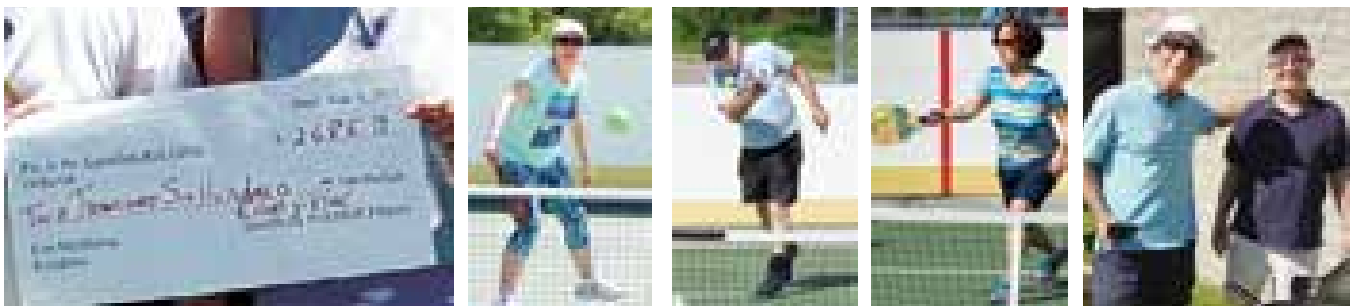
BY DENNIS CARTER



When we started our fundraiser we knew the residents of Fort McMurray were out of danger but we felt they still needed assistance to get their lives back together. It was difficult for us to imagine how tough it would be if our houses had been wiped out and we were living in a shelter or someone else's home with our family for months on end. It would be devastating.

The Stouffville Pickleball Players, whose members include many Ballantrae residents, decided to help. We asked local businesses to donate gift cards that could be used as prizes for a draw. We raised over \$2,000 in gift cards. Anyone who donated \$10 received a draw ticket. The response was fantastic; we were able to raise \$2,685.

The funds collected were given to the Red Cross. The federal government matched the donation, thus we were able to send more than \$5000 to assist the people of Fort McMurray. Thanks for your donations Stouffville Pickleball Players. To learn more about pickleball, the fastest growing sport in Canada, email Dennis Carter at dwcarter@rogers.com for more information on the sport and where we are playing this summer.



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Ballantrae's Volunteer Assistance Program

**"Residents helping residents to meet temporary,
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**We celebrate our resident volunteers, who gladly assist a growing
number of our fellow residents just needing a little help.**

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

FRIENDLY VISITS

INFORMATION

About community and local resources

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

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

MEDICAL EQUIPMENT now available FOR LOAN - See BGCC website: www.ourbgcc.com

Judy Flow, Coordinator

Ballantrae Bereavement

Providing support to
neighbours in need

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

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

Our Dedicated Message Centre:
647-999-8070

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Are you new to Ballantrae Golf & Country Club?

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Elaine Teillet 905-591-2089

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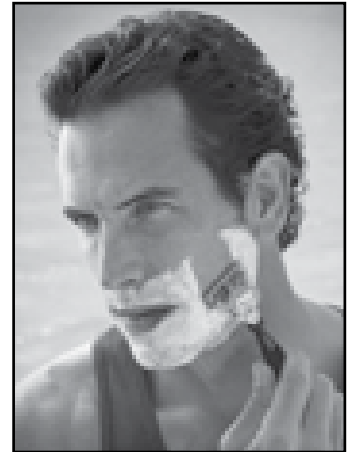
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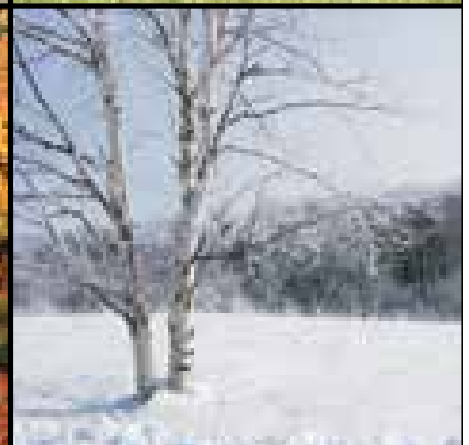
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More Good Reasons to Visit www.ourbgcc.com

BY PETER SIMS, WEBMASTER

NEW!

Check out some of our *HOTG* readers' feedback! Just click/tap on the *HOTG* button, then select Reader Feedback from the new drop-down menu. Send your submissions to hotgfeedback@gmail.com

→ WHAT'S ON IN THE AREA?

On a recent random date, there were 50 separate events listed in What's On in the Area. Of these, 17 were no farther away than Stouffville. The rest are listed by area starting with Aurora, Uxbridge, Richmond Hill, Markham and Newmarket. Whether you are looking for Church Dinners, Music or Live Theatre, it's all there!

Do you know of an upcoming event that hasn't been posted yet? Just drop an email to whatsoninthearea@gmail.com

→ RECREATION CENTRE

Under Activities, select the Recreation Centre page for easy access to your copy of the latest Lifestyle Guide. When looking at it online, why not save it to your phone or tablet so it is always available wherever you are.

The Wellness Programs tab also lists the program times for the current quarter. As well, the Recreation Centre page provides easy access to the Swimming Pool and Tennis Court schedules.

→ FREQUENTLY ASKED QUESTIONS

Is there a quicker way than scrolling to get back to the top of a page?

Yes! At the bottom of each page there is a black circle with an arrow in it pointing up. Just click on this to go to the top of the page. Handy especially on Classifieds and What's On in the Area.

How do I get back to the "home page" (What's New)?

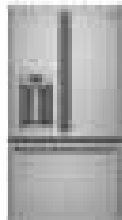
Go to the top of any page and click on the Title: Ballantrae Community Website. Note that clicking on the Title works on almost all websites, not just ours. Of course you can also click on "What's New" on the menu bar.

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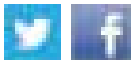
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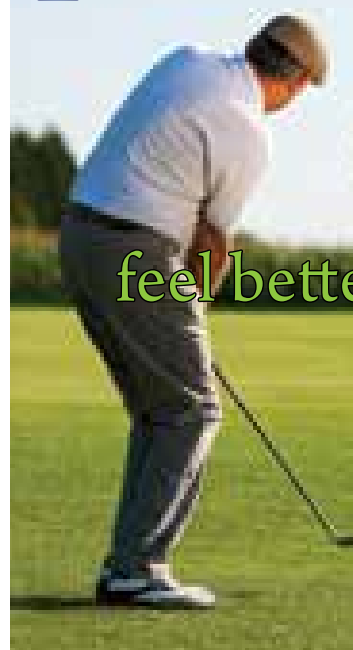
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How Did We All Survive?

To all those who survived the 1930s, 40s, 50s, 60s & 70s!

We don't know who wrote this but we thank Bonnie Fleischaker for submitting it. You might find that it "rings a few bells."

First, we survived being born to mothers who may have smoked and/or drank while they were pregnant. They took aspirin, ate blue cheese dressing and tuna from a can, and didn't get tested for diabetes, etc.

Then, after that trauma, we were put to sleep on our tummies in baby cribs covered with brightly coloured lead-based paints. We had no childproof lids on medicine bottles, locks on doors or cabinets, and, when we rode our bikes, we had baseball caps, not helmets on our heads. As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes. Riding in the back of a pick-up truck on a warm day was always a special treat.

We drank water from the garden hose, not from a bottle. We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate cupcakes, white bread, real butter and bacon. We drank Kool-Aid and we weren't overweight. WHY?

Because we were always outside playing...that's why! We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down a hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Play Stations, Nintendos and X-Boxes. There were no video games, no 150

channels on cable, no video movies or DVDs, no surround sound or CDs, cell phones, personal computers, iPads, internet or chat rooms.

WE HAD FRIENDS! And we went outside and found them! We fell out of trees, off our bikes, on our roller skates, got cut, broke bones and teeth and there were no lawsuits from those accidents. We would get spankings with wooden spoons, switches, ping-pong paddles, or just a bare hand, and no one would call child services to report abuse.

We ate worms and mud pies made from dirt and the worms did not live in us forever.

We were given BB guns for our tenth birthdays, rode horses, made up games with sticks and tennis balls, and although we were told it would happen, we did not put out very many eyes. We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them. We didn't have "sleep-overs" ever unless there was an emergency at home.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law. We actually respected police officers!

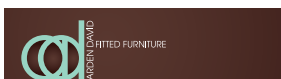
These generations have produced some of the best risk-takers, problem-solvers, and inventors ever. The past 50 to 85 years have seen an explosion of innovation and new ideas. We had freedom, failure, success and responsibility and we learned how to deal with it all.

If YOU are one of those born between 1925 and 1970 CONGRATULATIONS!

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