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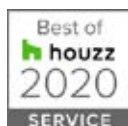
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P.O. Box 849 Stouffville, ON L4A 7Z9

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

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PUBLISHER	Helen Hunt
EDITOR	Anita Draycot
Assistant Editor	Karen Clark
Social Liaison	Kathy Billington
Contributing Writers	Enid Sanders, <i>Secretary</i> Lynne Balfour Johanna Burkhard Donna Clark Karen Dermody Brian Freedman John Gorman Helen Hunt Greg McCain Ken Miyauchi Jan Richards Alison Scowcroft Maurice Smith Dayna Stoddart Blair Tullis Pat Wood Joe Zinner
Proofreaders	Mary Hallam, <i>Coordinator</i> Helen Mitchell John & Carole Perz Diane Ross
Contributing Photographers	Joe Zinner, <i>Coordinator</i> Lynne Balfour Karen Clark Anita Draycot Brian Freedman Greg McCain
Production Coordinator	Terry Coulson 416-606-5876
Advertising Sales	Elaine Saksons, <i>Coordinator</i> , sakselai@gmail.com John Pittaway, <i>Administrator</i> Bryan Black Kay Corlett Bill Hewitt Maggie Pittaway Pat & Ray Stadnick Linda Tanaka Carol Taplin
Distribution	Norm Bresser Al Moldon
Comptroller	Marie Hewitt
Board of Directors	Donna Clark, <i>Chair</i> Anne Brewing Helen Hunt Paul Mak Terry Maloney Peter Sims Ginny Tullis
Founding Editor	Ruth Flanagan
Graphic Design	UNITE Creative Inc.
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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](mailto:homeonthegreen@rogers.com). Home on the Green reserves the right to accept, edit or reject any submitted article. All such contributors are deemed to have consented to the publication – either in print or online – of any information submitted by them.



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### Andrew Rempel, CIM®

Portfolio Manager

HollisWealth®, a division of Industrial Alliance Securities Inc.

[andrew@rempelcapital.com](mailto:andrew@rempelcapital.com)

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## MESSAGE FROM THE EDITOR

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### COVID CONFESSIONS

As I write this in late July, I don't know how to comment on COVID-19 and how our lives will be ruled by the pandemic.

I do know that since March 2020 when my husband and I were in South Africa and were advised to "get home quickly," things have certainly improved from my perspective. Now that we can play tennis and golf in our Ballantrae Community, albeit with new rules, life is better and seems more normal. I also enjoy Dayna Stoddart's fitness classes via Zoom. If you are unaware of these sessions, check out her column in this issue.

Some of my "survival" tactics during the seemingly endless cold and windy days of April involved daily walks and bike rides with good friends. Thank you, ladies, for your constant friendship and positive attitudes. We kept each other both sane and fit.

As a freelance travel/golf writer, I had been accustomed to travelling about half the year to exotic locations. This time last year I was playing golf in Phuket and doing cooking classes in Bangkok. Being grounded has certainly made me thankful for all the wonderful destinations I have visited and reminds me of what a privilege it will be to get on a plane someday soon I hope.

I guess we all cope with COVID in different ways. I discovered that, at first, I was a bit of a hoarder. I bought much more food and toilet paper than we needed and stockpiled it away. I also realized that, when bored, I like to shop. So, many late nights I found myself sitting at my computer checking out things I could buy on Amazon. So far, I confess to ordering a scarf organizer, a folding garden bench, a lot of jigsaw puzzles and a gadget called "The Amazing Bin" that I have yet to receive.

By far, my biggest purchase was a new/used car. Because the automobile dealerships were either completely or partially closed, a salesman at Richmond Hill Toyota created a virtual tour of the 2020 Toyota Corolla's features. My husband and I were allowed to come to the car lot and have a "test sit." We could not have the keys to start the car but we could sit in it, check out the condition and decide if the trunk was big enough to hold my golf clubs, tennis racquets and gardening gear. After negotiating a price, the car and paperwork were delivered by an employee wearing a mask. If not satisfied, I was given a three-day or 300-kilometre money-back guarantee. Not your normal way to buy a car, but I am a happy customer.

To my husband's chagrin, I also had the urge to renovate. First project was re-tiling the front porch. Next was re-surfacing our back patio. As I write this, we have sent our bedroom furniture out to be refinished. What's next? Only time will tell.

In the meantime, stay safe, wear masks and be kind to each other.

### Be Sure to Read Pat's Patter

Alas, all good things must come to an end and I am sorry to report that Pat Wood's last regular column appears in this issue. It's a wonderful read. I hope we can persuade Pat to contribute in future issues when she has the time and inclination. I asked Pat to give us a bit of background about her long history with *HOTG* and here's what she said:

"My first involvement with *HOTG* came about through the social committee. We moved here in March 2001 and that summer I joined the social committee, organizing and helping with events starting with Cocktails on the Green that summer. I wrote summaries of these events for the magazine, asked to do so by Ruth Flannigan the original editor.

At the end of 2005, Allen Hodgson asked me to write a column and I was pleased to do so. Since 2006, I have written 52 columns: now and again, as requested, I also wrote summaries of socials.

Other than saying how much I've enjoyed participating in such a classy publication and thanking my readers for their kind words from time to time, I don't think I need to write a final column saying goodbye. That would be kind of sad and we need cheering up these days. Please mention those things and the fun I've had writing.

Thanks, Pat

### A NOTE FROM YOUR SOCIAL COMMITTEE

Please check the *HOTG* website frequently for updated information on upcoming fall/winter events organized by the Social Committee. The decision as to whether to hold an event will be contingent upon provincial COVID-19 regulations.





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# A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



## COVID-19

The recent pandemic has created major challenges for the town. Closing of non-essential business translates into reduced revenues to the town while at the same time we are incurring additional costs.

By the end of March, staff had estimated that if the pandemic lasted until the end of 2020 our projected operating deficit would be approximately \$1.2 million. The revenue shortfalls would mainly be from fees and revenues charged for such things as leisure programs and recreation facilities (arenas, pools and camps). Of course, certain costs such as insurance, heat and hydro for closed facilities would still remain. To mitigate this deficit Council approved the deferral of a number of capital projects including replacement of vehicles as well as the elimination of part-time staff (including summer students).

It is noteworthy that the operating deficit at the end of July was in line with the staff's projections. It is also worth noting that the town applied for and received government grants for some of our re-start projects.

Like so many businesses with offices closed, the majority of town staff are working from home. Even with this inconvenience, residences and businesses continue to receive a high level of service, although done virtually. Likewise, all council meetings continue to be "virtual" meetings via ZOOM. Click on the town website if you would like to listen in or participate. The town's Development Department team is doing terrific work and by June 30 had generated revenue fees in excess of \$1.1 million. This more than doubled the entire revenue from 2019 - a great step forward toward the future well-being of post-pandemic Whitchurch-Stouffville.

Towards the end of July, York Region announced that all their offices would remain closed and employees would continue to work from home until at least January 4, 2021, at the earliest. I suspect that with experts such as Dr. Kurji, York Region's Medical Officer of Health, agreeing and commenting that "real relief will come with the vaccination of the majority of our public, hopefully in the first quarter of 2021," Stouffville will soon vote to follow the Region's lead.

## Ninth Line

Those who use the Ninth Line, especially north of the back gate entrance to BGCC, will have noticed a number of changes this past summer.

1. The road was completely rebuilt from St John's Sideroad to Vivian Road.

2. Prints of this sign have been posted to remind us that we are travelling in an active farming community.



3. The speed limit on Ninth Line from Aurora Road north to our back gate is presently 50 km/h. Thereafter it is 70 km/h all the way north to Davis Drive. A recent change I had requested was introduced and approved at council in July to reduce the limit north of the gates from 70 km/h to 60 km/h. I would have preferred that it be changed to 50 but was convinced that other steps and more enforcement was a better option. Staff will study this change and come back to council with a further report in the new year.

I was happy to support these three initiatives by voting in favour of all three.

## Drinking water report

On an annual basis Council is provided with a report from the province on the condition of the drinking water and related systems in our area. Delivery of potable water in Ontario is regulated under strict protocols set by the Provincial Safe Drinking Water Act. The most recent report of sampling results and assessment show that there are no identified concerns with drinking water quality or quantity for the Ballantrae/Musselman's Lake system.

## Signalled intersections

Vehicle traffic here in Ballantrae has increased over the last number of years. This increase has caused a number of accidents at key intersections near the BGCC area. One of these is Aurora Road at McCowan. Regional staff have therefore agreed to install traffic lights and make this a signalized intersection. Cost has been included in the region's 2020 budget.

The Aurora Road and Ninth Line intersection is one of those difficult intersections in our area. Residents are reminded to use extra caution when approaching and entering this intersection.



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# What's Up Doc?

BY PAT WOOD



Fans of *Looney Tunes* will remember Bugs Bunny often posed that question to Elmer Fudd. We seem to be living looney times of change and uncertainty these days with an ever-present update from some doc or another on the COVID-19 crisis.

As you know, I write fluff pieces for our magazine. Sex, religion and politics are off limits for my columns. Finding the fluff is proving difficult right now, but I have decided to try with a list of positive "nevers" caused by the pandemic.

Never have my cupboards been tidier. Initial quarantine brought about a flurry of housekeeping activities and jobs well done. Unfortunately as isolation lasts, we are already slumping back into normal messiness.

Never have I enjoyed nature more. The birds, the squirrels' antics on the bird feeder and the baby ducks all became a source of entertainment when TV and reading waned. My outstanding neighbour replanted our garden this year and we have been ever appreciative and happy just watching the plants grow.

Never was a haircut more welcome. After two months hubby and I started to look like Grizzly Adams and his wife. (I don't actually know who Grizzly Adams is, but I'm sure he is no relation to the lovely Adams people living here in our community.) And that joke about changing from your daytime pyjamas to your nighttime ones did actually happen a few times when the morning shower got pushed back to suppertime. Whaaat – nobody was coming!

Never have I been happier with whom I married. Hubby and I rubbed along quite nicely (oops) during our isolation, although I think our teeth are a little worn down what with all the clenching.

Never have I appreciated my family and friends more. Care, kindness and thoughtfulness have

been showered upon us and long phone chats and FaceTime made our connections even more special.

Never have I been more appreciative of our healthcare system. Although I have not needed it personally, our healthcare workers and the system have been outstanding. Just ask Ken Hook, our very own neighbourhood COVID-19 survivor who shared his progress with us on a "different" but enjoyable Canada Day.

Never have we all been so glad to be Canadians. Both levels of government have performed well in keeping us informed and safe. Leaders have actually led. So wonderful compared to our sadly troubled American friends. Is it our kinder, gentler nature doing what we are asked rather than rebelling? A subject for a more serious columnist.

And finally, never have I been more thankful to be living in our Ballantrae bubble. I've often referred to it here as our bubble, but the virus has confirmed it. If you have to be isolated, this is surely the place. Haven't our own people here done a grand job!! From the Rec Centre staff and Dayna's Zoom exercise programs to the creativity of our website people — they've tried to keep us safe, fit, informed and entertained.

It doesn't even matter that my neighbour scared the bejeesus out of me the other night when he was out checking his water sprinkler heads at three in the morning. Isolation and an overactive imagination have requested a heads up for any future midnight wanderings!

So as I write this column in July for your September reading, we are entering Phase 3 of a cautious reopening. I am feeling apprehensively positive that some sort of normalcy will return to our lives, card playing will resurface and finding the fluff in life will not be so difficult. Fingers crossed!



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# A New Pet World Thanks To Covid-19

BY ENID SANDERS



As people are practising social distancing to curb the spread of COVID-19, many have come to the conclusion that now is the perfect time to bring a pet into their home.

Interest in fostering and adoption has seen a significant increase and while many rescues are closed, there are also many that, for the first time, find that they do not have any pets to send out for adoption. There is a great concern that the responsibility and commitment that have been made by many during this time will no longer seem appealing once we return to more normal routines. Apparently there has already been an increase in owner returns for various reasons – illness, financial, etc.

I am concerned that some people do not do their homework when it comes to adopting a pet – adoption should be for life, not just during Coronavirus.

When you cannot leave your home and touch has become taboo, animal companionship seems ideal. Isolation can lead to depression and loneliness for seniors, Alzheimer patients, etc. While pets cannot completely fill the void left by isolation, they do provide emotional support, fulfill the human need for touch and offer relief of stress and anxiety levels.

Another concern during this time is what effect the constant attention will have on our pets. Never before have we spent such a concentrated amount of time with them. A dog psychologist stated that both existing and newly adopted pets will be affected by this constant attention.

They actually need some “alone time.” Every time, we go out now, Art reminds me that we are doing Stella and Tyka a favour as they have to remember how to amuse themselves when we are not there. That said, this COVID time has been great for our dogs. They are getting more walks, longer walks and certainly more attention and time with us than in the past.

However, what about the new pet that has been brought home during this isolation period? They need to cope with being alone sometimes and it is important not to allow separation anxiety to become a major problem if and when we return to some type of previous normalcy.

I have contacted several shelters and while they are still closed, adoptions are taking place via phone, Zoom

and some personal meetings. Many of the shelters now have waiting lists for adoptions and this is a wonderful thing. I hope that when this period of isolation ends, all will end well for the shelters and the pets themselves.

I also hope that most people who have chosen to adopt during this period will have learned not to think short term. Right now we are all home and regular activities are on hold, but what will happen when we can go out at leisure, return to the gym, and travel? Who will be taking care of that new family member then?

As soon as the pandemic was announced in Canada and the United States, the shelters were forced to close, but before doing so, their calls for help were well-heeded. This was not the case in many other countries such as China, Italy and South Korea where the animals continue to suffer. There is no real evidence that the disease can be passed from companion animals to humans but some people are frightened that this is not the case.

The Toronto Humane Society is continuing to do adoptions on a digital-first-come-first-served basis. They conduct interviews on the phone and will schedule meets and greets in person, but the fact remains that there are still not a lot of pets available for adoption and the process is not the most reliable.

If you have adopted a pet during this period of isolation, please remember that he/she does not know what COVID is, or what a pandemic means. He only knows that you are his FOREVER family and that he will love you forever.



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# Guess Who's Doing The Dishes!

BY BRIAN FREEDMAN



Over the years many Ballantrae Golf & Country Club residents who were originally satellite TV subscribers have migrated to Rogers in order to bundle services (TV, internet, home phone) and to have access to internet services and speeds more in keeping with today's needs and standards. This migration has accelerated over the past couple of years with Rogers' introduction of their well-featured Ignite TV bundle (you know, the one with the voice activated remote!).

Unfortunately Bell was not yet ready to lay down their fibre optic cabling when our community was first built. As a result, they are unable to offer their product competing with Rogers, which is their Bell Fibe TV, along with the high speed internet that is increasingly required for our growing list of internet-dependent devices and activities such as watching Netflix, enjoying YouTube videos, FaceTiming, Skyping, Zooming, etc.

However, I noticed a number of satellite dishes, many of which I found out later to be long unused, that still seemed to be clinging to the outside of homes throughout our community. And let's face it, while they were - and in some cases still are - serving an important function, I don't think we originally acquired them as a fashion accessory intended to be proudly displayed on the home indefinitely!

Knowing this, I took the initiative to reach out last year to our friends at Kelly & Sons Roofing to inquire how they might be able to help. I received a prompt response from Ann, Adam and Allan (i.e., the Kellys) to say they would gladly remove the unused satellite dishes from any BGCC resident who requested and would do so on a complimentary basis. Well, easy for Ann and Adam to say, because in the end it would be Allan doing all the work! Nevertheless, in Allan's words, "We have deep roots in the Ballantrae community and we will be there anyway most, if not all of the season, together with our ladders, equipment and team members. Climbing up the sides of homes

*Continued on page 13*

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is what we do, so we would be very happy to offer a hand and properly remove those unused dishes for those who need and make sure we patch up the remaining holes properly." (Note that a small charge was required in some rare circumstances where dishes were affixed to the roof of the home, due to required roofing tile repairs, matching and replacement.)

By the end of last year's "roofing season," more than 80 satellite dishes had been removed from residences across our community. These were all disassembled and thoughtfully recycled thanks to a local Stouffville resident volunteer looking to raise funds for his church through the sale of the corresponding scrap metal.

On a side note, there's an old adage that one person's trash is another person's treasure. And it was precisely that theme that led me to Cheryl Milne's home on Arnie's Chance. Little did anyone know that Cheryl, an avid potter for many years, had been eyeing those dishes for some time as a potential mold for making ceramic serving platters. "They are nice and big, round, light in weight and nicely concave in shape," said Cheryl. After putting up the mounting holes, the dishes worked perfectly as a mold. Cheryl expects even more demand for these previously owned dishes coming from her friends at the Pine Tree Potters Guild in Aurora once everyone is back and she



has the opportunity to share her discovery. You might also find one of Cheryl's beautiful ceramic creations on display at the Kelly & Sons office in Stouffville.

Finally, if you weren't ready at the time or just missed the opportunity last time around, the Kelly & Sons team has graciously extended their offer into the remainder of this year. So please contact them at **905-649-3700** or email at: **info@kellyandsons.ca** to arrange for the removal of your unused satellite dish.

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# The Discovery Of Insulin

BY JAN RICHARDS



As I reflect over these past six months, I think of the depth of scientific knowledge that is now leading us through the COVID-19 pandemic. Knowledge that will advance the medical world's understanding of a novel virus that will set new standards of clinical care. The challenges that this virus has presented to the international community of doctors, researchers and scientists were also experienced 100 years ago at the University of Toronto in the laboratories of Frederick Banting, Charles Best, J.J.R. Macleod and James Collip as they researched the function of the pancreas in search of a treatment for diabetes.

Many physicians around the world, as far back as the fifth and sixth centuries, noted a condition of "honey urine." In the 18th century, the presence of sugar in the urine (glycosuria) and sugar in the blood (hyperglycemia) was initially thought to be a disease of the kidneys.

Eventually scientists believed that a low hormone secretion within the pancreas was likely the key to the sugar imbalance known as diabetes. Pancreatic islets (areas in the pancreas that contain these hormone-producing cells) were discovered by Paul Langerhans, a German researcher, who recognized that a separate system of cells (appropriately named the islets of Langerhans) within the pancreas played a significant role in making this hormone.

Dr. Frederick Banting, a farmer's son from Alliston, had graduated from the University of Toronto in 1916 and Charles Best, his research assistant, worked in the heat of the summer of 1921 performing surgery on dogs trying to understand how to extract enzymes (chemicals which act as a catalyst for a unique reaction) from the pancreas. Many educated and learned minds contributed to this evolving research and by 1922 the team decided they could safely test the extracted pancreatic enzyme on human subjects. A 14-year old boy who was on the brink of death from diabetes at Toronto General Hospital was injected with the pancreatic enzyme. Initially the patient did very poorly and the research team was extremely disappointed. Weeks later, the team resumed their treatment with a more purified extract and it was a spectacular success – the boy's blood and urine sugars became normal and his diabetic symptoms were alleviated. The purer extract worked consistently and effectively suggesting that the Toronto team of researchers had discovered the internal hormone of the pancreas.

The team called the purified extract insulin (from the Latin root word *insula* or "island," because it was secreted by the islets of Langerhans).

In the fall of 1922 Macleod presented a research paper, "The Effects Produced on Diabetes by Extracts of the



Pancreas" at a meeting of the Association of American Physicians in Washington, DC. Dr. Banting's team were given a standing ovation by the professional audience. This was Toronto's announcement to the world of their discovery of insulin.

In 1923 the Nobel Committee of the Carolina Institute in Sweden, presented Banting and Macleod with the Nobel Prize in Physiology – one of the fastest honourings of a medical discovery in the history of the awards.

Over the years, the Nobel Prize for insulin became highly controversial as only two men, Banting and MacLeod, were given the award. But scientists and medical historians viewed the discovery of insulin as a collaborative effort by the team of Canadian researchers – Banting, Best, Collip, Macleod and many others. At the time, a wise scientist commented "in insulin there is glory enough for all." Millions of diabetes sufferers around the world were less interested in the battle over scientific prestige than they were in the fact that Canada had discovered a treatment for diabetes.

The discovery of insulin was one of the most dramatic events in medical history. Insulin's impact was so significant because of the extremely positive effect it had on patients. Those who watched diabetic patients receive insulin and "return to life" saw one of the genuine miracles of modern medicine – the elixir of life for millions of patients around the world.

Similar to 100 years ago in the sweltering heat of the College Street lab in Toronto, there is now a community of doctors, researchers, epidemiologists and scientists all over Canada and the world working tirelessly on a solution for a 21st century scourge. The race is on for scientists to develop a vaccine to protect us from the COVID-19 virus.

Wouldn't it be wonderful if Canada's team of researchers were honoured for their discovery of a COVID vaccine just as Banting's team were celebrated 100 years ago for their discovery of insulin?



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# Tin Cup Caffé & TIN Restaurant

BY ALISON SCOWCROFT



**TIN CUP CAFFÉ**  
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These are unusual times to be writing about a restaurant given the new normal in dealing with COVID-19. With this in mind I headed over to Uxbridge to meet with Don Andrews, a partner and owner along with Conrad Lepine, in both the Tin Cup Caffé and the TIN Restaurant. You may remember them as the owners of the Tin Mill which they shut down last January.

Don has formal training in the restaurant and catering business. He has worked for Marriott, CP (now Fairmont) and was also in corporate sales for American Airlines. Conrad was general manager of the Rosewater Supper Club and Bistro 990 in Toronto. Don grew up in Uxbridge; as a matter of fact, his mom owned a B&B called Just Mary's for many years.

While the Tin Cup Caffé has been open for some time, the TIN Restaurant is relatively new. The Caffé is open for breakfast and lunch while the restaurant is open for afternoons and evenings. They share the same location. At the Caffé, they serve a variety of coffees and sandwiches (chicken salad is a favourite), as well as salads and home-made soups. Their own in-house-made desserts include cookies, scones, muffins and of course their famous carrot cake.

Their chef, who was also with them at the Tin Mill, is Mike Mills. He is Vietnamese-Canadian and his creativity with the menu includes an Asian flair. The most popular foods on the menu are the fish tacos, the butter chicken and

the spicy beef noodle bowl. However, their home-made burgers are also very popular.

At the TIN they have included pizza on the menu, with the dough and tomato sauce also made in-house using only fresh ingredients. Don likes to shop locally as much as possible, which is evident in the quality and taste of the food. They also serve craft beer from Uxbridge's Second Wedge Brewery and from Port Perry's Old Flame Brewing Co. The TIN has a full liquor licence and they create their own fresh drinks including sangria, pina colodas, strawberry daiquiris and margaritas.

I sat out on the patio with Don for our interview and although these are unprecedented times, it was clear to me that they are going to continue to be creative in how they provide top quality food for their customers. Don still does catering and you can also pick up sandwiches or dinner. If you order and pay ahead, they will deliver it curbside. Many people enjoy coming out to have a drink and an appetizer on the patio.

I'm not sure where we will be in the whole COVID-19 pandemic when this article is published, but I can tell you that Don and his team will do everything they can to ensure that their customers have a good experience, whether it's eat-in, take-home, or catered.

Please support our local restaurants and small businesses; we need them.

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# Health & Wellness

## Why Meditate?

BY KAREN DERMODY

What is this practice they call meditation? Some people think you must sit quietly and cross your legs in a lotus position (as if that is going to happen) and think no thoughts. Are you kidding me? The idea of sitting still may seem out of this world, but to have no thoughts in our mind is out of the question!

There are many ways to meditate and quiet the mind. Some involve repetition of a mantra, guided meditation, walking quietly in a forest, or simply doing household chores.

Meditation provides a foundation for better health, more loving relations, unconditional peace and greater success in whatever our goals may be.

The practice takes us beyond a mental prison of doubt, judgment and anxiety to a silent field of expanded awareness where we remember our essential nature as peaceful, centred and creative.

Just a few minutes a day allows us to experience the wholeness in our lives that supports balance, healing and transformation.

In this world of change and stress, meditation offers access to an inner sanctuary of quiet centred awareness. You will be better able to make life-affirming choices that benefit your entire wellbeing.

Are you perfect in every way? Perfectly happy, perfectly healthy with all of your desires instantly fulfilled? Realistically, most of us have a desire to change in some area of our life. Meditation is a journey back to perfection, and in the process, you are showered with its gifts.

For thousands of years people have used meditation to move beyond the mind's stress-inducing thoughts and emotional upset into the clarity of present-moment awareness. Scientific studies have found that practicing regular meditation produces many benefits for our mental and physical health.

### Physical Benefits

- Lower blood pressure and reduced hypertension
- Improved immune function
- Lower levels of blood lactate, reducing anxiety attacks
- Decreased tension-related pain, such as tension headaches, ulcers, insomnia, muscle and joint problems
- Increased energy levels as you gain an inner source of energy
- Increased serotonin production that improves mood and behaviour
- Reduced production of "stress hormones" including cortisol and adrenaline

- Increased grey matter in the hippocampus; a brain area important for memory and learning
- Extended life by increasing the production of the anti-aging hormone DHEA

### Mental Benefits

- Decreased anxiety and depression
- Improved emotional stability
- Increased creativity
- Increased happiness
- Decreased problematic issues
- Development of intuition
- Gained clarity and peace of mind
- Mind sharpened by improving focus and mind expanded through relaxation
- Enhanced sleep patterns for a more restful slumber

Beyond these significant benefits, the greatest gift of meditation is the calm and inner peace it brings to your daily life.

"The most powerful tool we have for learning to make miracles out of our desires is meditation. Meditation allows us to place our attention and intention in the more subtle planes giving us access to all the unseen, untapped information and energy" ...Deepak Chopra.

With meditation, the body shifts into a state of restful awareness. Sleep is restful dullness.

Benefits of meditation come through practice. Meditation is being, rather than doing; it's being aware or being the observer rather than the doer. Although it is often called the practice of meditation, it's really about doing nothing.

How amazing to receive so many benefits by just sitting and doing nothing. What reason do you have for not practicing meditation?

Life is a long journey and like any journey, sometimes you may feel lost and confused. Meditation takes you to that safe secure place deep within—the place where the storms and conflicts of life can no longer touch you. The place where you can rest and be nourished and nurtured. Meditation is your journey home.

Meditation brings many gifts that bless all areas of your life. The greatest gift you can give yourself is the gift of meditation.

Karen Dermody is a Vedic educator and teacher of meditation who was trained by Deepak Chopra.

# Virtual Fitness: Work Out Apart but Together

BY DAYNA STODDART



Every cloud has a silver lining - - -



Stepping out of my comfort zone into the virtual medium and learning how to manoeuvre this technology turned out to be a pleasantly positive experience during these uncertain times.

The virtual medium is very different from teaching group fitness in person as I would normally depend on the participants' body language, facial expressions, etc. to offer cues and feedback during a fitness class. I can honestly admit that initially I was quite nervous to instruct fitness classes in this "unknown" territory. But hearing that other colleagues felt exactly the same way reinforced the fact that I was not alone.

We have been "live" on Zoom Mondays through Thursdays since Monday April 3 and have been running weekly ever since.

Dayna, I just wanted to let you know again how valuable both of us are finding your classes—both for physical and mental health! It's one part of our COVID experience that we'll be sad to see end. My husband participates in all of them—and he doesn't sign up for them at the Recreation Centre. It's not the money but being able to participate anonymously that appeals to him.

I was very surprised and pleased to see the numbers of residents participating. During the months of April and May we had 60+ devices logged into the classes. Many devices had two people participating. In general, the virtual



numbers continue to exceed the in-person numbers we would see at the Recreation Centre. We could not have the same outreach without this new Zoom medium.

Dayna, my wife and I have been following your exercise seminars every day (except Friday) from the beginning. We have enjoyed them and you are doing an excellent job. Will these online sessions continue after the Recreation Centre is open and the virus is gone? We hope so. With 900 households in Ballantrae, online is a better way to serve the community. Thanks.

The Zoom sessions have allowed many residents to continue to exercise remotely as they have relocated north to their cottages for the summer. We even had some residents participating who were in lockdown in other countries.

We have received much positive feedback from the community about how they can get/stay fit from the comfort of their own homes and how their spouses, who would never attend a group exercise class at the Recreation, have now started fitness regimens and are enjoying the classes. Just having the flexibility to join from wherever you are, in the city, north, or at home is appreciated.

Dayna, since we are not in Ballantrae all the time, the Zoom sessions mean that I don't have to miss any, when we are in our condo downtown.

The complimentary classes are consistently scheduled from 10:30 a.m. to 11 a.m. to keep it simple from day to day. However, on Tuesdays, we offer two classes as we have done in the past.

The variety of classes specifically offer different components of fitness.

Monday's Arthritis Fitness Fusion caters to range of motion exercises for reduced joint stiffness and improved activities of daily living.

Tuesday's Balance and Core Stability (10:15 a.m. to 10:45 a.m.) provides fitness movements and exercises for improved balance, core stability and improved quality of life.

Tuesday's Bfit Class (11 a.m. to 11:45 a.m.) offers

gentle movement that integrates light cardio, strengthening, balance, core work, breathing, stretching and progressive relaxation.

Wednesday's Cardio Mix is geared to heart and brain health by improving your aerobic capacity and endurance during this fun and energizing cardio class.

Thursday's Stretching and Relaxation Class provides full body stretching and guided progressive relaxation for stress relief.

Will virtual classes continue even after this pandemic is over? Probably, but an official decision will be made by the 1202 Board.



# ENJOY Local Produce AT ITS Peak!

BY JOHANNA BURKHARD

This is the best time of year to be cooking with the bounty of fresh local vegetables and fruits. And as we experience cooler temperatures with shorter days, we change our cooking styles by adding more robust herbs and spices to our dishes. Here are a few favourite recipes highlighting the best of our local fall markets with colourful squashes, peppers and hearty greens along with crisp apples, pears and plums to create warming comfort-food dishes.

The COVID-19 virus can, in some cases, be transmitted from an infected person to another guest if they touch the same item.

When it comes to appetizers and shared meals, it's recommended that the host plate individual servings for each guest in order to prevent several people from handling the same spoon or serving utensil to serve themselves.

Avoid shared dishes like chips, crudité platters and dips. Instead, for dips, spoon portions into individual bowls placed on a small plate and surround by vegetable dippers or crackers. From a cheese tray, portion whatever cheeses your guests would like onto small individual plates along with crackers of their choice. Serve nuts or other snack foods in individual bowls for each guest.

Also opt for disposable dishes and utensils.

For the main meal, arrange your prepared dishes on a serving table or kitchen counter and invite your guests to select the items they prefer; you would then portion onto warm plates and hand to them. The same goes for serving desserts.



## RATATOUILLE SALSA

Take your favourite salsa; throw in a few roasted vegetables and voila you've got yourself a snazzy spread. This versatile sauce makes a wonderful condiment for sandwiches with cold cuts or cheese, or as a filling for quesadillas or as a pita pizza topping.

**MAKES 2-1/2 CUPS (625 ML)**

Preheat oven to 425°F (220°C).

**1-1/2 cups (375 mL)** diced unpeeled eggplant (\*see tip)

**1-1/2 cups (375 mL)** diced zucchini

**1** red bell pepper, diced

**1 tsp (5 mL)** dried oregano leaves

**1 tbsp (15 mL)** extra virgin olive oil

**1-1/2 cups (375 mL)** mild or medium salsa

**1** clove garlic, finely grated or minced (\*\*see tip)

Sriracha or other hot sauce

**1/4 cup (60 mL)** chopped fresh cilantro or parsley

Tortilla chips

1. Spread eggplant, zucchini and red pepper on an oiled, rimmed baking sheet. Sprinkle with oregano; drizzle with oil. Roast in preheated oven, stirring occasionally, for about 15 to 20 minutes or until vegetables are just tender and lightly coloured.

2. Transfer to a bowl; stir in salsa and garlic; season with Sriracha to taste. Cover

and refrigerate. Add cilantro just before serving. Serve with tortilla chips.

Prepare ratatouille salsa ahead. It keeps well in a covered container in the refrigerator for three days or one month in the freezer.

**\*Tip:** Dice vegetables into small 1/4-inch (0.5 cm) pieces.

**\*\*Tip:** I no longer bother using a garlic press. A microplane grater/ zester has become an essential kitchen tool to mince garlic, zest rind of citrus fruits as well as grate ginger root, fresh horseradish root, hard cheeses (such as Parmesan), chocolate and nutmeg. It costs about \$20 in kitchenware shops and is also available online.

## CURRIED BUTTERNUT SQUASH AND APPLE SOUP

Here's a seductive soup with a Caribbean accent to serve for a special dinner. The surprising combination of squash, married with spices such as ginger and curry gives the soup a delicious "Island" flare. My friends always ask to take this recipe home.

**MAKES 6 SERVINGS**

**2 tbsp (30 mL)** butter

**1-1/2 cups (375 mL)** diced, peeled apples

**1** onion, chopped

**2** cloves garlic, minced

**1 tbsp (15 mL)** minced fresh ginger root

**1-1/2 tsp (7 mL)** mild curry paste or

powder, or to taste

**1 tsp (5 mL)** each ground cumin and ground coriander

**1/4 tsp (1 mL)** dried thyme leaves

**5 cups (1.25 L)** cubed squash

**4 cups (1 L)** chicken or vegetable stock

**1 cup (250 mL)** light (10%) cream

**1/4 cup (60 mL)** chopped fresh cilantro or parsley

1. In a large saucepan, heat butter over medium heat. Add apples, onion, garlic, ginger, curry paste, cumin, coriander and thyme; cook, stirring, for 5 minutes or until softened.
2. Add squash and stock. Bring to a boil; reduce heat and simmer, covered, for 30 minutes or until squash is very tender. Let cool slightly.
3. In a food processor or blender, puree soup in batches until smooth. Return to saucepan; stir in cream and heat through. (Do not let boil or soup may curdle.) Ladle into warm bowls and sprinkle with cilantro.

**Tip:** Make a double batch of this soup, omitting the cream and freeze in airtight containers. Add cream when reheating the soup.

**Variation:** Curried Cream of Root Vegetable Soup. Substitute squash with 2 peeled carrots, 1 peeled sweet potato, and 1 cup (250 mL) rutabaga, parsnip or turnip. Cut vegetables into 1/2-inch (1 cm) cubes to measure 4 cups (1L) in all.



## ROASTED CHERRY TOMATO AND WHITE BEAN STEW

Here's how to turn a simple can of beans into a tasty side dish or terrific main course meal.

**MAKES 4 SERVINGS AS A SIDE DISH, OR 2 AS A MAIN COURSE**

Preheat oven to 425°F (220°C)

**1 pint (500 mL)** cherry tomatoes

**2 tbsp (30 mL)** extra virgin olive oil (divided)

**1** small onion, finely chopped

**1** large clove garlic, minced

**1/2 tsp (2 mL)** dried oregano leaves

**1/4 tsp (1 mL)** dried thyme leaves

Pinch chili pepper flakes

**1 can (19 oz/540 mL)** white kidney (cannellini) beans, drained and rinsed

**1 tbsp (15 mL)** white balsamic vinegar

**1 cup (250 mL)** finely shredded kale, spinach or Swiss chard leaves

**½ cup (125 mL)** chicken or vegetable stock

Salt

**2 tbsp (30 mL)** chopped fresh parsley or basil

**1 tsp (5 mL)** grated lemon zest

1. Arrange cherry tomatoes in a shallow baking dish or pan in a single layer. Drizzle with 1 tbsp (15 mL) oil. Roast in preheated oven for about 20 to 25 minutes or until tender and lightly blistered.
2. In a medium saucepan, heat remaining 1 tbsp (15 mL) oil over medium-high heat. Add onions, garlic, oregano and thyme. Cook, stirring, for 3 minutes or until onion is softened. Add tomatoes and vinegar; break up tomatoes with the back of a wooden spoon. Reduce heat, cover and simmer for 5 minutes.
3. Meanwhile place ½ cup (125 mL) of the beans and stock in a bowl; mash beans until quite smooth.
4. Add mashed and whole beans to saucepan; cook for 5 minutes to blend flavours. Stir in kale and cook 1 to 2 minutes or until wilted. Season with salt to taste.

5. Combine parsley and lemon zest. Spoon beans in bowls and sprinkle with parsley mixture. Serve warm or at room temperature.

## WARM MAPLE APPLE PUDDING

Saucy fruit topped with a light cake batter makes one of the most comforting desserts ever created. This recipe hails from Quebec, where sweet and snappy Macintosh apples are paired with amber maple syrup.

**MAKES 6 SERVINGS**

Preheat oven to 350°F (180°C)

Grease an 8-inch (2 L) square baking dish with butter or non-stick spray

**4 cups (1 L)** peeled and sliced apples, such as Macintosh or Cortland

**2/3 cup (150 mL)** maple syrup

**1/3 cup (75 mL)** raisins

**1 cup (250 mL)** all-purpose flour

**¼ cup (60 mL)** granulated sugar

**1-1/2 tsp (7 mL)** baking powder

**1/2 tsp (2 mL)** baking soda

**1/4 tsp (1 mL)** salt

**¼ cup (60 mL)** butter, cut into pieces

**1** large egg

**½ cup (125 mL)** buttermilk or sour milk (\*see tip)

**1 tsp (5 mL)** vanilla

1. Preheat oven to 350 F (180 C).
2. In a medium saucepan, bring apples and maple syrup to a boil; simmer 3 minutes or until softened. Add raisins. Pour into prepared baking dish.
3. In a bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter using a pastry blender or two knives to make fine crumbs. In a bowl, beat egg, buttermilk and vanilla. Pour over flour mixture; stir just until combined.
4. Drop dough by large spoonfuls onto warm apple slices. Bake in preheated oven for 30 minutes or until top is golden and cake tester inserted in centre comes out clean. Serve warm with ice cream, if desired.

**Tip:** To sour milk, place 1-1/2 tsp (7 mL) vinegar or lemon juice in a glass measure. Add enough milk to make ½ cup (125 mL). Let stand for 5 minutes.

## GERMAN PLUM CAKE

This is one of the most versatile dessert recipes because you can use a variety of different fruits such as sliced apples, peaches or sour cherries to top this traditional cake.

**MAKES 6 TO 8 SERVINGS**

Preheat oven to 325 F (170 C).

**9-inch (23 cm)** springform pan, well buttered

**1/2 cup (125 mL)** butter, softened

**3/4 cup (175 mL)** granulated sugar

**2** large eggs

**1 tsp (5 mL)** grated lemon zest

**1-1/2 cups (375 mL)** all-purpose flour

**2 tsp (10 mL)** baking powder

Pinch salt

**1/3 cup (75 mL)** milk

**12** Italian prune plums (approx.), halved and pitted (\*see tip)

Icing sugar for dusting the top

1. In a mixing bowl, using a hand mixer, cream butter with sugar until fluffy. Beat in eggs, one at a time until incorporated. Stir in lemon zest.
2. In another bowl, combine flour with baking powder and salt. Beat into creamed mixture along with milk on low speed to make a smooth thick batter.
3. Spread batter evenly in springform pan. Arrange plums, cut side down, on top of batter, taking care not to push the plums into the batter (the batter rises as it bakes and plums are slightly submerged). Do not overcrowd fruit.
4. Bake in preheated oven for 40 to 50 minutes or until top is golden brown and a tester inserted into the centre comes out clean. Let cool on rack. Remove sides and place on serving plate. Dust top with icing sugar just before serving.

**Tip:** Use plums that are ripe but still on the firm side, not overly soft. If using another variety of larger plums, pit and cut them into quarters. Instead of plums, use 3 peeled, cored and sliced apples, or 4 large peaches, peeled, pitted and thickly sliced, or 1-1/2 cups (375 mL) drained bottled or canned sour cherries, blotted dry with paper towels.







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# Insider Tips For Visiting Niagara Wineries

BY GREG MCCAIN



The wine industry in Canada has become a thriving phenomenon. No longer should you avoid Niagara wines; instead, you should seek them out. Many of our recent vintages compete on the world stage. We do our best with cool climate grapes, such as riesling, chardonnay and pinot noir. These varieties grow well in the Niagara region where the breezes off Lake Ontario cool the nights in summer and warm the vineyards in spring and fall. The establishment of the VQA (Vintner's Quality Alliance) in 1999 established a yardstick for quality in our wines.

The fine reputation for Canadian wine began with Donald Ziraldo at Inniskillin ([www.inniskillin.com](http://www.inniskillin.com)) when he put Canada on the map with his glorious ice wine. This was made from grapes just as they froze, concentrating the fruit characteristics of pears, peaches and apples. Canada still makes the most and the best ice wines in the world.

In the early 1950s when Bill Lenko and his wife paid a visit to Niagara Falls, he recognized the potential for fine wine and planted the first viniferous grapes. Up until then most grapes were concord grapes used in Welch's grape juice. In the 1990s a visit to Daniel Lenko Winery ([www.daniellenko.com](http://www.daniellenko.com)) included a tasting of old vine merlot and chardonnay in their family kitchen. If you were lucky, you would be offered a piece of mom's pie and Bill would sneak you a jar of his fresh fruit jam.

Although there are a number of sub regions in Niagara, for simplicity I am going to divide your visit into two regions, including some of my personal favourites. No longer do you need to travel to France or California for a great wine experience; it's in our own backyard.

## TRIP SUGGESTIONS

- Don't overdo it; three wineries is a full day.
- Consider staying overnight so you can visit wineries on both sides of the QEW.
- Call ahead; venue hours can change.
- To avoid the rush, get an early start. Consider visiting weekdays rather than busy weekends.
- Leave enough time to travel from location to location.
- Be sure to pack water.
- Remember, it is polite to spit wine into a spittoon. It is expected if you are a serious taster.
- Ask if you can share a tasting (less alcohol and more variety).
- Don't wear fragrances.
- Expect to pay for a tasting. If you purchase a bottle at the winery it is a sign of appreciation. Often if you purchase a bottle or more the winery will waive the tasting fee.
- If you are planning to purchase wine, bring a cooler and a bag of ice.

Above all, drink responsibly, enjoy and support local wineries. Be proud of our **"made in Canada"** wines. You will not be disappointed.

## BEAMSVILLE BENCH

(south side of the QEW)

### Where to stay

[Inn On The Twenty](http://www.innonthetwenty.com)

([www.innonthetwenty.com](http://www.innonthetwenty.com))

### Where to eat

[On The Twenty; Jordan House Tavern](http://www.jordanhouse.ca) ([www.jordanhouse.ca](http://www.jordanhouse.ca))

### Wineries to visit

[Cave Springs](http://www.cavespring.ca)

([www.cavespring.ca](http://www.cavespring.ca))

Try the CSV wines.

[Hidden Bench](http://www.hiddenbench.com)

([www.hiddenbench.com](http://www.hiddenbench.com))

Try their Terroir series.

[Henry of Pelham](http://www.henryofpelham.com)

([www.henryofpelham.com](http://www.henryofpelham.com))

Try Baco Noir.

[Tawse](http://www.tawsewinery.ca) ([www.tawsewinery.ca](http://www.tawsewinery.ca))

Try the chardonnay and pinot noir.

## NIAGARA PENINSULA

(in and around Niagara-on-the-Lake)

### Where to stay

[Moffat Inn](http://www.vintage-hotels.com) ([www.vintage-hotels.com](http://www.vintage-hotels.com))

There are several local B&Bs also.

### Where to eat

[Two Sisters Vineyards Kitchen 76](http://www.twosistersvineyards.com)

([www.twosistersvineyards.com](http://www.twosistersvineyards.com)),

Italian fare with patio overlooking the vineyard.

[Zee's](#) (across from the Shaw Festival Theatre)

### Wineries to visit

[Two Sisters Vineyards](http://www.twosistersvineyards.com)

([www.twosistersvineyards.com](http://www.twosistersvineyards.com))

[Lailey](http://www.laileywinery.com) ([www.laileywinery.com](http://www.laileywinery.com))

Compare the oaked and unoaked chardonnay.

[Big Head](http://www.bigheadwines.ca) ([www.bigheadwines.ca](http://www.bigheadwines.ca))

Try big and bigger wines.



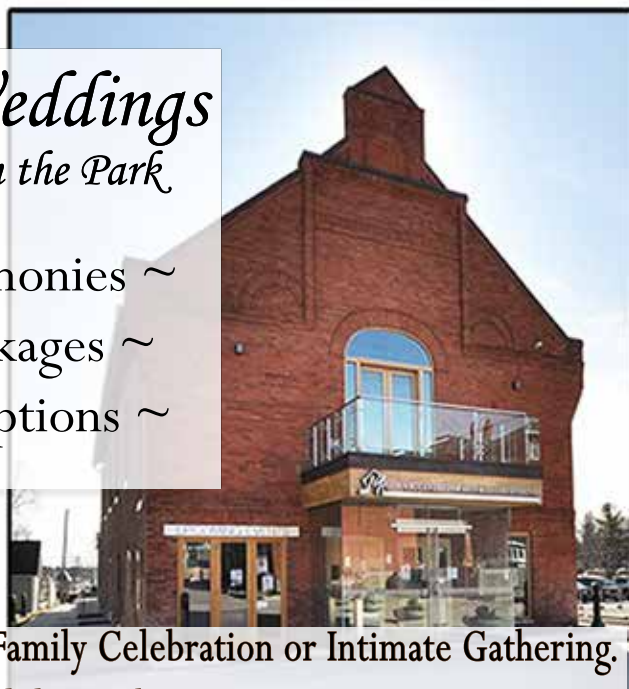
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# Tomorrow Is My Best Day

BY JOHN GORMAN



Of course I am familiar with the advice to live life “one day at a time” and generally speaking, I try to do just that. However, living in the “now” can be tricky when it comes to scheduling such things as chores and changes with my wife.

When it comes to actually “doing something,” I much prefer doing the work, or making the decision, or starting the project tomorrow at the very earliest.

Whenever my wife wants to have one of those talks when we discuss her plans that will require me to make a decision or actually do something, she braces herself for my usual response.... “we’ll see.”

According to my family, a more complete list of my standard delaying attempts would include such gems as:

“Let’s think about that.”

“This has been a good start.”

“No need to rush into this.”

“I’ll get back to you.”

“You’ve made some excellent points to consider.”

Etc., etc.

In truth, I have observed that all things do indeed seem much more possible if they are simply planned for no sooner than the next day. Most projects and decisions do not require immediate action. Delay allows one to contemplate the situation more completely and sensibly.

Most evenings, I find myself contemplating the “needs” of the day to come and normally I feel quite confident and even exhilarated by my confidence in accomplishing much. I just know that my energy and ambition will be restored with a good night’s rest and that I will be the productive partner my spouse longs for.

Mind you, I will admit that I can mask my delaying tactics with the façade of wisdom. I often quote things like “act in haste – repent at leisure.” Oddly, my dad used to say this to me and it really irritated me. It seems that the older I get, the more I sound like my father.

In all honesty, I do hate deadlines of any kind. It seems to me that delaying actions and decisions accomplishes two things. Firstly, it allows all parties to continue to view the matter with at least a measure of optimism. In other words, it could happen.

Secondly, and more importantly, the issue may simply drift away given sufficient time and continuing delays.

Unfortunately, I married a woman who likes to get things done and decisions made “now!”

As an example, if she decides that we should replace an appliance, she will inform me of this and anticipate a decision (as in agreement) during the course of our first conversation regarding this problem. If I can’t manage to delay the decision for a day or two, she will suggest we go to the store right now and purchase the new item.

It is even worse if she manages to get me into a conversation regarding a household chore. Many a TV sporting event has been interrupted by her urgent need to arrive at a solution for some area of our life that requires “fixing.”

Simple chores such as replacing a ceiling bulb or moving the furniture around (again) apparently take precedence over the Leafs/Raptors/Jays. Her perspective is that I am “not doing anything at the moment.” Obviously watching sports on TV is only slightly above napping on the “doing nothing” scale.

In all fairness, I will have to admit that I would probably be a poor bachelor. Left on my own, I’m not certain that many of the routine household chores would be attended to in a timely manner. Simple issues like getting the garbage out on schedule and maintaining a reasonable supply of clean dishes and linen would challenge my tendency to procrastinate. The refrigerator could well be empty from time to time as well.

Indeed, I have grown so accustomed to being reminded of when things have to be done around the home that I do wonder just how I would manage on my own. As life moves on, and bouts of ill health challenge us, I have occasionally been required to test my ability to cope with some of the normal demands of maintaining a residence. As one might suspect, I have concluded that despite my petulance at being required to make decisions and, more importantly, act on them – it is probably very necessary for a fellow like me to have someone to keep me focused.

Just spare me from the most dreaded of all phrases: “We have to talk this over – now!”



# Ballantrae Is 20 Years Young And Still Thriving

BY HELEN HUNT

It is hard to believe that our community opened its first front door twenty years ago!

A quick history lesson – Ballantrae Golf & Country Club is one of the developments of the Schickedanz Bros., a family of builders since 1951. In 1955 they purchased three farms, a total of 418 acres of land. Their aim was to create a world-class lifestyle community and they were successful. A ground-breaking ceremony took place in June of 2000 and the first residents took occupancy three months later. Our community grew quickly and now consists of five residential condominiums with a total of 894 homes, our own Recreation Centre and a water

Original price  
list for Phase 2  
of Condo 1



Unit	Size	Elevation	Price
PERBLE BEACH I	1470 sq. ft. living area (P)	Elevation A	\$249,900- + \$3,500-
		Elevation B	
PERBLE BEACH II	1470 sq. ft. living area (P)	Elevation A	\$246,900- + \$3,500-
		Elevation B	
CANTERBURY	1180 sq. ft. living area	Elevation A	\$269,900- + \$2,500-
		Elevation B	
PINEHURST I	1700 sq. ft. living area	Elevation A	\$274,900- + \$5,000-
		Elevation B	
PINEHURST II	1728 sq. ft. living area	Elevation A	\$279,900- + \$5,000-
		Elevation B	
CASTLE PINES	1818 sq. ft. living area	Elevation A & B	\$299,900-
AUGUSTA	1810 sq. ft. living area	Elevation A	\$304,900- + \$5,000-
		Elevation B	
BIRKDALE II	2022 sq. ft. living area	Elevation A & B	\$311,900-
GRAND CYPRESS	2088 sq. ft. living area	Elevation A	\$314,900-

\*Standard Home Size 11/20/01  
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\*Phase II - \$3,500.00

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Home construction subject to final plans and subject to change without notice.  
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A number of residents who are "original" owners who took possession in 2000 posed for this 2020 photo with a blanket representing the gift they received as new home buyers. Standing from left to right: Maria Short, Karen and Ken MacKay, Linda Dallman, Sheilagh MacDonald, Donna and Roger Appleton, Phil and Gail Kostendoff, Frank (Skip) Braun. Sitting from left to right: Sheila McLellan, Jean Kinzinger.

**Ballantrae Sales: 20 Year History**

Year	# Sold	Average	YoY % Increase	18Y % Increase	Low	High
2002	2	295,000			294,000	296,000
2003	6	357,650	21	21	279,000	425,000
2004	18	387,328	8	31	312,900	598,000
2005	25	444,156	15	51	315,000	580,000
2006	11	414,156	-7	40	325,000	565,000
2007	24	441,969	7	50	325,000	590,000
2008	20	433,350	-2	47	355,000	530,000
2009	16	395,156	-9	34	340,000	470,000
2010	29	500,724	27	70	380,000	635,000
2011	45	518,684	4	76	385,000	800,000
2012	41	572,117	10	94	375,000	812,500
2013	22	624,176	9	112	535,000	845,000
2014	40	653,910	5	122	475,000	895,000
2015	47	751,168	15	155	530,000	1,050,000
2016	54	831,611	11	182	585,000	1,150,000
2017	28	1,015,132	22	244	620,000	1,380,000
2018	22	905,442	-11	207	715,000	1,224,000
2019	47	809,753	-11	174	627,500	1,175,000
2020	22	881,909	9	199	712,500	*1,080,000

\*Note: numbers are based on sales and data reported by multiple brokers/agents to the Real Estate Boards of Toronto (TREB).

\*Aug 4/20

treatment plant. We are surrounded by an 18-hole championship golf course which opened to the public in September 2000.

We are categorized as an Active Adult Lifestyle Community and we would all agree with that! We have bungalows that range from 1470 square feet to just over 2050 square feet. Our community includes a Recreation Centre with an indoor heated swimming pool and fitness centre, tennis courts and an 18-hole golf course and clubhouse with dining facilities. We are surrounded by forests and nearby is Musselman's Lake.

All of this equates to value for home owners. The real estate market over the last 20 years has certainly been active. Canadian house prices have risen continuously.

House price growth was expected to accelerate again in 2020 amidst strong increase in demand coupled

with limited supply. We have very little inventory listed in Ballantrae as of August. Ontario was expected to post an annual rise in house prices of 6.9% during 2020. But COVID-19 hit and things shifted. Prices are expected to start recovering by late 2020 and into the first half of 2021.

Given our unique offering and the desire for an adult lifestyle community, we often do not feel the impact of market changes outside our gates. We are impacted more by things such as variances by model, unfortunate life changes/losses and estate sales.

As a Ballantrae home owner, buying in this community was and still is a great investment!

Here's to living in Ballantrae!



# Covid-19 Considerations For Travelling Canadians

BY KEN MIYAUCHI



At the time of this writing, there is still a Canadian Government travel ban on all non-essential travel. Should this ban be lifted, the travel bug may return. This article is intended to provide some important considerations before, during, and after any trips outside Canada. The tips that follow are from trusted sources such as the Canadian Government, the Canadian Automobile Association, and the Canadian Snowbird Association.

## BEFORE LEAVING CANADA

Consult websites for all travel health notices and advisories, travel restrictions, local regulations, and entry/exit requirements:

- Canadian Government,
- destination country/region,
- airline, cruise line, or tour company,
- travel consultant.

Purchase travel (medical, trip cancellation, trip interruption) insurance in case of travel restrictions or medical issues.

Verify that your insurance provider will cover any COVID-19 related illnesses and be aware of any restrictions.

Book only reputable hotels that have stated Corona virus policies that can be viewed on their websites.

Ensure that your passport is valid for at least six months.

In the event of travel restrictions after leaving Canada, obtain a supply sufficient for your entire trip of:

- local currency,
- all medications (prescription and non-prescription),
- masks, sanitizing spray/gel, and disinfecting wipes.

Consider buying a non-contact, digital thermometer to check your temperature.

Consider having a COVID-19 test and take the negative test results certificate with you on your trip.

Provide your family/friends with a complete list of your itinerary and contact information.

## IF DRIVING TO THE UNITED STATES

Consult the websites of states through which you are travelling to determine Corona virus regulations and the availability and cleanliness standards of rest areas.

Ensure that your vehicle has been serviced and repaired to avoid any unnecessary stops en route.

Purchase sufficient water and allowable food items to minimize stops along the way.

See hotel considerations under "During Travel."

Practise physical distancing, wearing a mask, and constant hand washing.

Eat only at reputable take-out or outdoor restaurants along the way.

Pay at the pump when purchasing gas. Use a wipe on the pump handle and if possible, pay by tapping your credit card. If swiping/inserting your card, when asked for the zip code, enter the numeric digits of your postal code followed by two zeros (e.g. "L4A1N5" becomes "41500"). At Costco gas stations, use "00000" (five zeros).

## FLYING VERSUS DRIVING

The airports and airlines have gone to considerable lengths to implement contactless check-in, boarding, and on-board



service; hospital-grade sanitizing; and the wearing of masks. The biggest issue is physical distancing and many airlines, due to financial considerations, are not adopting distancing policies (e.g. empty middle seat). Most experts believe that driving provides more flexibility and control, as well as less financial risk. If you do fly, consider the following:

In the airport, wear a mask, minimize contact, and maintain physical distancing (check-in, boarding, deplaning, and baggage pick-up).

Sit at the rear of the plane. Often, these seats board first, and fewer people will come into this section. Wait until others have left before deplaning.

Wear a mask except when eating.

Bring your own food and drinks, headphones, and perhaps your own pillow and blanket.

Sanitize all high contact surfaces – headrest, arm rests, tray, switches, etc.

Do not walk around in bare feet.

Sanitize the washroom before using and wash your hands after.

## DURING TRAVEL

Upon arrival, some countries require proof that you are virus free. Have your certificate ready. Some countries may deny you entry if you test positive. Other countries, such as Iceland, will test you upon entry. The test and any required quarantine will be at your expense.

Regularly check and follow your destination's travel advice and rules.

Give preference to hotels with contactless check-in and avoid any food or drinks that are not in sealed wrappers.

In your hotel room, regularly wipe all high-touch surfaces, especially door handles, light switches, toilet handles, taps, phone, and remotes.

Shower in the morning, and change to a fresh set of

clothes before leaving the room.

Practise physical distancing, wearing a mask, and frequent hand washing.

Minimize time in public washrooms and avoid contact as much as possible.

- Use a disposable seat cover or clean with a disinfecting wipe.
- Wash your hands well, and dry with a paper towel. Do not use hand dryers as they may blow germs from elsewhere onto your hands.
- Use paper towels to touch any handles, switches, etc.
- Sanitize your hands again after leaving the washroom.

If stores or restaurants do not use face masks, seriously consider going to other establishments.

## AFTER RETURN TO CANADA

Follow all Canadian entry requirements.

If you have been COVID-19 tested, self-isolate until you receive the test results.

Consider 14 days of self-isolation even if tests were negative. These tests are not infallible.

It is impossible to totally eliminate the risk of contracting COVID-19 until an effective vaccine has been widely distributed and administered. Even then, a recent poll indicated that only 50% of Americans are committed to receiving a vaccine. Obviously, the safest solution is to stay home. If you do decide to travel, exercise an abundance of caution and always wear a mask, practise physical distancing, and wash your hands frequently. Be safe and healthy.





# A Trip Down Memory Lane: My Bucket List For Post-Covid Adventures

BY ANITA DRAYCOTT

For the past 25 years I have averaged about 200 travel days per year in my career as a freelance travel writer. My husband and I were enjoying a trip to South Africa in March when suddenly we had to cut it short and get back to Canada on the earliest plane as per Canadian government warnings. Since then I have been “grounded” with lots of time to think about some of my favourite globetrotting experiences. So, in an attempt to inspire you to spend some quality time reminiscing fondly about some of your best holidays, I am sharing some of mine. When the COVID-19 crisis is over and it's safe to get on a plane, here's my bucket list.

## Ode to Venice, Italy

Truman Capote once quipped that, “Venice is like eating an entire box of chocolate liqueurs at one go.”

The moment I first laid eyes on her I was smitten by La Serenissima. Who would not be seduced by this fantastic mirage rising like a Venus from the lagoon? Nothing succeeds like excess could be her motto—from the golden mosaics of the Doge's Palace to the marvellous Tintoretto-painted ceilings on the Scuola Grande di San Rocco.

For me, Venice is a treasure chest brimming with precious exotica from all over the world. This fantasy isn't far from reality, actually. The city was built by merchant princes whose navies ruled the eastern Mediterranean and dominated trade routes between Europe and faraway eastern lands.

So if La Serenissima seems to be a tapestry woven of silk, velvet and lace imbued with saffron, cinnamon, amber and silver filigree, it's because those riches and more first entered the western world through her labyrinth of waterways. Probably nowhere else on earth does east meet west with so much panache.

Venice has been flabbergasting visitors for centuries. Entering the city via the Grand Canal is a staggering experience whether it's for the first time or the tenth. Walt Disney could not have improved upon this architectural fantasy of Romanesque and Renaissance palaces, domed

churches and arched bridges, all bathed in that rich radiant light that is Venice's alone. At dusk the city becomes shrouded in a soft mist made mauve by the glow of the iconic lamplights. The grand salons of the palaces are illuminated by flickering Murano glass chandeliers and their lacy facades appear to be melting into the watery mirror below.

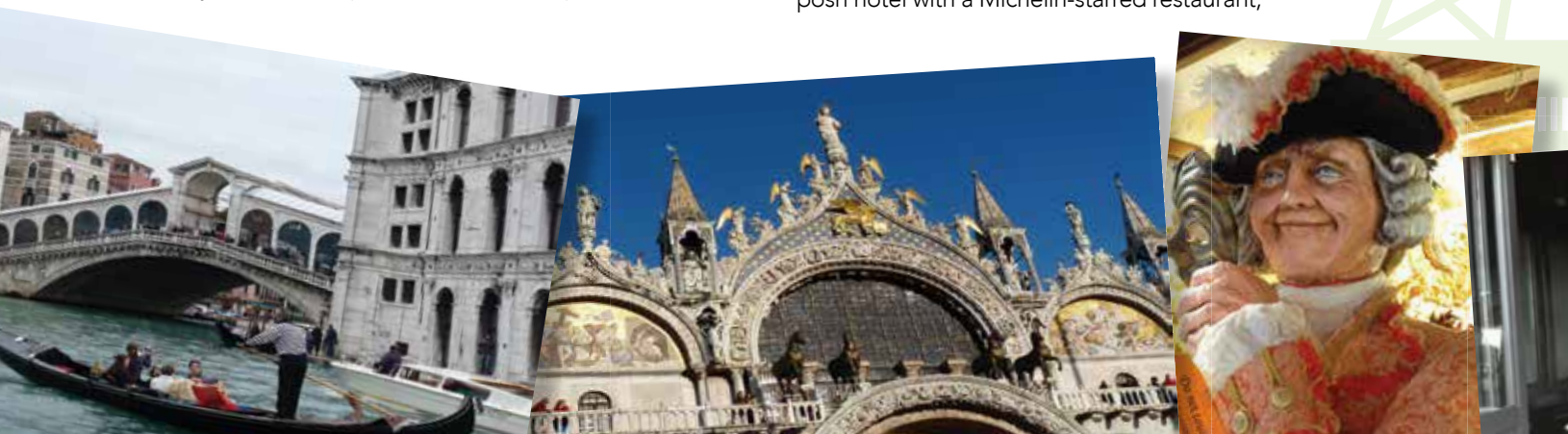
Is Venice a tourist Mecca? Of course. We flock to the Piazza San Marco, which Napoleon described as the drawing room of Europe. We order exorbitantly priced coffee with zabaione liqueur and whipped cream served on a silver tray to the accompaniment of a string quartet at Café Florian. We nip into Harry's Bar, Ernest Hemmingway's favourite watering hole, for a Bellini where the cocktail was first created.

We bargain for leather goods, Carnevale masks and other trinkets in the stalls around the impressive Rialto Bridge. We shell out 80€ for a 40-minute ride in a sleek black gondola gracefully maneuvered through the narrow canals by a dashing gondolier. And we leave absolutely entranced by the city that Gore Vidal called the most beautiful cliché on earth.

## Pop a Cork in Champagne, France

“Come quickly! I am drinking the stars!” The legend goes that Dom Pérignon, a Benedictine monk and cellar master of the Abbey Hautvillers near Epernay, uttered these words after his first sip of his accidental creation of effervescent wine in the 1600s. The star-struck monk may not have “invented” champagne but he is credited with perfecting the bottling and fermentation process that harnesses those bubbles to produce a wine that sustains its sparkle.

Back in the 1980s, an invitation to visit the Champagne region, about 145 km northeast of Paris, began my love for most things French, especially the “grapes of froth.” Reims, dominated by a 13th century gothic cathedral, a UNESCO World Heritage Site, is home to several prestigious producers. At Domaine Pommery they display modern art in the cellars so you get both champagne and an art tour rolled into one. Nearby, book a table at Le Domaine Les Crayères, a posh hotel with a Michelin-starred restaurant,







Le Perc. I will never forget a four-hour, multi-course truffle tasting menu that I enjoyed there hosted by Remi Krug from the prestigious House of Krug Champagne.

Fifteen minutes south, tiny Epernay is home to more fabled champagne houses, easily visited on foot. Moët et Chandon produces the legendary Dom Pérignon, and offers terrific tours of its vast chalk cellars where the bottles are aged.

The Comité Interprofessionnel du Vin de Champagne (CIVC), the industry's governing body, stringently enforces its regulations. The grapes, the costliest in France, must be handpicked. Adding to the expense is the minimum one-year aging time and the labour-intensive second fermentation whereby every day for several months an expert *remueur* turns and tilts each bottle until it is upside down with the sediment deposited against the cork. The cork and sediment are then disgorged and a sugar mixture is added.

Like many masterpieces, this collaboration between man and nature does not come cheap. But then one doesn't launch ships or celebrate momentous occasions with anything but the best.

### Spice it up at The Siam, Bangkok, Thailand

Arriving at The Siam hotel via the hotel's vintage riverboat transported me into a unique and tranquil world onto its own in the middle of bustling Bangkok. My debonnaire butler, Paul, escorted me along a path past a swimming pool to the antique carved wooden doors of my villa where I had a courtyard with my own plunge pool.

The Siam is the brainchild of Bangkok rock and movie star, Krissada Sukosol Clapp who built the hotel in 2012 as a retreat and place to house his and his mother's vast collections of antique Thai treasures. They hired American architect Bill Bensley who incorporated the clean bold lines of Art Deco, glass, water features and lush garden landscapes with the carefully curated art and antiques.

If you enter the Siam from the street you find yourself in a garden pavilion with a lotus-shaped fountain in the centre. The *piece de resistance* is the soaring central atrium where a glass conservatory-style roof brings light to a reflection

pool surrounded by tropical foliage. Off to one side there is a library and screening room. Upstairs in the Vinyl room, complete with grand piano and vintage posters, you could well expect to spot Noel Coward tickling the ivories in this jazz-age setting.

The Siam offers some unique guest experiences. You could work with a trainer and learn the art of Muay Thai kick boxing (the national sport). If that's too demanding, head to the Opium Spa for a Muay Thai deep tissue massage. You can also opt to have a Sak Yant ceremonial sacred tattoo.

I joined The Siam's sous chef, Thammarach, for a Thai cooking lesson. We started our morning with a tuk-tuk ride to a local market where chef pointed out the remarkable range of produce and bought fresh herbs for our class as we dodged shoppers on motor scooters. Back at the hotel we donned aprons in the private cooking class kitchen overlooking the river. Chef demonstrated how to tackle each ingredient, from bruising lemongrass to chiffonading kaffir lime leaves. He also explained that Thai food contains five major flavours: sweet, sour, spicy, salty, bitter. Each dish should have a least two of those tastes and the key is getting the right balance. Hence the need to keep testing as you cook and add more chilies, more fish sauce, more coconut milk or more palm sugar as your palette dictates. We concocted Tom Yam Goong soup, a fiery broth with jumbo shrimps topped with fresh coriander and drops of chili oil. Then we tackled pork with red curry, a marvellous mélange of all the requisite flavours. For our last dish, the green chicken curry, chef taught me to make curry paste from scratch pounding the toasted coriander and cumin seeds, garlic, shallots, coriander roots, chilies, galangal and lemongrass with a mortar and pestle. Hard work but worth the effort.

The hotel is located in the Royal Dusit district of Bangkok. Your butler will help you arrange your day and reserve a place on the hotel shuttle yacht for excursions along the Chao Phraya River. But chances are good that you won't want to leave The Siam.



# United Way “Local Love” Campaign Comes To Ballantrae

BY KAREN CLARK

A long career of caring for others prompted recently-retired resident, Elaine Walsh, to organize a campaign to put together DIY (do it yourself) Kits for Kids. On the board for United Way Greater Toronto, Elaine brought the United Way Local Love Campaign to Ballantrae.

The United Way Greater Toronto had already invested over \$7.8 million in York Region for the 2019/2020 year, funding 58 agencies and 91 programs. However, when COVID-19 struck in March 2020, the agency went into recovery mode and launched the Local Love Fund, approving \$2.1 million to fund close to 200 new projects across the GTA. York Region received \$235,000 for 30 programs serving approximately 10,000 residents.

The Local Love Campaign is meant to help our vulnerable friends and neighbours get the support they need. Providing DIY Kits for Kids filled with fun activities is one way to help. According to United Way Greater Toronto, children and youth are a group that is over-represented in poverty.

As described by Elaine, the kits will help keep kids active and learning at home during the summer and beyond. Through word of mouth, the hotg.ca website and their network of friends, Elaine and her able assistant and neighbour, Anne Brewing, began the task of recruiting volunteers to fill backpacks with inspiring goodies.

In some cases, shopping for the kits proved to be teachable moments. Taking her grandson to shop with her for inspiration, a grandmother was asked, ‘Why can’t their mommy or daddy buy these things?’ His grandmother explained that not all parents could afford these extras as food is the number one issue many families face.

The backpacks, filled with colouring books, crayons, stationery, stickers, craft supplies and more piled up! Some donors included notes such as, “Remember you are kind, smart and important.” The goal was to assemble 70 kits; however, by the July 25 deadline, Elaine and Anne had accumulated 100!

The kits were divided among three charities; 60 went to the Stouffville Food Bank for distribution, 20 went to Girls Inc. and 20 went to Sandgate Women’s Shelter.

Our community is very giving and with people like Elaine at the helm, we can take pride in participating in offering “Local Love.”

Note from Elaine: We know the issues will continue into the months and year ahead – that’s why support for United Way is needed now more than ever. Please donate to [www.unitedwaygt.org](http://www.unitedwaygt.org)



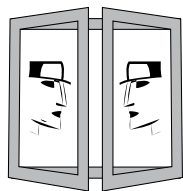


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# Monday Ladies Are Keen To Golf!



Another great round finishes on the scenic 18th green.

Even though the Ballantrae Ladies' League was not officially running this past summer, Sandy Hinch kindly continued to organize the Monday ladies' tee times and groups. Sandy was pleasantly surprised with the number of new ladies joining the group making for record attendance. The pro shop and grounds staff ensured that Covid-19 regulations were followed and very cleverly divided the carts with Plexiglas to ensure a safe and healthy round. Thank you to all involved in getting us gals out to play!



COVID-19 dividers keep golfers safe.



Starter Dean Bodkin sends us off with a thumbs up.



Organizer Sandy Hinch keeps smiling.



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# Tuesday Is Still “Golf Day” For **Ballantrae Men**



Early morning walkers free up carts for the rest of the field.

Once our Ballantrae Golf Club was allowed to open in May, the Ballantrae Men’s Golf League (BMGL) was anxious to get its Tuesday men’s group out on the links. Golf was a welcome activity after the long self-isolation period. However, with the new provincial restrictions, the league was going to have to make changes — no competitions, no 19th hole socializing and no monthly luncheons. The BMGL organizers, Norm Bresser, Bob Craig, Jay Adams, Bill Hewitt, Derek Johnston and Phil Kostandoff, had some decisions to make. After surveying their members, the vote was to suspend the league for 2020; however, an overwhelming number of members still wanted a regular Tuesday game.

Norm Bresser volunteered to act as Draw Master and called this new Tuesday group, “Your COVID-19 Team.” With everyone looking for safe things to do during the pandemic, the number of participants grew to more golfers than in a normal season. The limited number of available carts provided a challenge. A single rider policy and club rule of “walkers only” up until 9 a.m. made it difficult to accommodate the demand. Many of the players elected to walk which allowed more carts for the rest of the field. Of the 60 available carts, 40 were eventually set up with dividers to allow the men to double up. Norm set up a “first-come first-served” email sign up for the group and still had a waiting list each week! Through coordinated efforts, Norm managed to send out an average of 68 riders and 12 walkers each Tuesday morning.

Tanya McGee, club manager of Ballantrae Golf Club and her golf shop team have done a fabulous job of streamlining the process for our male swingers.



Organizer Norm Bresser rides with Ron Sandelli.



Club manager Tanya McGee with staffers Justin and Brycin.



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# Take A Seat! An 11-Year Project Comes To Fruition!

BY KAREN CLARK



Left to right: Bench project organizers Jenny Gould, Gerhild Somann, Josie Schwarzli, Andrew Gibson.

Promised more than 10 years ago, new park benches are finally in place along the ring road (Master's North and South) sidewalks. The new benches are equally spaced along the route allowing residents a resting spot while walking the 2.5-km circle and getting in their 3600+ steps! Through the persistent efforts of Gerhild Somann, Josie Schwarzli and social committee chair, Jenny Gould, this project has been completed.

The ring road is controlled by Condo Board 967 (Schickedanz Corporation) and managed by Andrea Kennedy of FirstService Residential. It was Condo 967 that sponsored the Canada 150 bench at the front of the Recreation Centre. Over the years, individuals have requested more benches, but it was not until Josie Schwarzli reached out to the social committee that the bench project received real attention and was finally approved by Condo 967.

The BGCC social committee is a non-profit organization made up of volunteers from across the condo community. It was established shortly after Condo 1 homes were occupied and is currently 15 members strong. The committee strives to encourage participation, co-operation and unity throughout the community with an extensive program of activities and social events that benefit everyone. Their goal is to break even financially;

however, through all the hard work and creativity of its members they occasionally manage to generate extra funds which are given back to the community. The social committee thus paid for one of the three new benches.

The physical task of completing the project was assigned to Andrew Gibson of Melfer. After touring the ring road, Andrew and Andrea Kennedy decided on bench locations along the route. Cement pads were poured and sod was repaired. Following countless emails, meetings and discussions, the new benches are now in place.

Since the advent of COVID-19, more and more Ballantrae residents have been getting their exercise and fresh air by walking in the community. Health experts claim that walking is the best wonder drug for senior citizens. Advantages of walking as exercise include alleviation of arthritis symptoms, less anxiety and depression and overall heart health, among other perks. But due to various health issues, for many a pause along the way is necessary.

Whether it is a chance to rest, or just an excuse to sit and people watch, this improvement to our community is a welcome addition. Thank you to all involved!





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# It's What We do!

BY BLAIR TULLIS

There is a unique character that underlies daily life in our community. It's not blatant. It's never formal. When there is a need, somebody steps up to fill any gap.

Recently, I put out a call to some golf buddies in Ballantrae for recommendations on a handyman to do a few jobs while I was recovering from foot surgery. A few days later, a friend showed up at our place with his tool kit. He was there to do whatever needed to be done.

Similarly, my wife's standard operating procedure when baking scones and muffins is to bake enough to pass along some to a friend in the area who is sick or mourning or just needing a boost.

Generosity of spirit? To be sure, it is. Unusual in Ballantrae? Not at all. It's just what we do here.

The Ballantrae community spirit has never been in doubt, whether we are talking about volunteering for the Summer Games or stepping up when the local food bank is in need. People here recognize the responsibility to give back to the community in all the traditional ways.

What strikes me most is that quiet helpfulness on a personal level that flies under the radar. Someone gets wind of a situation and the next thing you know, a neighbour just calls to say, "What do you need? I'll take care of it." That is a unique and wonderful characteristic of this community.

I suppose one would call it group empathy. We are, after all, of an age in this community where we are facing health issues or the loss of a spouse. In the period of the pandemic, moreover, another very real issue is loneliness. What gets us all through these times is that quiet support and inclusive attitude that pervades.

As the song goes, "Lean on me when you're not strong. And I'll be your friend. I'll help you carry on. For it won't be long 'til I'm gonna need somebody to lean on." Carry on Ballantrae! You are a great place to live.



## *Lean on Me*

Bill Withers

Sometimes in our lives we all have pain  
We all have sorrow  
But if we are wise  
We know that there's always tomorrow

Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need  
Somebody to lean on

Please swallow your pride  
If I have things you need to borrow  
For no one can fill those of your needs  
That you won't let show

You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on

Lean on me, when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'Til I'm gonna need  
Somebody to lean on

You just call on me brother, when you need a hand  
We all need somebody to lean on  
I just might have a problem that you'll understand  
We all need somebody to lean on

If there is a load you have to bear  
That you can't carry  
I'm right up the road  
I'll share your load  
If you just call me (call me)



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# More Good Reasons to Visit [www.hotg.ca](http://www.hotg.ca)

BY DONNA CLARK

As hotg.ca continues to grow and evolve, the website team hopes we are meeting your needs. One of your favourite areas of the site is Photos. Although we are missing all the fun events and associated photos, our photo editor, Glenn McGeorge, has been busy finding ways to encourage all of you to send in your favourite pictures. The latest photo contest he devised focused on our community's Canada Day Celebrations. We hope that you have been online to check out all the entertaining shots. Winners for best decorations, funniest outfit, best picnic, etc. were featured on our home page during the month of July and can still be found in the Photos section of the site.

There are also a couple of new or revised areas we want to bring to your attention: *Contacts* and *FAQs* (Frequently Asked Questions).

The *Contacts* section is new. We have created a directory covering the main areas within our community that you may wish to contact from time to time. It should now be easier to find the phone numbers and email addresses for the Recreation Centre, Melfer, Porcupine, Resident Organized Activities, Ballantrae Golf Club, Condos 1 to 5, etc. On the home page of hotg.ca, *Contacts* is listed in the drop-down menu under Resident Resources. Our new *website index* is also an easy way to find what you are looking for and *Contacts* is listed there as well.

*FAQs* (Frequently Asked Questions) has been updated based on resident feedback. You can find *FAQs* in the Resident Resources

drop-down menu and the magazine/website drop-down menu. Again, it is also listed in our main index and in the Find it Fast section.

Here you will find key areas organized in an accordion file, like this:



## Frequently Asked Questions



You will find answers to many questions you may have including:

- How long does it take to post my classified ad?
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- How do I get the BGCC name tags I see some people wearing at events?
- How do I make the photos on the site bigger?

If you have any questions or suggestions, please contact our webmaster, Paul, at [webmaster@hotg.ca](mailto:webmaster@hotg.ca) And keep those photos coming to [photos@hotg.ca](mailto:photos@hotg.ca).



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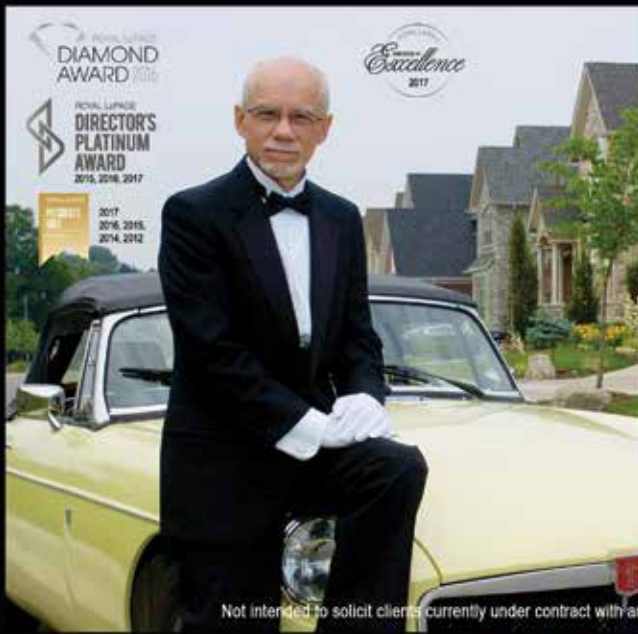
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# Good Neighbours

BY LYNNE BALFOUR



Roy Spence has lived a professional life that many of us have wished for ourselves or our children. He grew up in North Toronto attending Northern Vocational School. Although he wanted to become an auto mechanic, his father insisted that he train as an electrician. Graduating in 1945 toward the end of World War II, he joined the Ontario Electrical Construction Company, learning his trade as well as drafting layouts for various buildings. An apprentice's pay then was 45 cents per hour so he had to save a long time to join the electrical union (cost \$100!). In 1948 he became a fully qualified electrician.

In 1945 on the day war was over, he walked up Yonge Street from work on the lakeshore making his way to North Toronto. No streetcars were running that day. Planes flew overhead and dropped leaflets announcing the end of WW II. A memorable day!

A favourite memory is of a 1927 Model T Ford purchased for \$35 without wheels that Roy bought from a scrap dealer. A case of beer fit in the back seat. There was a new dance hall at Musselman's Lake. A wonderful summer of fun ended in selling the Model T for \$75.

In 1949 Roy and a friend heard of a company that would pay people to drive cars from Detroit to California. In search of adventure, they were assigned a new Cadillac and drove Route 66 from Detroit to Los Angeles. They loved California. Roy stayed a few months but his friend stayed permanently! Several years later, his friend came to visit his mother in Peterborough. The friend's mother invited several young women to dinner. That is how Roy met Dorcas ("Still pretty in pink," he says) leading to a marriage of 67 years. They have two sons, four grandchildren and two great grandchildren.

Roy had another adventure when he assisted a young mother with a baby carriage into the Bank of Nova Scotia at River and Queen Streets, while another gentleman held the door. He lined up for the teller behind the helpful man, but when Roy got to the teller, she was shaking and in tears. She had been robbed. Roy pursued the man who climbed into a taxi. Evidently, the man continued on his way to rob another bank. Of course, the police had been notified and apprehended the robber. Roy and Dorcas were treated to lunch by the bank as thanks for helping apprehend the man!





His dad had talked him out of joining the Air Force to become a pilot, but eventually he did get his pilot's license at Buttonville when it had unpaved runways. Dorcas flew with him once and never again!

Roy supervised work all over Ontario, gaining varied experience. He refused to leave the union when he was promoted to management. He felt his ongoing union contact helped him understand and negotiate with the unions affiliated with the company. Participation on the boards of ECAT (Electrical Contractors Association of Toronto) and TCA (Toronto Construction Association) led to attendance at conventions in various cities in the USA, favourites being San Francisco, Washington and Chicago, as well as in Bermuda. Dorcas was able to join him in his travels.

With a background as a secretary, Dorcas worked in the offices of Eaton's in both Peterborough and Toronto, as well as filling in at their church and family doctor's offices. Dorcas is a master seamstress who was also in charge of decorating their home and looking after their two active sons.

In time, Roy became CEO of the Ontario Electrical Company, a huge electrical construction company, staying until age 70. Their construction jobs included hospitals such as Toronto General and the Hospital for Sick Children, Laurentian University, buildings for Ford in Oakville, GM in Oshawa and several places for Massey Ferguson, winning many awards along the way.

Roy and Dorcas enjoyed travelling to England and Scotland where his parents were born. With their sons, they toured Ontario, Quebec, the Maritime Provinces and the Eastern USA in a camper van. A special trip included driving from Edmonton to Vancouver, then to San Francisco and Los Angeles. After retirement they spent 16 winters in St. Petersburg, Florida. They moved to BGCC in 2004.

Like many Ballantrae residents, Roy is now faced with a decision about their future and whether to move to a seniors' residence. They love their view of the golf course and the birds at their feeder – a hard decision facing a man with a history of staying on the job and in place for many years.





# Ballantrae Choir

BY MARY BRESSER

Many activities in our lives have been cancelled or postponed including singing in the Ballantrae choir. At the beginning of COVID-19, data was released showing that singing was one of the dangerous ways to spread this virus. Immediately, the executive, along with our director Lisa Kyriakides, made a decision to suspend the choir for

this year. However, do not forget about us! As soon as the Recreation Centre reopens and we are given the "okay" to start singing again, we will be back. Hopefully, that will be for Christmas 2021; but whenever it is, count on us to be there to start your festive season with song.

## NOTICES

### HURRAY, THE RECREATION CENTRE IS OPEN!

The Recreation Centre re-opened on August 10. The hours are from 7:00 a.m. to 5:00 p.m. Monday to Friday. It will remain closed on Saturday and Sunday until further notice.

Usage of the Recreation Centre facilities are by pre-registered appointment. Additional details for each activity are contained within the attached policies. Residents may reserve their space by utilizing the new online registration software:

**<https://www.timify.com/en-ca/profile/ballantraerecentre/?v=4>**

Residents without computer access may contact the Recreation Centre at **905-640-1055**.

If you are having trouble accessing the attachments, they will also be posted on the HOTG community **website: <https://www.hotg.ca/rec-centre/>**

We thank all residents in advance for their understanding and co-operation.

### BALLANTRAE'S VOLUNTEER ASSISTANCE PROGRAM

**Please note that our volunteer group is on hiatus until the isolation rules due to the Covid-19 pandemic are lifted.**

However, our Medical Equipment Loan service is still in effect. Visit [www.hotg.ca](http://www.hotg.ca) under the **RESIDENT RESOURCES** heading and look for **MEDICAL EQUIPMENT FOR LOAN**.

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### PHOTO COORDINATOR NEEDED FOR HOTG

Effective with the next winter 2020 issue, our magazine needs a photo coordinator. If you feel you could contribute, please contact Anita Draycott, editor, 905-640-9136; [adraycott@gmail.com](mailto:adraycott@gmail.com)

Briefly the job description involves:

- assign or take photographs of Ballantrae events
- be available to photograph or assign photographer when requested to support HOTG article submissions
- receive all shots and select most appropriate photos to accompany each submitted HOTG article
- provide guidance to HOTG art designer team, such as captioning of photos when required, etc .
- review and approve HOTG design drafts as it relates to presentation of photos
- assist editor and publisher in planning for and selecting front cover shots for HOTG



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# Our Wireless World

BY JOE ZINNER



On July 1, 2020, Rogers Communications celebrated the 35th anniversary of the first cellular phone call made by Art Eggleton, the mayor of Toronto to Jean Drapeau, the mayor of Montreal.

I was very fortunate to have been recruited as the Vice President, National Sales, of CANTEL in 1989 and spend almost 10 years on a ride I will never forget.

First, some history. For many years, the thought of mobile communications was the stuff of comic books and superheroes. Remember the Dick Tracy watch? One-way mobile communication had been in use only by law enforcement and emergency services.

The first handheld call was demonstrated by Motorola in 1973 and a small commercial network was launched in 1979 by Nippon Tel in Japan.

In 1981, Nordic Mobile (Denmark, Finland, Norway and Sweden) simultaneously launched a first-generation automated cellular network.

In May 1981, the FCC in the United States and the Department of Communications in Canada began the process of splitting blocks of spectrum for wireless frequencies.

On October 15, 1982, the Department of Communications was inundated with applications for licences. It was a given that the wire-line telephone companies would receive 50 percent of the available frequencies and so began the games. With over 60 applications, the bidding and geographic proposals were very fragmented.

Only seven bidders submitted applications for cross-Canada coverage including 23 identified cities.

I won't go into the excruciating details of almost two years of non-stop presentations, lobbying and, of course, financing to finally win the only national cellular mobile telephone service in Canada. In the end, Ted Rogers was the victor and CANTEL was born!

By July 1, 1987, a mere two years after the first cellular call, CANTEL became the first cellular company in the world to provide continuous coverage along a 1,300 kilometre corridor from Windsor to Quebec City. By the summer of 1989, CANTEL had announced coast-to-coast coverage of a 7,500 kilometre corridor—the longest cellular telephone network in the world.

In the beginning, in-car mobile phones would lead the market penetration. It made sense for carriers to sign agents who had had experience in installing communication devices in commercial vehicles used by law enforcement, fire and paramedics. Likewise, the automotive companies were approached and people with luxury vehicles were seen as ideal candidates to be early adopters.

Demand was exponential and although the prices of some mobile devices were in excess of \$5,000 for a Motorola Micro-Tac flip phone, network builds (cellular towers) for both CANTEL and the wire-line companies required a bottomless pit of money! The network build was another battle for real estate rights to build capacity for line of sight. Municipalities and residents fought endlessly with the carriers to keep cellular towers out of their neighbourhoods. Today, in many parts of the country, a number of cellular towers are now camouflaged as palm trees or spruce trees!

Finally, in October 1988, CANTEL had reached a milestone of 100,000 subscribers! Shortly thereafter, Rogers Communications took full control of CANTEL after buying out the many partners involved at the time.

Competition between Rogers and the regional telephone companies was brutal and relentless and this competition was probably key in driving the acceptance of wireless technology to incredible heights. The carriers were all scrambling to sign agents and the original financial model was a payment of \$200 per activated phone with a residual payment of 3% to 5% of the airtime used by the customer. Needless to say, the frenzy to become a cellular agent dramatically opened the market further.

However, there were many issues to deal with during the exponential growth of the market. The network builds could not keep up with the devices in the market. As a result, dropped calls (because of congestion in a particular area), dead zones and driving along and suddenly finding yourself in a no-coverage area caused huge spikes in calls to customer service!

Speaking of network builds, Ted Rogers had returned from his cottage in Muskoka very late on a Sunday evening after being caught in a terrible traffic jam. On Monday morning an all-hands-on-deck meeting took place. Ted stood up and demanded that the highway 400 corridor to Muskoka have cellular coverage as

*Continued on page 52*

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soon as possible! This corridor was not in the capital plan, but the operations and network people worked at break-neck speed to make it happen. The following summer, the corridor turned out to be one of the most profitable routes in Ontario.

It should not be a surprise that Motorola dominated the market share for mobile devices from 1983 to 1998 until Nokia and Ericson entered the North American market and Nokia became the market leader from 1998 to 2009.

The cellular devices changed dramatically and swiftly from an in-car device, to a bag phone about the size of a small briefcase, to a Motorola “brick” phone, to a BlackBerry with a QWERTY keyboard and many iterations of hand-held phones.

At the same time the hardware was changing, so were the prices. The original in-car mobile phones were \$1200 to \$1800 and the Motorola “brick” phone was \$1299! As the price of hardware was driven lower, a consumer market demand followed. Retailers such as Radio Shack (the first national retailer in Canada to embrace cellular), Future Shop, Best Buy, Canadian Tire and many regional consumer electronic stores moved into the space.

In addition, the CRTC was being lobbied to allow more competition and today organizations such as TELUS and multiple arms of the cable companies such as Shaw and Cogeco have wireless divisions.

Then it happened! On June 9, 2007, the Apple iPhone was launched by Steve Jobs. The Apple iPhone truly began the consumer revolution of embracing wireless technology for the mass market. With many iterations later (only 13 years ago!), the iPhone along with the numerous competitors has changed our lives.

In the past 10 years, we have seen a blurring of connected and multi-purpose devices including iPads, tablets, wearable technologies, Amazon Alexa, Google, etc. that we now cannot live without—voice, texting, photos and videos are all layered upon the wireless network as well as the internet.

All this technology comes with a price. After mortgages, rent and food, monthly technology costs resemble a car payment!

During the initial stages of our world changing in late

March due to COVID-19, I marvelled at the network backbones of the carriers being able to carry the wireless and wire-line traffic including streaming services such as Netflix without any downtime. With schools re-opening in one way or another in September, technology in our households is definitely an essential service.

There are now approximately 10 billion hand-held phones currently in use in the world led by China with one billion users.

Samsung is currently the market leader with 21% market share, followed by Huawei at 17. Apple is in third place with 14%.

As the world is preparing for the roll-out of 5G capabilities, we will continue to witness changing history again. Samsung recently announced a new Galaxy phone with a built-in camera with 108 megapixels!

While I was at Rogers, at the end of every internal and external speech, Ted Rogers would always say, **“The best is yet to come!”**



Yes indeed!

For interesting reading on more history, here are some suggestions:

Ted Rogers and Robert Brehl, *Relentless: The True Story of the Man Behind Rogers Communications*.

Caroline Van Hasselt, *High Wire Act: Ted Rogers and the Empire that Debt Built*.

George Fierheller, *Wireless in Wonderland: - Canadians Cut The Cord*.





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# The Great Realisation

SUBMITTED BY ENID SANDERS



"Tell me the one about the virus again, then I'll go to bed."

"But, my boy, you're growing weary, sleepy thoughts about your head."

"That one's my favourite. Please, I promise, just once more."

"Okay, snuggle down, my boy, but I know you all too well.

This story starts before then in a world I once would dwell.

It was a world of waste and wonder, of poverty and plenty.

Back before we understood why hindsight's 2020.

You see, the people came up with companies to trade across all lands.

But they swelled and got much bigger than we ever could have planned.

We always had our wants, but now, it got so quick.

You could have anything you dreamed of, in a day and with a click.

We noticed families had stopped talking. That's not to say they never spoke.

But the meaning must have melted and the work life balance broke.

And the children's eyes grew squarer and every toddler had a phone.

They filtered out the imperfections, but amidst the noise, they felt alone.

And every day the skies grew thicker, 'till you couldn't see the stars.

So, we flew in planes to find them, while down below we filled our cars.

We drove around all day in circles, we'd forgotten how to run.

We swapped the grass for tarmac, shrunk the parks 'till there were none.

We filled the sea with plastic because our waste was never capped.

Until, each day when you went fishing, you'd pull them out already wrapped.

And while we drank and smoked and gambled, our leaders taught us why it's best to not upset the lobbies, more convenient to die.

But then in 2020, a new virus came our way.

The governments reacted and told us all to hide away.

But while we were all hidden, amidst the fear and all the while, the people dusted off their instincts, they remembered how to smile.

They started clapping to say thank you and calling up their mums.

And while the car keys gathered dust, they would look forward to their runs.

And with the skies less full of voyagers, the earth began to breathe.

And the beaches bore new wildlife that scuttled off into the seas.

Some people started dancing, some were singing, some were baking.

We'd grown so used to bad news, but some good news was in the making.

And so when we found the cure and were allowed to go outside, we all preferred the world we found to the one we'd left behind.

Old habits became extinct and they made way for the new.

And every simple act of kindness was now given its due."

"But why did it take us so long to bring the people back together?"

"Well, sometimes you've got to get sick, my boy, before you start feeling better.

Now, lie down and dream of tomorrow and all the things that we can do.

And who knows, if you dream hard enough, maybe some of them will come true.

We now call it "The Great Realisation" and yes, since then, there have been many.

But that's the story of how it started and why hindsight's 2020."

*Note: Tom Foolery published this beautiful poem in video format – the words of which are of a father speaking to his young son before the boy goes to sleep:*

*Here are the words to the poem "The Great Realisation" written by Tom Roberts of London, UK.*



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