

SPRING 2020

HOME *ON THE* *Green*

COMMUNITY LIFE IN THE
BALLANTRAE GOLF & COUNTRY CLUB

In This Issue:

Calling all Birders

How our Water
Comes to Ballantrae

Meal Kits Delivered
to Your Door

Profile:

Dennis Carter's
Passion for Pickleball



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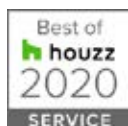
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Home on the Green welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in WORD format to homeonthegreen@rogers.com. *Home on the Green* reserves the right to accept, edit or reject 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.



p13



p25



p33

In this Issue:

DEPARTMENTS

| | |
|-----------------------------|---|
| Message from the Editor | 3 |
| Message from our Councillor | 5 |

COLUMNS

| | |
|---|----|
| Out and About – Water Volleyball | 7 |
| Pat's Patter – Go Bills! | 9 |
| New Tricks from an Old Dog – Your Digital Life | 11 |
| Ballantrae Tails – Meet Speck! | 13 |
| Neighbourhood Noshing – Bollocks Pub and Kitchen | 15 |
| What's Up Doc? – Broadway: a North American Art Form | 17 |
| View From the Rough – Is Anybody Listening? | 19 |
| Tech Tips from the Ballantrae Geek – Time for a Nap | 20 |
| Boys and Girls | |
| Tasty Recipes for the Season – Fast and Easy | 22 |
| One-Pot Recipes | |
| Tasty Recipes for the Season – Meal Kit Services | 25 |
| Health and Wellness – | 32 |
| Achieve Better Health: Three Top Fitness Trends for 2020 | |
| Made In Canada – Jumping For Joy | 33 |

FEATURES

| | |
|---|----|
| Watch the Birdies...and Learn more about their Habitat and Behavior | 27 |
| Profile - Dennis Carter: The Man Behind the Paddle | 30 |
| More Good Reasons to Visit www.hotg.ca | 44 |
| Going with the Flow...Water in Ballantrae | 46 |
| HOTG Goes Global ...to India | 56 |

PAST EVENTS

| | |
|---------------------------------------|----|
| Ballantrae Ladies' Christmas Luncheon | 34 |
| Ballantrae Choir Christmas Concert | 34 |
| Annual Dinner Dance | 36 |
| Pacemakers' Christmas Sing Along | 36 |

UPCOMING EVENTS

| | |
|---|----|
| Canada Day Celebration! | 38 |
| Pocket Concerts | 38 |
| Join Us for Poker! | 38 |
| Annual Craft Sale | 38 |
| Dave Parsons Spring Concert | 38 |
| Join the Pacemakers for a Fabulous Spring Dance | 38 |
| BGCC Men's Night Out Dinner Group | 38 |
| BGCC Tennis | 40 |
| Ladies' No-Stress Golf League | 40 |
| Ballantrae Men's Golf League | 40 |
| Ballantrae Ladies' Golf League | 40 |
| Sunday Nine & Dine Golf | 42 |
| Monday Nine & Dine Golf | 42 |
| Thursday Nine & Dine Golf | 42 |

NOTICES

| | |
|-------------------------|----|
| Social Committee Notice | 48 |
| Ballantrae Services | 48 |

CLUBS

| | |
|---|----|
| The Book Babes of Ballantrae: Meet the Author | 50 |
| MahJongg: Shall We Charleston? | 52 |

ADVERTISERS INDEX

54

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MESSAGE FROM THE EDITOR



THANKS TO THREE MEN WHO MAKE A DIFFERENCE.

An African proverb says, "It takes a village to raise a child."

Those wise words also apply to an active lifestyle community such as Ballantrae. Mind you, instead of raising children we are nurturing healthier adult lifestyles.

My husband and I have lived in Ballantrae for almost nine years and I am constantly reminded of and rewarded by the generous community spirit of helping and sharing that we have experienced since moving here.

There are three gentlemen living in Ballantrae who I would like to personally thank in this editorial.

The first is Dennis Carter, who with his wife Vicki, share their verve for life, fun, fitness, good health and helping others in so many ways. To say that Dennis is an avid pickleball promoter and player would be an understatement. Over the past few years he has formed the Stouffville Pickleball Players association and lobbied along with our Councillor Maurice Smith to get a permanent home for the 250-plus members.

Dennis rallied his troupe of pickleball paddlers to raise almost \$3,000 to aid the fire victims of Fort McMurray in 2016. As I write this, he is sending out emails to his pickleball players to raise money for the folks suffering from the Australian fires. Dennis also worked with our local Ballantrae Pharma Choice owner to provide free Emergency Hero Kits to tennis and pickleball players. These kits hold first responder vital information and aspirins that can be given to someone experiencing a heart attack. Please enjoy Karen Clark's Profile about Dennis and make sure to congratulate him on his recent award when he was honoured by Pickleball Ontario with their Community Award for his leadership skills.

Peter Sims, our *HOTG* webmaster is another individual who greatly enhances our community through his involvement on many levels. In addition to being the *HOTG* webmaster and writing the "More Good Reasons to Visit www.hotg.ca" column, Peter is an

athlete who has won many medals at the Ballantrae Summer Games for bocce, walking, swimming and cycling. He also organized Social Bridge at the Recreation Centre. Peter suffered from a sudden and serious aortic dissection last fall and has been recuperating in the Chartwell Hollandview Assisted Living facility in Aurora. We wish him a strong recovery. In the meantime, thanks very much to Mary Bresser who wrote the column in this issue and who also worked on our fabulous website redesign. And thanks to Gerry Di Donato, Peter's friend and neighbour, who gave me an update on Peter.

The beautiful photograph of a Baltimore Oriole that adorns the cover of this issue is the work of Frank Allison, a gentleman whose knowledge of birds and their behaviours and whose ability to capture them with his cameras is astounding. Many years ago, I had the privilege of interviewing Frank and since then he has generously contributed one of his outstanding bird photos and a story for each of our spring issues.

I have singled out just three great guys in this editorial but I could go on and on and on. We are truly blessed to live in a community that gives back with so much talent and generosity.

PROOF READER NEEDED

After 11 years as head proofreader for *HOTG* magazine, Mary Hallam will be leaving that position at the end of 2020. Mary's sharp eye and impeccable proof-reading/copy editing skills will be difficult to replace, but we will need someone to fill her very large shoes. If you have some experience with magazine editorial, or just feel that you are qualified and available to work on our team, please email me: adraycott@gmail.com.

Anita Draycott





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A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



PROVINCIAL REGIONAL REVIEW

Shortly after Doug Ford's provincial government was elected, he authorized his team to begin an extensive review of the various levels of local governments throughout the province.

The review was extensive and included meetings and discussions with the mayors and many staff members within York Region. Throughout, his special advisors expressed great interest in the York Region partnerships and how officials in towns and cities communicated. By working together, the Northern Six exemplify the benefits that a cohesive approach to shared services delivery can create for residents. "It is these cross-municipal initiatives that make further amalgamation unwarranted," read their final report.

Local residents should be pleased that the review took place and that there will be no amalgamation of Stouffville with any other community such as Markham which had been rumoured.

"We are grateful to the provincial government for doing its due diligence to ensure that we are providing the highest level of service to our residents while spending their tax dollars as prudently as possible," said Mayor Iain Lovatt. As your local councillor, I echo these comments.

Not only do the N6 municipalities create cost saving measures for residents, they also work together to leverage best practices such as audit and waste management and share many ideas through communication.

EARTH DAY CLEAN UP

Earth Day has become a big event in communities around the globe. Here in Stouffville there are many opportunities and locations for residents to join in the celebrations. Watch the local papers for a location near you. However, you would be welcome to join me and many residents on Saturday, April 25 to clean the areas around Musselman's Lake. Simply come at 9:00 a.m. to the parking area (behind George's store) at the corner of Cedarvale and Ninth Line. It only takes one Saturday morning.

BAN OF SINGLE-USE DISPOSABLE WIPES

Late last year your town council joined with many other Canadian municipalities in choosing to lobby

provincial and federal governments to remove the word "flushable" from the packaging of single-use disposable wipes.

Single-use disposable wipes are typically made from a combination of materials including polyester, polypropylene, cotton, wood pulp and rayon fabrics. Many of these components are not biodegradable and do not break down quickly in a sanitary system. These products are a real issue for the town's system and more specifically for the one used in BGCC.

The motion I supported at council went one step further than just changing the wording on the packaging. It encouraged the provincial and federal governments to ban the sale of these products.

SIGNALLED INTERSECTIONS

Traffic volumes here in the Ballantrae area have increased significantly over the last few years causing disruptions and accidents at a number of key intersections. One of those intersections is Aurora Road and McCowan. Regional staff have now agreed to install traffic signals at that intersection. It is noted that the cost for this change is included in their 2020 budget.

DRINKING WATER CONSERVATION

Many communities have become aware of the environmental hazards being caused by single-use drinking water containers. Over the last few years plastic water bottles have become commonplace in our society. Town staff have been diligent in finding a better way to supply drinking water within town facilities. At our January 21 meeting, councillors approved the inauguration of their initiative to address this concern.

Their program, aptly named, "H2OtoGo" became effective February 1. Now all town facilities will provide a unit whereby every visitor will be able to refill a reusable water container. I encourage you to look for these stations and make use of them when visiting a town building.

Many public schools have programs that encourage your children or grandchildren to participate in this endeavour. This initiative is your town's way of saying, "Yes we will do our part."

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Water Volleyball

BY LYNNE BALFOUR



You never know where you will find a new sport or interest. The Ballantrae Summer Games have initiated ongoing participation in several sports. For instance, there was an increase in membership at the Stouffville lawn bowling club a few years ago. And since about 2011, a small but enthusiastic group has been playing water volleyball in our Recreation Centre pool every month. (Water volleyball should not be confused with water polo, a much more athletic sport requiring a deep-water pool and an ability to swim!)

Iggy Natoli first persuaded the Recreation Centre to allow water volleyball to be played in our pool. Alex Lindsay has organized the group for about six years. Over the years, rules have been modified to make the game more competitive and fun. For example, instead

of serving from the back of the court, the ball must be tossed to another team member in the front row who hits it over the net. (This is particularly helpful for short ladies!) Each team has a maximum of three serves before the ball goes to the other team and points are only awarded if the serving team wins the rally.

In 2020, owing to increased demand, water volleyball is being played on the first and third Sundays of each month rather than on the second Sunday. Both genders participate, usually with a 60/40 men/women ratio. The "size" of the pool area used is adjusted depending on the number of participants that day. Teams are made up by Alex on arrival.

You are welcome to come and try out this sport – always with lots of fun and laughter!





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BY PAT WOOD



I'm a big fan of NFL football, so when our son got us tickets for the Bills' game in Buffalo last fall, I was keen to go.

Way back in the sixties, I fell in love with both Hubby and the NFL. It (my NFL affair) began with our yearly November weekend visits to my cousin in Baltimore who had season's tickets to the Colts' games. These weekends involved lots of driving, football and partying, but we were young then and at our peak partying abilities. Even then, my favourite team was the "Pats" (had to be, didn't it?), long before Brady and the current dynasty.

Our Buffalo day began at 7:30 a.m. Picking up our passengers in Markham, and then travelling along the 407 and QEW, we arrived at the border on schedule. As our son's girlfriend is a Japanese citizen, we were required to spend an hour getting into Trump's America, fingerprints and all. Nevertheless, we still got a good parking spot and set up our tailgate party.

It was a gorgeous October day, sunny and unseasonably hot and we basked in the sun lamenting not wearing short sleeves. Years previous on a bus trip with some Ballantrae neighbours to a game, we had almost frozen to death on an October Sunday.

A sandwich and only one alcoholic beverage later, it was time to get into the stadium. After comfortably loading me into my wheelchair, our big burly son pushed it through the crowd with extreme expertise. His concept was that of a battering ram and I expected to impale someone on myself at any time. Flying through the crowd at their belly level was a new and somewhat unwelcome experience.

Dean had got us great seats, a small platform at the top of the first section with a regular seat for Hubby and space for the wheelchair. We settled in for the game, the old rivalry between the Bills and Miami.

It was a good match, back and forth, lots of scoring, an excellent fourth quarter with Buffalo triumphant. We were cheering for the home team, so lots of high fiving with total strangers.

The whole experience is an assault on all your senses: the smell of the concessions, and, on this hot day, the people; the noise of the fans prompted to "Make Some Noise" when Miami had the ball, the sound of an oncoming freight train blasted from the speakers, the

cannons firing when the Bills scored; the sights of the two big guys with bison's heads waving flags running back and forth in the end zones every time the Bills scored, the outrageous outfits of the spectators; the taste of the popcorn (we were too full from lunch for anything else).

And as for touch, there was a woman who hugged and kissed several guys each time she went up and down the aisle, which was often. I couldn't decide if she was a mascot or an over eager cougar but I sat staunchly between her and Hubby.

The home team win left the crowd euphoric as we all poured out of the stadium, and at ramming speed, I said a prayer of thanks that we arrived back at the car without mishap. The traffic, the wait at the border and an accident on the QEW meant we arrived home about 9:30 p.m., none the worse for wear, well maybe a little, after our fourteen-hour day.

It was a great day but another "last time I did something." I loved the hurly burly of it all and I didn't. Sadly, my own chair, in my own living room, with instant replay has become more attractive. As I write this, I still have Super Bowl 2020 to look forward to, and having said all that, if someone wants to send me to the game, I'm going!





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Your Digital Life

BY KEN MIYAUCHI

Remember walking along a beach and watching as the waves washed away your footprints? You were left with only the memories. Your digital footprint, however, will last a very long time and may even outlive you.

What is a digital footprint? Every time you post something online, share content on social media platforms, visit websites and create accounts, send emails, or share photos, you are leaving a digital trail. This is your digital footprint. There may also be online articles about you or written by you that include personal details. Have you ever posted or shared photos with others? Be careful because that funny photo you posted may come back to haunt you. Just ask Justin Trudeau!

The subject of digital footprints requires a broad-ranging discussion that exceeds the maximum I am permitted to write. Therefore, I will break the subject into two articles. Part one will deal with general aspects of digital asset management. Part two will examine specific programs and what happens after we pass from this world.

You may think that there is little of value in your digital footprint. Think again. Do you have bank accounts with online access? Do you have an online investment account where the investment firm is holding the actual share certificates so that there is no paper trail? Do you collect loyalty points with a tangible dollar value? Do you have cryptocurrency (e.g. bitcoin) accounts with money in them? Do you purchase online through websites such as Rakuten that offer cash back and may have a monetary balance? What about your treasured photos? Are they only stored on the cloud? You likely have many digital assets that are only accessible if you know the username and password. A friend's wife died suddenly and unexpectedly. His wife stored all of their photos on the cloud. Now, without the password, he is unable to access these memories.

Your internet browser (e.g. Edge, Chrome, Firefox, Safari, etc.) is your pathway to the digital realm. It keeps track of your search history and retains the cookies that were created. It is a good idea to review the history and cookies regularly and delete as necessary. Go to "Settings" in

the browser to manage them. The exact instructions will vary by browser. Also, browsers have a stealth mode that enables you to browse somewhat anonymously. Check your security settings to enable private browsing.

Your email address is your unique ID to the digital world. While it normally is a good thing, it can also be used against you. Websites will use your email address to send you unwanted advertisements and hackers may send you dangerous viruses. If you are roaming to less trustworthy sites, it may be useful to have additional email IDs. If one of these secondary addresses receives unsolicited emails, you immediately know that they are likely not legitimate.

Your passwords, web links and emails from commercial entities will tell you the breadth of your digital footprint. If you're not sure, try entering your name, including misspellings, into several browsers. You will be surprised at what you may find. Remove those that are obsolete or incorrect.

Most of us have many passwords. The tighter password rules are making them harder for thieves to break, but they are also making them harder for us to remember. A password manager is a program that stores all of your passwords and automatically fills them in at the various websites that you visit. The passwords are encrypted so that a hacker cannot read the passwords. This means that you do not need to write them down where someone may find them. There are many password managers available for free (remember you get what you pay for) or for a modest fee. These password managers have a master password that is not recorded anywhere, so don't forget it.

If you wish to keep passwords on paper or electronically in a Word or Excel file, create a clue as opposed to the actual password. Also, assign a password to protect the file. One exception is a list of accounts, usernames, and actual passwords that is kept in a secure location (e.g. safety deposit box) for your Power of Attorney or Executor. More on this in Part 2, in the summer issue.

It is important to keep all software, especially antivirus programs, up to date. This will minimize unlawful intrusions and protect you from the data mining of hackers and thieves.

The internet has exploded the definition of who we are and the information about us is often beyond our immediate grasp and knowledge. In today's digital world, it is critical to understand and manage your digital life. Part two, "Your Digital Legacy" will explore what can be done to protect your information and assets before and after your passing.



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Meet Speck!

BY KAREN CLARK



Keeping the Ballantrae golf course green is one thing, but keeping it free of pesky birds is another. Please meet another employee of the Porcupine Management team—Speck!

Speck is a four-year-old male Border Collie, a breed bred for herding. His master, John McLellan, relies on Speck to patrol the golf course under the trusty guidance of Gord Skinner. This working dog rides with Gord every day to chase away geese and gulls from the fairways. Speck's keen herding skills are evident as he responds to command.

Speck was trained specifically for his golf course work in Florida.

I did a ride along with Gord to see Speck in action. As we got closer to the fairway riddled with gulls, Speck was already chomping at the bit to jump out of the cart and get down to business. It was difficult to snap a photo of him in action because he runs so fast.

Although Speck goes home every night with John, Gord has been known to doggy sit on occasion. From the size of the hugs, Speck gets more than his share of rewards... and vice versa! Truly man's best friend.



Speck and Gord



Unfortunately, Speck has not learned how to climb up on roofs!



Enid Sanders, who normally writes the Ballantrae Tails column, invited Karen Clark to pen this one.



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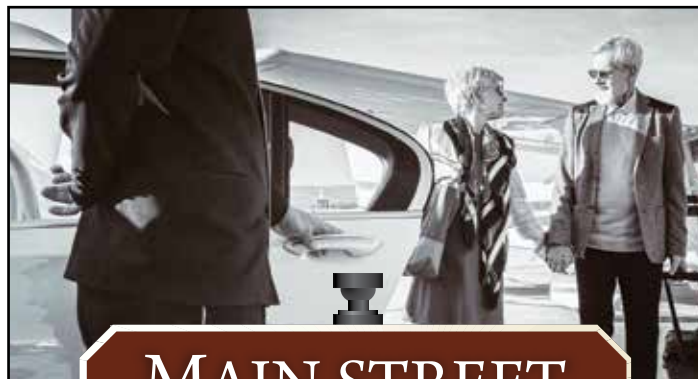
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I recently had the opportunity to speak with John Allen, who along with his wife Carrie founded Bollocks located in Smart Centres, Stouffville. I was intrigued with the name of their restaurant. John told me they had made a list of possible names and the one his wife liked and recommended was Bollocks. They then decided to have a contest open to the public to recommend names and Bollocks was suggested by several people. And yes, it is a bit tongue in cheek and means exactly what you think it means.

Stouffville's Bollocks can hold about 220 people, including the patio which will be open in the warm months. The food is terrific, gastro pub fare by Shriny Raj who oversaw the development of the kitchen and menu and is their corporate executive chef. Born in France, he described his culinary style as one without borders. The menu is vast, everything is fresh — not pre-packaged and heated up. They deal with a local Pickering butcher for all their beef and chicken.

On a recent visit, I enjoyed the Crispy Chick-Wich that was served with fries and presented on a wooden block. It was delicious. The menu is varied, including fresh salads, pizza, artisanal sandwiches, tacos, hand-crafted Angus beef

burgers and chicken Parmesan. Here's an interesting fact: the Stouffville location sells more chicken "parm" than the Whitby and Pickering Bollocks combined. Chicken fingers made from chicken tenders and wings are also popular.

Bollocks is a sports-bar with televisions everywhere. There is a media wall devoted to sports events of every kind. John tells me that each television is individually operated so you can pretty much watch any sport you want on at least one of them. They have 19 beers on tap including mainstream brands and they also support local breweries, such as Second Wedge in Uxbridge. Bollocks has a full wine and liquor licence as well.

There are daily specials and deals every day of the week, including half-price bottles of wine all day Thursday.

John believes in giving back to the community so Bollocks gets involved and supports local events. Bollocks is a family-friendly restaurant, not catering to the late-night crowd. They are also the official HQ for the Leafs and the Raptors, so it's a great place to go and watch some of the games. Go hungry as they aren't shy with the portions.



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Broadway: A North American Art Form

BY GREG MCCAIN



As a youngster growing up in Leaside I, like most Canadian males, developed an interest in hockey and enjoyed playing the game. My other passion was musical theatre.

At the age of nine my parents took me to the Royal Alexandra Theatre in Toronto to see a touring company of *Guys and Dolls*. I was hooked. I marvelled as a live orchestra played the overture and my heart kept beat with the opening Fugue. Where else could you experience such joy?

Since then I have seen more than 1000 different musical plays.

WHAT MAKES A SHOW A HIT?

It is difficult to believe today that shows such as Rogers and Hammerstein's *Sound of Music* and Andrew Lloyd Webber's (one of my favourite composers) *Phantom of the Opera* were originally flops.

Andrew once told me that he thought it took seven ingredients to make a show a success and of these the most important was luck. Until he wrote *Memories for Cats* he almost gave up the silly idea of writing a musical based on poems by T. S. Eliot set to dance and music. Besides this, about half the population hates cats. I had an interest in *Cats* and had talked with Cameron Macintosh about mounting *Phantom of the Opera* in Toronto. The consensus was that we could not afford another mega musical. So much for my forethought!

I AM OFTEN ASKED WHAT IS MY FAVOURITE MUSICAL?

I must say that the answer often lies within a particular moment within a musical. Who can forget Ezio Pinza's rich baritone singing *Some Enchanted Evening* or *Memories* from *Cats*. I once was asked by a patient of mine to come and see her in a student performance of *The Man of La Mancha*. I have seen the show performed professionally before and since, but in my opinion the best version was by these students. They portrayed what the author envisioned.

We have a McCain tradition that I would like to recommend. My parents took me to the theatre and I now take my children and grandchildren. At a recent performance of Sir Elton John's *Billy Elliot* I asked my granddaughter if she enjoyed the performance. She turned to me and said, "I not only liked the performance, I loved it." It made me happy to be able to share the moment with her and I'm not sure who had the biggest smile. What better way to learn history than through a show like *Hamilton*, a play set to hip hop music. Yes, go and see it, it is that good.

The hills are alive with the sound of music.



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Is Anybody Listening?

BY JOHN GORMAN



I seem to have reached the point where no one wants to hear what I have to say.

More often, I have noted that people interrupt me to introduce another topic or to correct what I am saying. More significant is the fact that they don't feel they are being rude. It is almost as if they believe it is necessary to move conversation along to a more interesting topic.

I'm not certain this should annoy me. I may no longer have the right to be heard. I will soon be 87 and my wife says I talk too slow anyway and that's why people interrupt and quickly finish sentences for me. Besides, she says, "They have heard it all before."

The larger issue seems to be that my opinions and observations are so far out of date that they are no longer relevant - at least in the opinion of my younger friends and family. Unfortunately, most people are younger than I.

My children are no longer children of course. The older ones are now grandparents and will soon have experiences matching mine. In the meanwhile, they no longer ask for my advice and are quick to provide me with theirs - unsolicited.

At any rate, this trend is undoubtedly going to continue. As it does, I fear I will grow less and less an active participant in meaningful discussion and become an increasingly silent spectator.

There is sadness in this. Like many of my contemporaries - those that are left - I have had what I thought was a moderately successful life. It certainly wouldn't compare in accomplishments to many of my friends and neighbours. But of course, it was/is unique - and along the way I have acquired knowledge and information and had experiences that I feel could be of interest to others.

Apparently, this is not so.

I have been particularly disappointed to discover that the younger members of my family and extended family have little interest in the history of our forebears. (Now there's a word you don't see very often.) Some of my friends have assured me that this will change in time, however I doubt it will happen in my time.

Recently, my wife and I decided it was probably time to consider "down-sizing" and to investigate accommodation suitable for the elderly. So of course we mentioned this to our children and grandchildren to see just what of our furniture and effects they

might like to use if we could not accommodate them in our new home.

It is sufficient to say that all were underwhelmed. It appears that I am surrounded by furniture and furnishings that would blend in beautifully with a black and white television set. Although I gather that such items as jewellery and silverware would be welcome - but converted to cash.

In fairness to my kin, friends have confirmed a similar response from their family members when questions were raised about contents' disposal.

So, I am becoming more "invisible" as time passes. Whether I am in a social gathering, a family holiday celebration or simply sitting alone quietly in a coffee shop, my presence is seldom acknowledged. It isn't that I am being ignored. Rather, I have concluded that my attendance is irrelevant.

As another wrote recently, "Who needs Grandpa when you have Wikipedia?"

Of course, there are certain advantages in aging. I am no longer shocked when people who I believe to be only slightly younger than I hold the door open for me. Check-out clerks routinely ask if I need assistance with carry out. And family members do make certain I am comfortable before they turn their attention to meaningful discussion with others.

I can even excuse myself when staying with family and get to bed at a reasonable hour. Even naps are now considered part of my routine.

So this commentary should not be considered a complaint or, God forbid, a whine. I am merely reporting on my observations as life moves along.

As my wife says, "You have had your turn, so relax and enjoy your life today one day at a time."

It is what it is.



Time For A Nap Boys & Girls!

BY BRIAN FREEDMAN



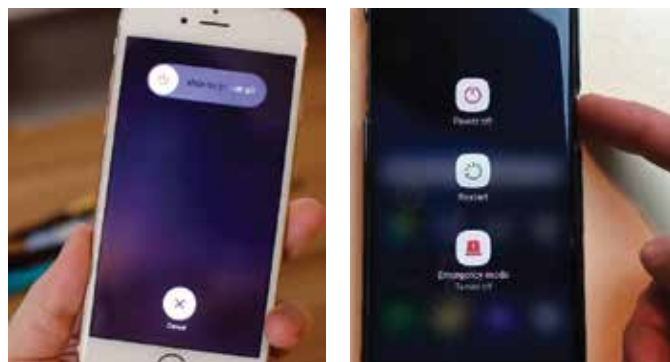
All of the high-tech electronic devices – from our computers, iPads, smart phones, tablets and printers to our TVs and cable boxes – seem to have at least one thing in common; from time to time they freeze, stall or simply refuse to do what they are supposed to. Heck, even our more traditional appliances like stoves, microwaves and washers, now packed with computerized circuits, are not immune to this.

Thankfully, your first line of defence is a simple and effective one that does not cost you a cent ... simply turn it off! Whether you call it rebooting, restarting or power cycling, the goal here is to temporarily stop it from receiving power. Once power is restored you will most often find the device has returned to its proper functioning. No different from a misbehaving grandchild who awakens refreshed from a much-needed mid afternoon nap!

So not to get too technical, think of removing power as a way of erasing your device's short-term memory. In other words, when it wakes up again, it forgets the reason it was misbehaving in the first place. Again, just like the grandchild!

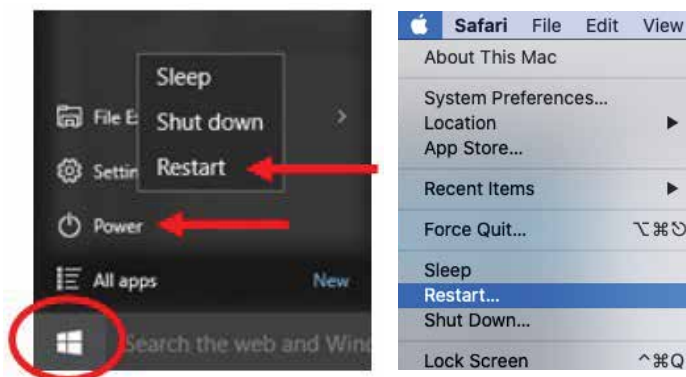
Your computer, with its array of running applications and processes, is the most likely of all devices to misbehave. Both Windows-based PCs as well as Apple computers provide a restart option, accessed by clicking on the Windows start button (bottom left of screen) or Apple logo (top left of screen) respectively. If your computer is completely frozen, then locate the physical power button and hold it down until the computer shuts

down, typically between 8 to 10 seconds. This works for all computers: laptops, desktops and Apple computers alike.



While less likely to freeze, the remedy for your iPhone, iPad or Android device is not all that dissimilar. All of these have a physical power button located on either the top or side edge of the device. Just hold this button down and the next step for turning the device off will reveal itself on the screen (either swiping on your iPhone or iPad or tapping the appropriate selection on your Android device). You will once again have to hold this same button to power the device back on.

Your cable or satellite TV controllers (sometimes referred to as set top boxes) do tend to misbehave from time to time, especially after one of the electrical flickers that are common during bad Ballantrae storms. They freeze or have a delayed response to channel change requests, or experience audio or video problems. The newer Rogers Ignite TV set top boxes are no exception. To reboot any of these, just find the electrical cord running from the box to the outlet or power bar in your home and temporarily unplug it,



either at the set top box or at power outlet. Once you restore power, these boxes will take up to 15 minutes to fully boot back up.

Having trouble connecting to your internet or printing to your wireless printer? Before calling for support, try unplugging your wireless modem (that blinking little box that creates your WIFI) for 15 seconds by removing the power cord, either at the modem or by your power outlet. Again, these boxes will take up to 10 minutes to fully restore once you reconnect the power.

And finally, those major appliances. I recently had to reboot our oven because the front panel froze and refused to respond to the required touch commands. The reboot worked like a charm and avoided a very expensive service call! For many of us, however, getting to the electrical cord of a major appliance is beyond our physical ability. But a trip downstairs to the electrical panel isn't. So just locate and temporarily turn off the circuit breaker supplying that particular appliance.

If this all sounds very repetitive then I have achieved my goal. It was surely intended to be. Unfortunately, the concept of restart, reboot or power cycle does not seem to be instinctive to a generation that did not grow up with all these so- called "smart" devices. As a result, much time, effort, patience and money can be wasted. So just remember, the next time one of your electronic devices malfunctions just think reboot or restart. And failing that, just think of those young misbehaving grandchildren!





Fast & Easy ONE-POT RECIPES

BY JOHANNA BURKHARD

While spring has arrived, there are always those days where comforting one-dish meals are appreciated while we transition to warmer weather.

CARIBBEAN CHICKEN STEW

Economical chicken thighs star in a full-bodied stew with chunks of wholesome sweet potatoes. Accompany with a tossed salad.

MAKES 4 SERVINGS

- 3 tbsp** all-purpose flour
- Salt and pepper
- 2 lbs** skinless chicken thighs (about 8 thighs)
- 2 tbsp** vegetable oil
- 1** large onion, chopped
- 2** cloves garlic, minced
- 1-1/2** tsp curry powder
- 1 tbsp** chopped fresh thyme or 1 tsp dried thyme leaves
- 1/4 tsp** hot pepper flakes
- 1-1/2** cups chicken stock
- 3** sweet potatoes, peeled, cut into 2-inch (5 cm) chunks (2 lbs/1 kg)
- 1/4** cup chopped fresh cilantro or parsley

1. In a heavy plastic bag, shake together flour and 1/2 tsp (2 mL) each salt and pepper. In batches, add chicken; shake to coat. In a large Dutch oven, heat half the oil over medium-high heat; brown chicken on all sides. Transfer to a plate.
2. Add remaining oil to pan; reduce heat to medium. Cook onions, garlic, curry powder, thyme and hot pepper flakes, stirring, for 5 minutes or until vegetables are softened.
3. Add stock; bring to boil. Return chicken and any juices to pan; cover and simmer for 20 minutes. (Dish can be frozen at this point.) Add sweet potatoes to pan; simmer, covered, for 20 minutes or until tender. Stir in cilantro.

Tip: To freeze dish, cook chicken as directed, but do not add the sweet potatoes. Let defrost overnight in the refrigerator or microwave at medium, stirring occasionally. Then add the sweet potatoes and cook as directed in recipe.

EASY CHILI

This streamlined chili relies on convenient bottled pasta sauce as its tasty base. Ladle into bowls and top with shredded cheddar cheese, if desired.

MAKES 4 SERVINGS

- 1 lb** lean ground beef or turkey
- 1 large** onion, chopped
- 2 large** cloves garlic, minced
- 1 large** red or green bell pepper, seeded and chopped
- 1 small** zucchini, quartered lengthwise, thickly sliced
- 4 tsp** chili powder or to taste
- 1 tbsp** all-purpose flour
- 1 tsp** dried basil
- 1 tsp** dried oregano
- 1/4 tsp** hot pepper flakes
- 2 cups** bottled tomato pasta sauce
- 1-1/3 cup** beef stock
- 1 can (19 oz /540 mL)** kidney beans, rinsed and drained

Salt and pepper

1. In a Dutch oven, cook ground beef over medium-high heat, breaking up meat with back of a spoon, for 7 minutes or until no longer pink.
2. Reduce heat to medium; add onion, garlic, red pepper, zucchini, chili powder, flour, basil, oregano and hot pepper flakes; cook, stirring, for 4 minutes or until vegetables are softened. Stir in tomato sauce and stock. Bring to a boil, stirring, until thickened. Add beans. Season with salt and pepper to taste. Reduce heat and simmer, covered, for 10 minutes.

TORTELLINI AND VEGETABLE SOUP

Just add crusty French bread and you'll have a nourishing supper that takes only about 30 minutes to make.

MAKES 4 SERVINGS

- 1 tbsp** olive oil
- 1 small** onion, finely chopped
- 2 cloves** garlic, minced
- 1 tsp** dried basil
- 3 cups** chicken stock
- 2 cups** fresh or frozen cheese or meat-filled tortellini
- 1 can (14 oz /398 mL)** Italian stewed tomatoes
- 2 cups** frozen mixed Italian vegetables* (see tip)

Salt and pepper

Freshly grated Parmesan cheese

1. In large saucepan, heat oil over medium heat; add onion, garlic and basil. Cook, stirring, for 2 minutes or until softened. Add chicken stock and tomatoes; bring to a boil. Add tortellini. Reduce heat to medium; cover and cook, stirring occasionally, for 5 minutes.
2. Add frozen vegetables; cover and cook for 8 minutes more or until pasta and vegetables are just tender. Season with salt and pepper to taste. Ladle into soup bowls; sprinkle generously with Parmesan cheese.

Tip: Instead of frozen vegetables, add the same quantity of fresh vegetables including chopped carrots, celery, zucchini and cauliflower at the same time the pasta goes in the pot.

AN OVERVIEW OF *Meal Kit Services*



Over the holidays I was invited to my daughter's friends in Nova Scotia for a fabulous Christmas dinner with roast turkey and all of the side dishes that come with it. Our hosts disclosed that the menu came from Hello Fresh, a meal kit delivery service that shipped all of the ingredients for the entire dinner the day before and made it a breeze for them to cook the holiday meal.

Meal kits with ready-to-cook ingredients delivered right to our doors are changing the way we shop for food and offer new ways for us to prepare and enjoy home cooked meals. The services made their appearance in Canada about six years ago and since then they have spread across the country.

I was so impressed with the Christmas meal, I decided this past January

to test two of the four services that deliver meal kits to our community.

I chose GoodFood, located in Montreal and claiming to be the largest service in Canada with 126,000 subscribers and Hello Fresh that is European-based with over two million subscribers in 12 markets around the world. Through online research, I found two other services that deliver to our area— Chef Plates that was recently purchased by Hello Fresh and Cook-It, from Montreal, which just bought another competitor, Miss Fresh.

All meal kit services operate in a similar way. Here is how they work:

- You sign up online for a weekly box of two to four meals that feed from one to four people. (Note: only Chef Plates offer meals for one; the rest offer two to four.)

- Every service offers generous discounts for first-time subscribers making the cost very reasonable to try it out. Once you sign up, you are invited to send discount coupons or even free boxes to friends and family and you also get a discount for your next box if they sign up.
- You choose one of several plans offered (such as Pronto, Vegetarian, Express, Gluten-free, Low carb, etc.) and then select the meals (anywhere from 12 to 15 new recipes each week so lots of choices). It's very easy to change your choice of recipes or plan type prior to the cut-off date that is usually four to five days from your scheduled delivery.
- Cost per meal per person is well indicated and varies based on the service and plan chosen. A weekly meal kit box ranges from \$60 to \$80 for 3 meals for two people or \$10 to \$13.35 (approx.) per person per meal.
- Boxes are delivered free as part of the service to your front door. No need to be at home. All of the ingredients are packed in a well-insulated box with ice packs that last for several hours.
- All of the ingredients for each meal come in their own bag and include printed recipes on cardstock with colour how-to photos and cooking instructions, plus nutritional information. Meals range from 500 to 800 calories each depending on recipes.
- Everything you need comes in the box – vegetables, meats, spices, grains etc. The only things you may need to provide are butter, oil, sugar, salt and pepper. Often the vegetables are pre-cut and meats are individually portioned. Recipes take about 30 minutes to prepare but I found some take up to 40 minutes.





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- It's a subscription service so once you sign up you'll be sent another box the following week and be charged unless you opt to skip a week, or several weeks, or decide to unsubscribe from the service, which are all very easy to do. You can opt to use the service occasionally, once a month, or whatever suits your needs. There is no obligation as to how many times you have to use the service.

The two meal kit services I tried were very similar and had great-tasting recipes. Of the six meals I prepared from GoodFood, our favourites were Steak Frites with Tarragon Sauce and French Bistro Salad and Chinese Chicken Noodle Salad. From Hello Fresh, we tried Greek Lamb Burgers with Traditional Village Salad and Pan-Fried Salmon with Soy-Glazed Bok Choy. We loved the salmon.

The overall winner for me was GoodFood as its produce was fresher and recipes more inventive. Another big plus was being able to order breakfast and lunch items and a selection of other artisan foods, such as crusty sourdough bread, Quebec cheese and fabulous bacon.

You may prefer one of the other services as recipes and costs vary. I found you really need to try it before you can make a decision as to whether or not it would be ideal for you.

There are many advantages to trying a meal kit service, especially if you are like me and dread making weekly trips to the grocery store. I also found

the kits cut back on food waste as everything provided in the recipes was used. They are also ideal for our community. If, for example, you can't shop or cook because of a health issue, the meal kits can be easily prepared by a family member or neighbour so you can enjoy a wholesome dinner.

While meal kits save time in the kitchen they won't save money when compared to making meals from scratch. However, they are definitely fresher and cheaper than restaurant and take-out meals that have added tax and gratuity charges.

Now that I have tried a meal kit service, will I continue to use it? Absolutely!

It will come in handy when I want a break from my regular cooking routine. I loved being able to reach into my fridge at 5 p.m. and pull out a meal bag instead of rummaging through my fridge or cupboards to decide what's for dinner. I also found the recipes were fun to make as they featured new menu ideas with different ingredients and spices to expand my recipe collection. With the attractively presented recipe cards, there are several new recipes I intend to shop for and make again very soon.

For more details about the various services mentioned visit:

www.makegoodfood.com
www.hellofresh.ca
www.chefcookit.com
www.missfresh.com
www.chefsplate.com

For a comparison of the services check out www.comparemealkit.ca/en

We'd love to hear from you if and when you try any of the meal kit services so we can provide a follow-up report in a later *HOTG* issue. Send your comments to burkhardjohanna@gmail.com



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Watch the Birdies... & Learn more about their Habitat & Behaviour

PHOTOS AND STORY
BY FRANK ALLISON

Well, it's that time again—prime time on the calendar for avid birders and photographers...SPRING!

The photos chosen for this issue are examples of great songsters blessed with wonderful colouring that can be seen here in Ballantrae as returning migrants. But I have also included some habitat photos that "tell a story," which is a change of direction for me.

The cover shot is of the male Northern or Baltimore Oriole. On my morning walk around our golf course, I spotted one building a nest. I am pleased to report that the pair successfully fledged its young this past spring.

HABITAT

My desire to emulate the field guide has resulted in many frame-filled images that are great for identification purposes but lack any artistic appeal and could be boring for the viewer. I'm sure the classic "Tac Sharp," frame-filled shot with a pleasant blurred background will never go out of fashion, but I will be looking past the bird to include more habitat, bird behaviour, etcetera to tell a story.

PHOTOS THAT TELL A STORY

The following are three examples of the kind of habitat shots that I like to capture.

AMERICAN BITTERN

This is a very elusive bird, unlike other reed dwelling birds who scurry to the safety of the reeds when disturbed. The bittern assumes a reed-like stance with its bill and neck pointed upward. If there is wind or a breeze it will sway with the weeds until the danger passes. This allowed me to get a good shot and show the excellent camouflage in its habitat.

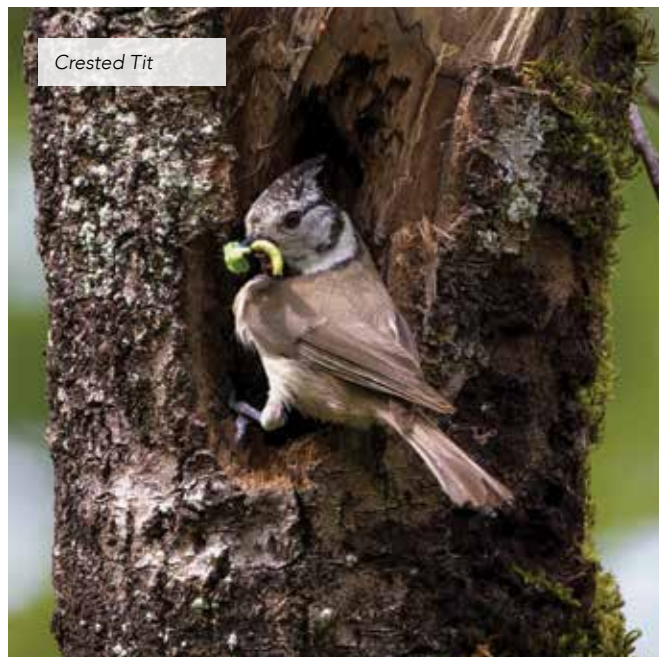
American Bittern



CRESTED TIT

This shot allows good identification and nesting preference. The protein-rich caterpillar lets us know the eggs have hatched and there is a hungry family awaiting inside for mother's return.

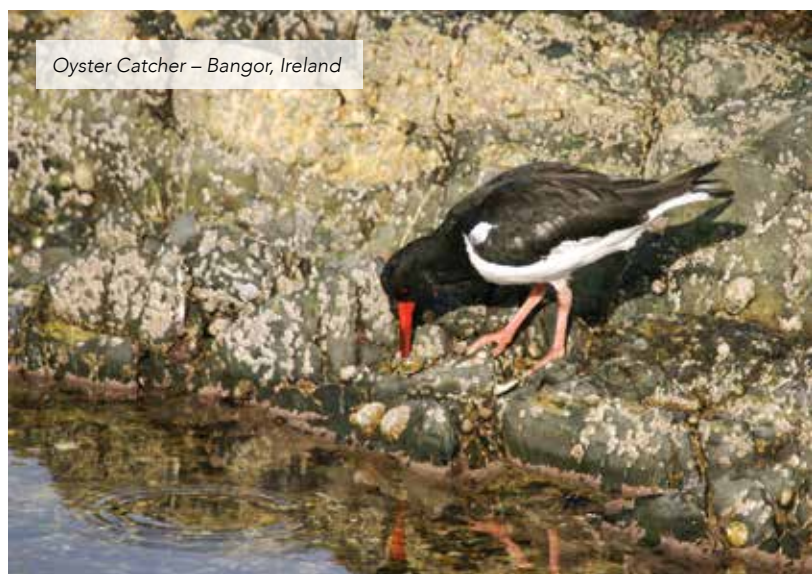
Crested Tit



U.K. OYSTER CATCHER

This shot could be discarded by some serious photographers as having too busy a background that distracts from the bird. But for me, I can smell the salty ocean air. The red bill catches the eye, directed to the freshly opened cockle about to be eaten. The pool to the left shows the discarded shell that had been pried open. I consider this to be a classic habitat shot.

Oyster Catcher – Bangor, Ireland





Orchard Oriole



Scarlet Tanager

EQUIPMENT TIPS

Like many birders, I gravitated to photography after birdwatching for many years with only binoculars and a good field guide. I was always impressed with the quality of pictures in the guide and decided that upon retirement, I would get a decent camera and record my sightings as seen in the guides.

MY EQUIPMENT OF CHOICE WAS:

CANON EOS7D Mark II
CANON EF100 – 400 MM F 4.5 – 5.6 Zoom Lens
CANON 1.4 EXTENDER

These would be considered middle-of-the-road in terms of price point. The cost from entry to midlevel is quite reasonable but the cost of mid to professional level is a bank breaker and, in my opinion, not justified for the average photographer.

I CONCENTRATE ON THE BIG THREE:

- SHUTTER SPEED
- APERTURE
- ISO

There is a constant battle to control prevailing light to deliver correct exposure. My equipment does present some challenges in low light situations, such as use of the extender and high ISO settings. I find that when using the stabilizer, handheld, my flight shots are excellent. I would therefore highly recommend this combo to any would-be photographer.

The big seller for me was the fact that this equipment is compact for air travel as I have no desire to lug a 500 or 600 lens into the field. This is my fifth year of providing pictures for *HOTG*, all taken with this combo. You could buy the best camera and lenses available, but you have to match those with a sound knowledge of fieldcraft and your target subjects.

*Happy
Birding!*



Orchard Oriole

Tree swallow





Eastern Bluebird



Chestnut-sided Warbler



Kestrel



Baltimore Oriole



Bald Eagle



Osprey

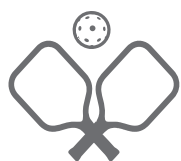


Eastern Towhee

PROFILE

DENNIS
CARTER

The Man Behind the



Paddle

BY KAREN CLARK

It is hard not to absorb the enthusiasm that Dennis Carter exudes for the game of pickleball. After learning about his journey, one supported by his wife Vicki, his verve for life and his desire to inspire others to find fun and fitness through participation; I wanted to learn more about the man behind the paddle.

YOU WERE RECENTLY HONOURED BY PICKLEBALL ONTARIO WITH THEIR COMMUNITY AWARD. HOW DID YOU BECOME SO PASSIONATE ABOUT THE GAME?

I've always been active in sports. Growing up in North York, I played baseball, soccer and badminton. When I retired I thought tennis and golf would take up my time, but after a trip to Florida in 2007, we were surprised that every community we explored listed pickleball as an amenity. Curious about this new sport, I was invited to try it...and I was hooked. Returning to Toronto, I was hard pressed to find a place to play. I finally found a group in Newmarket. Living in Leaside at the time, I would curl in the morning and then drive up north to play pickleball. Many of the members we met were residents of Ballantrae. These new friendships led Vicki and me to settle here nine years ago.

YOU MUST BE EXCITED THAT THE TOWN OF STOUFFVILLE IS LOOKING TO ESTABLISH EIGHT PERMANENT OUTDOOR PICKLEBALL COURTS IN 2020.

Yes, but it has been a long journey. Availability of indoor courts over the winter had not been a problem, but once summer came, the community centres wanted their space for summer programs. The number of players was increasing and allotment of courts for one day a week was not enough. I was advised that if I approached the Town of Stouffville with a request for outdoor courts, they would want to know how many paid members we had. I convinced 75 of my pickleball friends to pay me \$1.00 each and Stouffville Pickleball Players was born. The Town agreed to paint four courts on the outdoor hockey rink in Vandorf.



An uneven playing surface wreaked havoc with drainage and it was a constant struggle to keep the courts dry. Realizing the problem, the Town painted eight courts on the tennis courts in Vandorf. However, when summer programs began, we were again pushed away. Now we play on the outdoor tennis courts on the old high school property on Ninth Line.

HOW DID THIS TRANSITION INTO THE PROMISE OF DESIGNATED COURTS?

With the support of Councillor Maurice Smith and very persistent lobbying by me and the Stouffville Pickleball Players, we demonstrated that this fast-growing sport needed a permanent home. With a \$20 annual donation, we have over 257 members in this self-directed group. We play seven days a week and have two evening groups. We encourage all levels of play and offer instruction for novice members. Our members are really supportive. We did a fund raiser in aid of fire victims in Fort McMurray and raised \$2,700.

It was difficult convincing the town of our need. Canada is catching up, but the sport is much more popular in the States. By the end of 2020 there will be 36 courts in our Arizona community.

I UNDERSTAND THAT YOU HAD A LONG CAREER AS A FIREFIGHTER. WHAT PATH LED YOU TO THAT PROFESSION?

I originally went to Ryerson with the hopes of becoming a surveyor, but I soon found out it wasn't for me. I saw a real estate brochure and decided I would give real estate appraising a try. As a part time job, I was working at Mount St Louis-Moonstone



on the ski patrol while taking courses to become an ambulance attendant. I felt health care was a better fit for me. However, at 27 my life took a turn. I was diagnosed with testicular cancer and as a result, I not only lost several lymph nodes but a blood clot necessitated removing one of my kidneys.

After the surgery I couldn't lift anything for two months so I was out of work, but Wonderland hired me. The following April (1983) I was hired as a fire fighter with the Borough of York, (later known as the City of York, then City of Toronto). I didn't think I would get hired with only one kidney, but my surgeon, Dr. Jewett, convinced the department that I could do the job. I was very lucky.

YOU ARE WELL KNOWN IN BALLANTRAE FOR YOUR VOLUNTEER WORK NOT ONLY WITH PICKLEBALL, BUT WITH THE BGCC TENNIS CLUB. MANAGING THE TENNIS LADDER FOR FOUR YEARS, YOU DEVELOPED AN EMERGENCY ID KIT. EXPLAIN WHAT THAT IS ALL ABOUT.

Having a background in the medical field, I am always looking around for things to improve. The Emergency Hero Kit gives first responders vital information about the patient. These Hero Kits are hanging from most pickleball and tennis players' bags in Ballantrae along with a pill holder with two 81mg. aspirin that can be given to someone having a heart attack. Ballantrae

Pharma Choice was instrumental in donating funds to make the kits and donated the aspirin and bottles for the kit.

HAVE YOU ALWAYS BEEN AN ORGANIZER?

I must admit that the biggest reason I organize these events is so that I get to participate!

Vicki and I have always enjoyed volunteering. Our first stint was organizing the High Park Ski and Cycling Club that we ran for seven years while living in Leaside. With over 400 participants, 90 events and 60 organizers, it was a lot to keep track of. We loved to travel so started planning cycling trips with friends. We called ourselves The Dream Seekers. It expanded from local Sunday rides to weekend trips to Ottawa and New York State, then further afield to New Hampshire and B.C. We had no professional travel experience, but just asked friends to join us in our adventure and off we went.

I HEAR YOU HAVE A NEW PASSION?

While in Arizona last winter I got involved with clay sculpting. So far I have created flowers and birds but I have ideas for larger garden sculptures. If I am not on the pickleball court, I am at the pottery studio. I made the two pickleball paddle coasters and flowers in the photos for Vicki!

Thanks Dennis for all the time, effort and passion you have given to our community.

Left to Right: Maurice Smith, Dennis Carter, Mayor, Iain Lovatt, Jim Parrot (president of Pickleball Ontario)



Follow the Three Top Fitness Trends for 2020 for Better Health

BY DAYNA STODDART



Whether you are just getting started or want to add something new to your fitness routine, most of us have one common goal: to achieve better health.

Three trends leading the way in 2020 will accomplish just that!

#1 TREND | ACTIVE RECOVERY & MINDFULNESS

Active recovery programming is essential to our overall health. These programs are breathing new life into the meaning of rest days.

These programs recognize that our ability to work out is limited by our ability to move, therefore they focus on movement and self-care. Being able to move with ease improves our everyday lives. These classes incorporate a variety of equipment from small to larger stability balls and foam rollers, to yoga blocks and bolsters.

Programs offered at our Recreation Centre include: Having a Ball, Body Balance, BFit, Gentle Yoga, Deepstretch Yoga and Friday Yoga Mix.

Mindfulness has made its way out of the yoga studio and into other forms of group exercise and fitness training. Mindfulness taps into both our physical and mental health, improving our quality of movement, mental acuity, stress management, quality of sleep and self-esteem.

A variety of mindful movement programs, such as Yoga and Pilates, are offered here at the Recreation Centre on multiple days.

Slower and functional movements, along with meditation and breath work reap great benefits.

Our fitness programming and complimentary classes include some form of meditation and mindfulness practices in various degrees.

#2 TREND | FAST & FOCUSED WORKOUTS

Express workouts are gaining popularity. For those who just can't find enough hours in a day, studio franchises are offering 30-minute express workouts at lunch. Remember the 20-minute workout? Some of the most popular fitness trends from the '80s and '90s are making a comeback.

Behaviour change and exercise tolerance are also fundamental to these 30-minute workouts. For those just starting a physical activity routine or coming back from illness and injury, this option is ideal.

The market is also demanding more flexibility. Some prefer to do their own cardio and then pop into a 30-minute class of stretching, strength training or guided meditation.

Four of the five complimentary classes offered at the Recreation Centre last 30 minutes. Check out the *Spring Lifestyle Guide* for details.

#3 TREND | AEROBICS & CARDIO

Aerobics are making a comeback. Hi-low and low-impact group fitness programs are gaining popularity.

Think heart health and brain health! These classes work the full body and are highly functional.

We will be adding a New Cardio Kick Start class to the complimentary class line-up starting this spring: Wednesday mornings 10:15 to 10:45 a.m. in the centre room.

As your wellness director, I share the same vision as Exercise is Medicine Canada: "Physical activity is an integral part of the prevention and treatment of chronic disease in the Canadian Health Care System, so that more Canadians meet Canadian Physical Activity Guidelines."



Jumping For Joy

BY JAN RICHARDS

The Jolly Jumper Baby Exerciser or as it is often dubbed, the "Canadian Nanny," provides fun and exercise for babies. The soothing, bouncing motion of this ingenious swing was invented by Susan Olivia Poole in 1910 and is enjoyed by mothers and babies around the world.

Born in 1889, Susan grew up on the White Earth Reserve in Minnesota. As a young Ojibway mother, she observed how other mothers attached their babies to cradle boards. These cradle boards or papooses were hung from trees by a leather strap providing a gentle bouncing motion for toddlers.

In 1910, Susan fashioned a cotton diaper as a sling seat, a blacksmith created a coiled steel spring suspension and Susan used an axe handle to secure the contraption; she called it the Jolly Jumper. As she worked around her home and garden, her children were close by safely bouncing with their toes touching the ground in order to propel themselves upward.

Susan was a very talented pianist and studied music at Brandon College in Manitoba and in 1942 she and her husband moved to Vancouver, British Columbia to raise their seven children.

It wasn't until 1948, when Susan became a grandmother, that she began producing the jumping system for her own grandchildren. Eventually she received a Canadian patent (#568775) for a "baby supporter and exerciser" better known as the Jolly Jumper. In 1959 she established Poole Manufacturing Co. Ltd. in British Columbia. She was the first indigenous woman to receive a Canadian patent!

Susan died in 1975 at the age of 85 and is buried in Victoria. Her invention is still being sold today along with over 200 items under the Jolly Jumper name – everything from baby strollers, musical mats and potty seats! This simple suspension device became an instant success with parents everywhere. It gave babies complete freedom of movement while allowing healthy exercise, coordination and muscle strengthening. The original baby exerciser is still being manufactured in Mississauga, Ontario today with distribution around the world.

"Every child should start out as a 'jolly' baby!"



(Eaton's Spring and Summer catalogue 1967)

Ballantrae Ladies' Christmas Lunch

BY LYNNE GAULD

The annual Ballantrae Ladies' Christmas Lunch was held at Meadowbrook Golf Club on Tuesday, November 26. Each of the 115 ladies in attendance received a lovely box of chocolates, courtesy of Ballantrae Pharmacy. There were numerous door

prizes, plus we were also able to make donations to the Toronto Star Santa Claus Fund, the Rose of Sharon, and the Stouffville Food Bank. Thank you to everyone who came out in support of this event.



Ballantrae Choir Christmas Concert 2019

BY PAT WOOD

We dodged a snowstorm to get into the holiday spirit at the annual Ballantrae Choir Christmas Concert.

Our supportive audience belted out carols and the old standard *I'll Be Home for Christmas*, while the choir performed several swinging numbers, as well as some lovely lilting melodies. A jazzed-up version of *The First Noel* was a favourite with both the audience and the choir members.

When we start rehearsals in September, the concert seems far away, but it arrives and is over quickly. Our director, Lisa Kyriakides, continues to organize and motivate splendidly, while a lot of folks work behind the scenes to make the concert a success. We are fortunate that our community turns out each year for a Christmas tune up.



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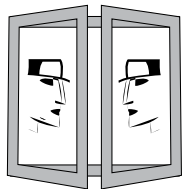
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Annual Christmas Dinner Dance

BY JOHANNA BURKHARD

The Ballantrae Social Committee staged their annual Christmas Dinner Dance with a sold-out crowd of 170 guests who have since raved about the fun of socializing with friends and neighbours.

The Recreation Centre's party room was decorated in a beautiful Victorian theme with gold and burgundy. The focal point of each table was the fresh fruit centrepiece in a cut-glass bowl with evergreen boughs, burgundy ribbons and sparkling lights. Some bowls featured apples; others, clove-studded citrus fruit. Dance co-chairs Geri Flotron and Kathy McLeod, along with other volunteers, worked for several days to craft these amazing centrepieces that were given away to lucky winners at the end of the evening. We were also very fortunate to have door prizes worth more than \$3,000 generously donated by many local sponsors.

As in past years, appetizers and a three-course dinner were prepared by O'Malley's Catering in Newmarket. Live music from The 45's, with tunes from the '50s to the '70s kept the dance floor hopping until closing.

This year's Ballantrae Christmas Dinner Dance will be held on Saturday, December 5, 2020. In September, check the HOTG website for the date when tickets will go on sale.



The Pacemakers' Christmas Sing-Along

BY PAT WOOD

The Pacemakers once again took the sold-out crowd back to old time Christmases with lots of carols and favourites. Even the numbers not requiring our participation prompted us to sing along.

Bob, Sam, Al, and Ray, all dolled up in their "seasonal" suits, charmed and encouraged the crowd. Tom Clarke, in attendance, but absent from the stage due to health issues, was ably represented by his granddaughter, Megan Oliver. Megan is a champion Scottish Highland dancer and expertly performed two numbers in costume for us.

The ladies' group of Mary, Ellie, Carole, Erma, Kay and Jane (are they the Pacesetters?) sang the jingle about Mommy and Santa and looked smart in their red skirts and Santa hats. Gil Scott, from the audience, contributed his lovely voice for a couple of songs.

The audience sounded great as well. Maybe these concerts are improving our singing, or maybe it was just the pizza and wine. Finishing up with *Amazing Grace*, we were beautifully tuned up for the festive season. Great show guys!





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Saturday, October 17

TIME: 10:00 a.m. to 1:00 p.m.

LOCATION: Ballantrae Recreation Centre

For information please contact:

Carole McNaughton, 905-640-0651
or Pat Pearson, 905-640-5114

Pocket Concerts

Wed. May 6 & Wed. Sept 23

80% SOLD OUT 

TIME: 3:00 p.m.

LOCATION:
Recreation Centre.
Reception to follow

Tickets: \$30 per person

Buy tickets for
both concerts &
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Contact: Ron or Anne Brewing,
905-640-8836, ronannebrewing@gmail.com
Lorraine Farro, 905-642-9938, Lmadiganfarro@gmail.com
Sue Daly, 905-591-1430, sue.daly@rogers.com

Dave Parsons Spring Concert

Sunday, May 3

Join us for The Spring Concert
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2:00 p.m. at the Ballantrae Recreation Centre

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REFRESHMENTS WILL BE SERVED

Proceeds go to the Ballantrae Choir's piano
maintenance fund and the Pocket Concert Project

TICKETS: \$15 PLEASE CALL: 905-640-2790

JOIN THE PACEMAKERS For A Fabulous Spring Dance!!

Wednesday, May 20

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

LOCATION: the Recreation Centre

Tickets: \$10 per person

For tickets please contact:

Gail Knaggs, 905-591-2951

NOTE: Tickets will not be sold at the door

Join Us for Poker!

Games Resume Tuesday, April 7

We play on the first, second and fourth
Tuesdays of the month at the Recreation Centre

For more information please contact:

Susan McKay: 905-591-2557 or Jay Adams: 905-640-2843;
susanmckay@rogers.com jaystoy69@hotmail.com

BGCC Mens' Night Out Dinner Group

This BGCC group has been enjoying a monthly outing
for many years at a variety of local restaurants. Recently,
Phil Bannon agreed to handle restaurant selection, menu
offerings and pricing for the group, while Al Moldon
continues to handle email distribution of the dinner

details to those interested. Phil is expanding his list of
restaurant opportunities. After-dinner speakers from the
attendees add to the fun of the evening. If you would like
to get on the distribution list for upcoming dinners, send
me an email at amoldon@rogers.com

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BGCC Tennis

The BGCC Tennis Club will start the 2020 season with registration at the Recreation Centre from 10 a.m. to 1 p.m. on Saturday, April 25. The registration fee for 2020 is \$60 per person and the fee is voluntary for anyone 80 or over in 2020. An additional fee of \$20 allows use of the ball machine for the season.

The club organizes activities for its members, including Drop-ins, Mixed Ladder, Mixed Open and Men's and Ladies' Intermediate Leagues and an Inter County Over-55 competitive team, as well as social events that combine tennis with refreshments. Drop-ins will start on Monday, April 27 if weather permits; other tennis activities will start in May once the activity directors have received applications. The Opening Social and Round Robin will be held on Saturday, May 16.

Club activities are open to club members, but any BGCC resident who is interested in joining is welcome to participate in up to three drop-in events to "test the waters" before joining. All new members are assigned a mentor to help them meet fellow players and work their way into the club.

Note that all BGCC residents have the right to use the tennis courts outside of hours reserved for club



activities; a sign-up board and booking rules are posted on the bulletin board beside the courts.

For complete information and registration forms please see the BGCC Tennis listing under Activities & Clubs at www.hotg.ca.

The courts have just been resurfaced with a new look and a soft feel. Come and try them out!

LADIES' NO STRESS GOLF LEAGUE

Golf Season is almost here. The Ladies' No-Stress Golf League plays Tuesday mornings at the Royal Stouffville Golf Club executive nine-hole course on Hwy 48.

Once a month an away-game is arranged at a nearby golf course. Emails will be sent in advance with the details.

We hope to see all previous members return and we welcome new members, no matter your skill level. This is a great way to get some exercise, hone your golf skills and meet old and new friends in a no-stress atmosphere.

COFFEE MEET & GREET
Tuesday April 28, 2020, 10 a.m.
at the Royal Stouffville Club House.

Cost is \$10 to sign up. Please place the money in an envelope marked with your name, telephone number and email address on the front.

Opening Game:
Tuesday, May 5 at 9 a.m.

Further information:
tuesnostress@aol.com or contact
Jeanne Christie: 905-640-0560
Lynda Wyse: 905-642-5948
Marilyn Brown: 905-591-0861

We're looking forward to seeing familiar faces and hopefully a lot of new ones.

BALLANTRAE MEN'S GOLF LEAGUE

OPENING MEETING
Tuesday, April 28 at the
Recreation Centre at 1 p.m.

The season will run every Tuesday
from May 5 to September 29.

The cost is \$95 or \$130 if you wish to be included in the weekly 50/50 draw. We have monthly BBQ lunches held on the last Tuesday of every month which are included in your yearly fee.

Cheques made out to Ballantrae Men's Golf League can be delivered to us at the meeting.

Further information:

Jay Adams at jaystoy69@hotmail.com
905-640-2843 or Norm Bresser at
nbresser@rogers.com 416-706-9542.

BALLANTRAE LADIES' GOLF LEAGUE

This is a ladies' league for those who like to play 18 holes of golf on a regular basis. A relaxed league, it is run by volunteers and is open to golfers of all abilities. We play on Monday mornings from May 4 to September 28.

COFFEE AND REGISTRATION
Monday, April 27 at 10 a.m. at
the Ballantrae Recreation Centre.

If you are not available for the registration or if you have any questions please call or email the BLGL coordinator:

Sandy Hinch: 905-591-3552;
Cell 416-522-5364
sandyhinch@hotmail.com

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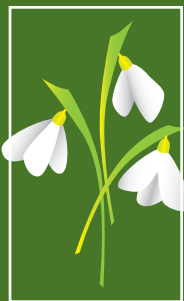
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SUNDAY NINE & DINE GOLF

The Sunday Nine & Dine golfing group is a congenial group who play social, non-competitive golf using a four-ball scramble format. We play nine holes and then dine together in our clubhouse restaurant. Our season consists of nine games, every other Sunday afternoon, from May through September. To accommodate busy schedules, we do our best to avoid holidays and holiday weekends. All prizes are awarded through a random draw.

Our 2019 season was a success. The weather cooperated and factored into only one cancellation. Our thanks go to John McLellan, Tanya McGee and all of the golf course and restaurant staff who supported us.

We are looking forward to an exciting 2020 season, and we have spots available for golfers who would like to join us. If you are able to play six of the nine games, you can become a "regular golfer." As a regular, your spot is guaranteed for each game. If you're only available occasionally, you can become a "spare golfer." Last season, each spare was given at least six opportunities to play.

If you'd like to join a very congenial and social group for non-competitive golf, please email Ken Miyachi (kenmiyauchi@rogers.com) with your name, address, and telephone number.

MONDAY NINE & DINE GOLF

The Monday Nine and Dine group will begin its 2020 season on Monday, May 11, weather permitting, with our first nine-hole scramble of the year. In the event of poor weather, all scheduled players attend the "Dine" portion of the event.

Currently, we have a full roster of regular golfers; however we do welcome those who may wish to be added to the "spare" list. Spares have played frequently in the past and we anticipate the same will apply this year. We play (or just dine) on 11 occasions every other Monday with the last game scheduled for Sept. 28.

Give us a call at 905-642-6521 or email us at lynngale@rogers.com. We will add your name to the "spare" list and send you the relevant information.

We look forward to seeing everyone for another great season of scramble golf, dining and all-around good fun.

THURSDAY NINE & DINE GOLF

We have a fun get-together and encourage golfers of all levels to meet other residents of Ballantrae. We play a nine-hole scramble on alternate Thursdays with dinner afterwards in the Club House restaurant. Singles are welcome to join.

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

I am inviting anyone who would like to join us to contact me at liz.jenkins@outlook.com or 905-640-8216 with your contact information (email, address & phone numbers).

If your contact information has changed, please let me know so I can update my records.

4

Frank Weis puts out his home made 'Birdie House' for the Ballantrae Men's League. A birdie on hole #4 is celebrated with some Schnapps!



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BY MARY BRESSER

REDESIGN UPDATE

HOME PAGE

We've streamlined the Home Page. The "What's New" section has eight icons for quick access to popular information. Words in **BOLD & UNDERLINED** print are links that can be tapped or clicked for more info or actions.



NAVIGATION TIPS

We've created some Navigation Tips that we hope will help you transition to our new website. You'll find them by clicking on the top green main menu banner "Magazine & Website," and select "Website Help."

- For an overview of the new website, click **Navigation Tips** for the HOTG Website
- To find your way around the Recreation Centre page, click **Navigation Tips for the Rec Centre page**
- Learn more about the Events page by clicking **Navigation Tips for the Events Page**

ACTIVITIES & CLUBS



Resident Organized Activities

contains information about things such as: bridge, the choir, euchre, the library and more. Find out when they happen and who to contact. Email addresses have been added to many of the activities, along with descriptions. Anything in a blue font can be clicked for more information.

NEW – Resident Supported Charities.

Many residents volunteer or are involved with charities, and HOTG.ca is happy to pass this information along to you.

PASSWORD PROTECTION

We investigated, conferred with experts and decided that password protection is not something we will impose at this time. We want the site to be easily accessible to interested residents and there isn't any significant personal information available on the site. We have a few emails and phone numbers that would be of little interest to anyone other than our residents and we have received explicit consent to have them posted on the site. We don't identify people in any of our published photos.

Experts recommended we not password protect the site as it just adds complexity and little or no protection.

For more details, click Magazine & Website on the top banner, and select Website Help to read

Considerations on implementing password protection.

RECREATION CENTRE

The Recreation Centre page has been completely redesigned. A calendar for all the regularly scheduled programs is expanded when you click on the image.

This includes scheduled classes listed in the Lifestyle Guide, the swimming pool schedule and Resident Organized Activities.

Any one-time seminars and/or workshops offered are currently included on the main event calendar and will continue to be shown there.

On the right side of the page, beside the calendar, you'll see a Red Alert Box. This is where to look for class cancellations and updates.



Directly below the calendar, you'll see several green boxes, called Accordians. When you click or tap on them, they expand to provide a wealth of information.

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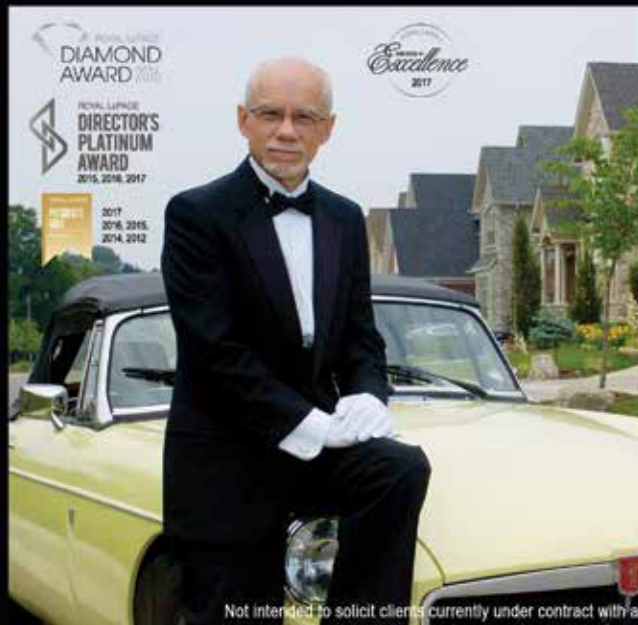
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GOING WITH THE FLOW

BY KAREN CLARK



Turning on a tap, I take for granted that I can easily drink, wash, cook, clean, brush and, yes, flush without a second thought. But from where does this steady stream of clean water come, how is it used and where does it go?

Curious, I decided to follow the water cycle at Ballantrae Golf and Country Club.

WATER SUPPLY

York Region provides clean, safe drinking water to more than one million people. It originates from three sources: Lake Ontario, Lake Simcoe and groundwater wells within York Region. Speaking with Phil Harrison, known as the “Well Guy” at the Region of York offices, I was informed that Ballantrae water comes from deep aquifers under the Oak Ridges Moraine drawn into three ground production wells—two in a pumping station on McCowan Road and one in the fancy stone building behind the Ballantrae fire station, opposite our front gate. The water from the three wells is piped into an elevated tank located on the Ninth Line north of Bloomington Road. With a capacity of 2,271 cubic metres, there is a sufficient supply for distribution to our area. The Region owns, operates and maintains these facilities in accordance with the Ministry of Environment requirements. Extensive sampling is done at the well sites to ensure quality. The treated water in the Ballantrae/Musselman’s Lake distribution system is not connected to any other municipal system.

TURNING ON THE TAP

The Town of Whitchurch-Stouffville is responsible for the distribution of potable water to the communities of Stouffville, Ballantrae and Musselman’s Lake. The Town purchases its water from the Region of York. The operation and maintenance of the system relies on water mains, valves, hydrants, service connections and in-home meters which service the residences within our community.

The water metres in our homes are being upgraded to a computerized system. As the owners and operators of the drinking water system, the Town is held to strict standards of water quality and does sampling on a regular basis. Under the Safe Drinking Water Act, 2002, York Region is required to report annually on the quality and quantity of drinking water produced and it consistently gets top marks.

DOWN THE DRAIN

Wastewater

Once our clean water has been used and goes down the drain, where does it go?

Ballantrae has its own Wastewater Treatment Plant. Built in 1999, it was the only way the community could be built as the rural location did not have a municipal waste system. Homes in the area operated on well and septic systems. Located next to the golf course maintenance sheds, the plant is operated by Eric Todt of Outdoor Enviro Services.

Using a supervisory control and data acquisition system (SCADA), the automated system controls the sequence and stepping of plant operations. While the plant can run without human beings on site, the SCADA system is continually monitoring what is going on and staff is on call 24/7. The biggest challenge is the recent problem of residents flushing adult diapers down the toilet – a definite NO-NO!

Treated water from the plant discharges into a settling pool that in turn flows into the pond next to the fifth golf hole. This recycled water is used for golf course irrigation only. In the winter, the discharge is subterranean...a complete hydrographic cycle. Governed by environmental laws and compliance with the site’s National Audubon Society designation, the plant operates with minimal environmental impact. Proof of that is the abundance of fish in the pond!



Rainbird control towers within our residential properties. Let's see what is inside!



Circuit boards receive signals that in turn open the underground valves to the sprinkler heads!



John keeping an eye on the Flowtronex Pumping system supplying the golf course.



Water level on Pond is monitored daily. Four adjacent wells can supplement the capacity on demand.



Jeff McGuire



Elegant well site behind the Ballantrae fire hall.



Pond receives filtered wastewater from the settling pond (bottom of photo) while pumps draw from the pond to feed the 1100 golf course sprinklers.



John Dunlop monitoring well pumps.

RAIN WATER

The ponds in the Ballantrae community are connected to each other and collect run-off rainwater. The pond on the eleventh hole feeds into the pond beside the ninth green and leads to the pond on the par three fourth hole. This water is used exclusively to irrigate the residential and common areas. To supplement this water supply, four wells adjacent to this collection pond are called upon to keep levels at a maximum. Each well pumps water at a different flow rate, up to 400 gallons per minute. Careful monitoring of how much water is drawn from these wells is reported to the Ministry of the Environment.

KEEPING IT GREEN

Our 900+ home lawns, common areas and 140-acre golf course are kept green by a sophisticated computer/GPS system called Rainbird and is operated by Porcupine Management. Our Ballantrae system is professed to be the largest stand-alone irrigation system in Canada. Under the guidance of "water wizard" John Dunlop, this massive matrix is a high-tech marvel. If it were visible, you would see a mind-boggling maze of underground wires travelling under our lawns and golf course controlling the 1100 golf course sprinklers, over 13,000 (yes, you read it correctly, 13,000!) residential sprinklers and untold valves. It was hard to keep up with John's enthusiastic description of how the system works. I will try to simplify. A central control unit monitors rain levels and develops a program sequence for irrigation. The Rainbird Maxicom Satellite system sends out a series of electronic commands to the towers located throughout the residential communities. Each tower connects to valves buried in the ground. When the signal

is sent, the valve opens and water flows to the section of sprinklers it regulates; usually covering four homes. A two-day cycle covers the whole community. These valves can be operated by a hand-held tablet which is the case when Jeff McGuire, of Orange Stone Irrigation, responds to your call to repair or redirect sprinkler heads. Although the towers have surge protectors, the spring storm two years ago wreaked havoc on all the circuit boards! It was a monumental task to get the system up and running again!

The golf course system runs under the same premise. The programmed sequence for watering the course is initiated by massive pumps adjacent to pond number five. They can draw 1,400 gallons per minute, forced through an eight-inch pipe under 135psi. Each sprinkler rotates 360 degrees and sprays 85 feet. At over \$800 per sprinkler, keeping them in ship shape is imperative. John is in regular contact with the experts at Pumps Plus to keep the intricate mechanical systems up and running. Nearing twenty years old, an update of these systems will be a major undertaking.

Under the watchful eye of John and his team, the water management at Ballantrae is considered to be an excellent conservation of this precious resource... clean water.

Something to be proud of next time you drink, wash, brush or flush!

Water tower stores 2271 cubic meters



For further information on how these water distribution systems are operated and maintained, the Operational Plan for the Stouffville and Ballantrae/Musselman's Lake Water Distribution Systems is available for public viewing at the Municipal Offices, 111 Sandiford Drive, Stouffville.

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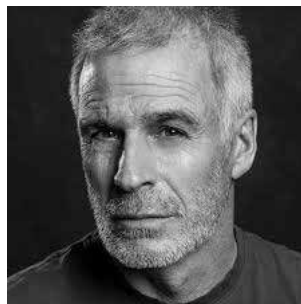
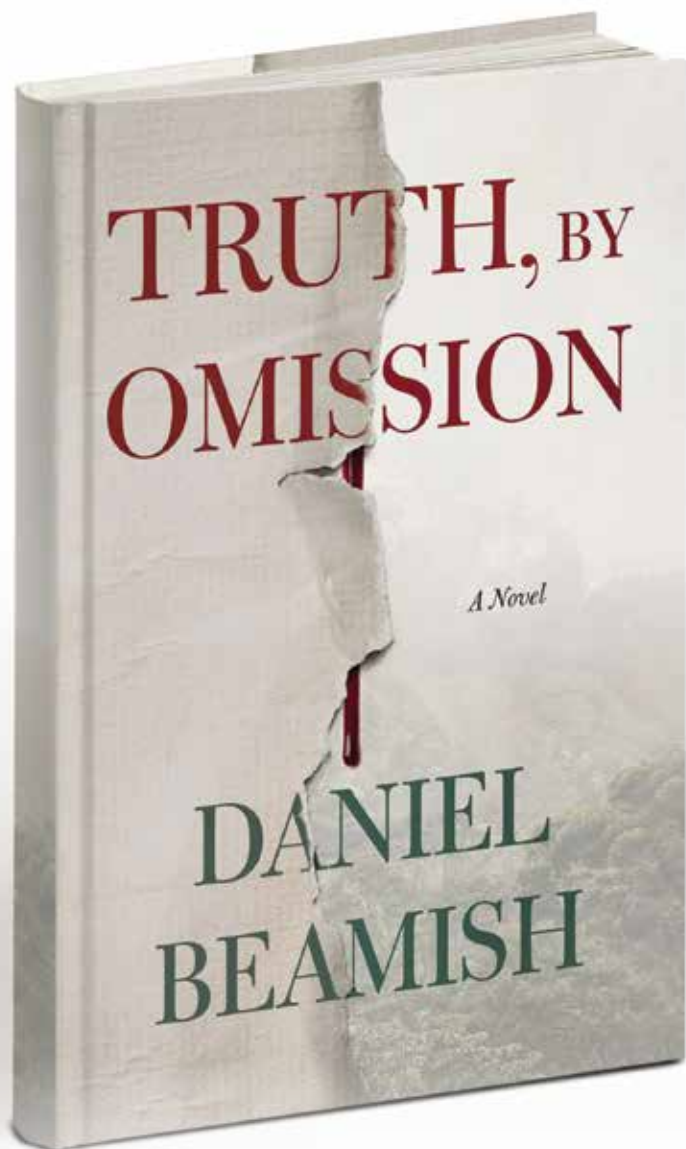
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Meet The Author Evening

BY MARGARET LUNN



The Book Babes of Ballantrae would like to invite everyone, not just members of book clubs, to attend our Meet the Author evening on

Monday, May 11 at 7:30 at the Ballantrae Recreation Centre.

Daniel Beamish is a Canadian who was born in the Ottawa Valley where he and his wife continue to live. This father of four is a graduate of the University of Guelph, has been a farmer, an elected municipal official in Ottawa, a male model and now a writer. His varied background enhances his superb writing.

His first novel, *Truth By Omission*, is a poignant saga which spans many decades and continents while following the life of an African orphan. Alfred lives as a successful doctor in Denver before becoming ensnared by his own hidden past in Africa.

Brilliantly written, Daniel touches on several important social issues: Rwandan genocide, child soldiers, child slavery and Doctors Without Borders.

A powerful novel about the fragility of life, it tells an extraordinary and important story about a period that most readers know nothing about. This saga is a blend of fact and fiction with twists and turns that will shock you and sustain your interest to the last word.

**COST FOR THE EVENING IS \$10.
LIGHT REFRESHMENTS WILL BE SERVED.**

Tickets may be purchased from any Book Babes of Ballantrae member,

Margaret Lunn, 905-640-2865,
or Gail Knaggs, 905-591-2951.

TICKETS ARE LIMITED

Daniel Beamish has led an eclectic life and you will find his bio most interesting. If you would like to learn more about him, visit:
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Shall we Charleston?

Conversation and clacking tiles rule in MahJongg

BY BLAIR TULLIS

How did a gambling game played by Chinese ever take hold in Ballantrae? How ever it came to pass, MahJongg is growing here and you can't stop it! Having started years ago among small groups in Ballantrae homes, the movement has now taken hold at the Recreation Centre, where the clacking tiles can be heard three times a week. The main MJ club is run by Susan McKay, who oversees the play among its 65 (and growing) members, most of whom are women along with a few stalwart men.

Known among the *cognoscenti* as Maj, the game originated in the Shanghai area of China back in the 19th century. The traditional game is similar to gin rummy in that you look to accumulate runs or sets of tiles in threes or more. In 1935, Americans found a way to monetize the game by selling rule cards that laid out the specific sequences of tiles one should collect to win a game. Sets of up to 152 tiles are divided into craks, dots, bamboos, winds, dragons and flowers. There are even jokers, wild as usual. Each table normally has four players,

who get 13 tiles from which to make their hands. After that, it's a draw and discard game until someone gets a Maj.

For those wishing to enter the exotic world of Maj, there is a Monday morning group of novices, under the wing of Mary Freedman who helps her students eventually to join the main group that meets on Thursdays at the Recreation Centre. There is no gambling at these Recreation Centre games, but other groups do meet to exchange conversation and coins in homes around Ballantrae.

Although the game is, indeed, the thing, it seems that the social aspect is the most important part of a typical Maj session. As Susan says, "It's a way to activate your brain and I've met lots of great people."

As for the oblique Roaring '20s dance reference in the title, Charleston is what players do in preparation for the game. They pass tiles to the left, right and across about six times or so before starting to draw tiles. Who knew?



Susan the leader
of the club



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| Art Sanders, Transportation | 18 |
| Frank's Wexford Service Centres Ltd. | 16 |
| Main Street Limousine | 14 |
| Pat's Body & Paint | 16 |
| Stouffville Honda | 51 |
| Total Motor Werkes | 35 |

ENTERTAINMENT

| | |
|----------------|----|
| 19 On The Park | 26 |
|----------------|----|

FASHION

| | |
|----------------------|---|
| MR Menswear | 4 |
| Peach Tree Originals | 6 |
| Peppertree Klassics | 4 |

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|--|----|
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| RBC Dominion Securities Inc. | 37 |
| Rempel Capital, Hollis Wealth | 2 |
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|----------------------------|----|
| Chapel Ridge Funeral Home | 12 |
| Dixon-Garland Funeral Home | 51 |

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| | |
|---------------------------------|----|
| Card's Appliances & Televisions | 53 |
| Modern Home Furniture | 12 |
| Stouffville Fine Furniture | 24 |

GOODS & SERVICES

| | |
|--|----|
| AGV Decorating & Design | 26 |
| Ballantrae Geek Computer Services | 12 |
| Cautious Moving & Storage Ltd. | 37 |
| Clarkson Auctions & Movers Inc. | 39 |
| Hank "The Painter" | 26 |
| Lindy's Floral Boutique | 41 |
| PB Upholstery | 53 |
| PC Doctor | 6 |
| Phoenix Electrical Services Inc | 18 |
| Redfearn, Zizek & Assoc. Inc., Interior Painting | 10 |
| Rotostatic | 4 |
| Stitch in Tyme Upholstery | 41 |
| Water Systems Plumbing & Drains | 4 |

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| | |
|---|----|
| Ballantrae Pharmacy | 18 |
| Ballantrae Plaza Veterinary Clinic | 24 |
| Dr. Beth Williston, Dentist | 45 |
| Fusion Physiotherapy & Wellness Centre | 55 |
| Nurse Next Door | 10 |
| Stouffville Family Dentistry | 35 |
| Stouffville Family Footcare | 49 |
| Stouffville I.D.A. Pharmacy | 53 |
| Stouffville Joint Venture Physiotherapy & Fitness | 45 |
| Vivid Optical | 35 |
| Wishing Well Guardian Pharmacy | 26 |

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| | |
|---|-----|
| Comfort Masters | 43 |
| Dan The Drawer Man | 2 |
| Fischer Custom Cabinets Ltd. | OBC |
| Inside Out Decorating Centre | 41 |
| Kelly & Sons Roofing | 8 |
| Lifestyle Oasis Windows & Home Products | 10 |
| Novelcare Heating & Cooling | IBC |
| Patti-Lynn Interiors | IFC |
| Rolltec Rolling Systems Ltd. | 39 |
| Stouffville Garage Doors | 55 |
| Tri-Aqua Water Systems | 45 |
| Tri-Vista Renovations Inc. | 14 |
| Twins Windows and Doors | 35 |

REAL ESTATE

| | |
|----------------------------------|----|
| Remax (Helen Hunt) | 49 |
| Royal LePage (Gary Davis) | 45 |
| Royal LePage (Joyce Dow) | 8 |
| Royal LePage (Carol Taplin) | 37 |
| Royal LePage Connect (Eva Adams) | 41 |

RESTAURANTS & FOOD

| | |
|-----------------------------------|----|
| Annina's Bakeshop Café & Catering | 14 |
| Hanson's | 24 |
| Off The Hook Fish Market | 12 |

SENIORS RESIDENCES

| | |
|--|----|
| Amica | 53 |
| Stouffville Creek Retirement Residence | 55 |
| The Renoir | 6 |

TRAVEL

| | |
|---------------------------|---|
| Stonehouse Travel & Tours | 6 |
|---------------------------|---|

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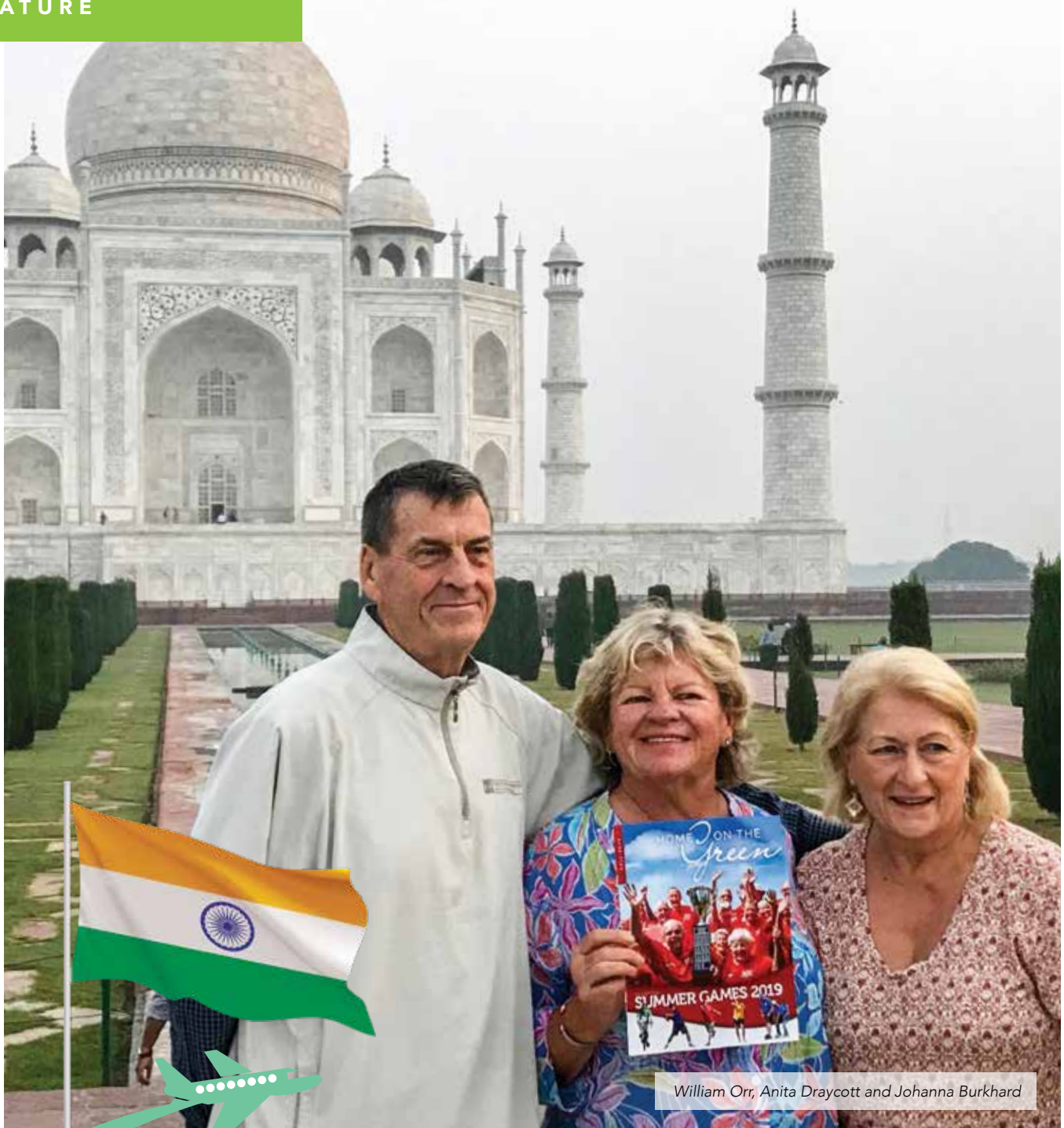
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William Orr, Anita Draycott and Johanna Burkhard

The Taj Mahal, India

HOME ON THE GREEN GOES GLOBAL

Last fall Ballantrae residents Anita Draycott, William Orr and Johanna Burkhard took *HOTG* along with them for a photo op at India's Taj Mahal. They enjoyed almost two weeks touring some of Rajasthan's famous

sites and found the country to be a land of startling contrasts—from the sublime Taj to the terrifying traffic (cows included).



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