

SPRING 2021

# HOME ON THE *Green*

COMMUNITY LIFE IN THE  
BALLANTRAE GOLF & COUNTRY CLUB

## In This Issue:

All About Owls

At Home In Ballantrae:  
Brilliant Bathroom Renovations

The Power Of Posture

Profile:  
Maureen And Steve Wilkins'  
Steer Friends Program

# Beautiful Floors start **HERE**



## **CARPET • HARDWOOD • AREA RUGS • LUXURY VINYL • TILE**

Patti-Lynn has been bringing spectacular, quality flooring to homes in Ballantrae since Phase 1. We focus on making sure you have the *right* product that will deliver the style and function you need for years to come. We offer professional advice, in-home measuring and consultation, and certified installers who care about your home. Come see why customers fall in love with their homes decorated and installed by the team at Patti-Lynn.

3769 Stouffville Rd.  
Stouffville, ON  
905.640.0640  
[patti-lynn.com](http://patti-lynn.com)

 **Patti-Lynn**  
Floor, Window & Wall Coverings



# HOME ON THE Green

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

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

*Home on the Green* is a registered name. The use of this name without written permission is prohibited by law. Permission must be obtained for copies of any articles or photographs.

<b>PUBLISHER</b>	Helen Hunt
<b>EDITOR</b>	Anita Draycott
<b>Assistant Editor</b>	Karen Clark
<b>Social Liaison</b>	Kathy Billington
<b>Contributing Writers</b>	Frank Allison Lynne Balfour Wayne Burgess Johanna Burkhard Donna Clark Terri Drover Brian Freedman Greg McCain Ken Miyauchi Marna Moldon Jan Richards Valerie Rolf Von Den Bauman Alison Scowcroft Maurice Smith Dayna Stoddart Phillippe Martin Teillet Blair Tullis
<b>Proofreaders</b>	Mary Hallam, <i>Coordinator</i> Helen Mitchell Diane Ross
<b>Contributing Photographers</b>	Robert Pitour <i>Coordinator</i> Frank Allison Bill Balfour Wayne Burgess Mary Freedman Terri Drover Greg McCain Marna Moldon Valerie Rolf Von Den Bauman Phillippe Martin Teillet Blair Tullis
<b>Production Coordinator</b>	Terry Coulson 416-606-5876
<b>Advertising Sales</b>	Elaine Saksons, <i>Coordinator</i> , sakselai@gmail.com John Pittaway, <i>Administrator</i> Bruce Forty Lynn Gale Bill Hewitt Maggie Pittaway Imants Saksons Linda Tanaka Carol Taplin
<b>Distribution</b>	Norm Bresser Al Moldon
<b>Comptroller</b>	Marie Hewitt
<b>Board of Directors</b>	Donna Clark, <i>Chair</i> Anne Brewing Helen Hunt Paul Mak Terry Maloney Peter Sims Ginny Tullis
<b>Founding Editor</b>	Ruth Flanagan
<b>Graphic Design</b>	UNITE Creative Inc.
<b>Printing</b>	Tower Litho Company Ltd.

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

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

*Home on the Green* welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items 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.



p20



p28



p30

## In this Issue:

### DEPARTMENTS

Message from the Editor	3
Message from our Councillor	5

### COLUMNS

<b>Out and About</b> – Anne and Ron Brewing...	
Good Neighbours	7
<b>New Tricks from an Old Dog</b> – Music Soothes the Soul	9
<b>Made In Canada</b> – Toronto General Hospital	11
<b>What's Up Doc?</b> – A Learning Experience	13
<b>Stay Tuned!</b> – Musings	15
<b>Tech Tips from the Ballantrae Geek</b> – Good Time to Revisit YouTube	17
<b>Health and Wellness</b> – The Power of Posture	20
<b>Tasty Recipes for the Season</b> – Fast and Easy Breakfasts	22

### FEATURES

Osteoarthritis: What we know. What we do.	25
All About Owls	28
At Home in Ballantrae	30
Disruptive Technologies: Part 1	34
Paws for Thought	38
<b>Profile:</b> Maureen and Steve Wilkins and their Steer Friends Program	46
More Reasons to visit <a href="http://www.hotg.ca">www.hotg.ca</a>	52
Serious Lockdown Advice	56

### PAST EVENTS

You Are in Our Thoughts	40
-------------------------	----

### UPCOMING EVENTS

Monday Nine and Dine Golf	42
Thursday Nine and No-Dine Golf	42
Ballantrae Men's Golf League	42
Ballantrae Ladies' Golf League	42
Stouffville Pickleball Players 2021	44
No-Stress Golf will be Alive and Well this Spring	44
Pocket Concerts Coming	44

### NOTICES

Name Tags	44
Recreation Centre News	48
Ballantrae Golf & C.C. 2021 Summer Games	48
Licence Plate Frames	48
Why Not Become a Director on Your Condo Board?	50

### ADVERTISERS INDEX

54



# Rempel Capital

**238**  
Wellington St. East  
Suite 102  
Aurora, Ontario

## Invest and Rest Easy

When the unexpected happens, markets react dramatically but your portfolio doesn't have to. With our unique models, Rempel Capital, HollisWealth, strives to mitigate risk, preserve your capital and keep you on course for steady, long-term gains.

Entrust your portfolio to Rempel Capital and enjoy peace of mind and a level of one-on-one service that will exceed your expectations.

Contact us and let us show you how you can rest easy with Rempel Capital.



**Herb Rempel**  
Portfolio Manager  
HollisWealth®, a division of  
Industrial Alliance Securities Inc.

**herb@rempecapital.com**  
**905-503-4569**

**Andrew Rempel, CIM®**  
Portfolio Manager  
HollisWealth®, a division of  
Industrial Alliance Securities Inc.

**andrew@rempecapital.com**  
**905-503-3669**

HollisWealth®, a division of Industrial Alliance Securities Inc., a member of the Canadian Investor Protection Fund and the Investment Industry Regulatory Organization of Canada.

**rempecapital.com**



**HollisWealth®**

*Satisfaction Guaranteed*

**DAN THE DRAWER MAN**  
*I'll drop my price... not my drawers*

**Exceptional quality, unbeatable service, unbeatable prices**

**416-399-4442**  
www.danthedrawerman.ca  
aleafr@rogers.com

**Custom Made Sliding Shelves and Drawers**

**Organize and add 50% more Space to your Kitchen Cabinets**

Ideal for  
Kitchens & Bathrooms  
Pantries & Armoires  
Linen Closets  
Garage Applications

**\$130 (approx) per drawer installed**

I offer a high quality product, excellent service for a very, very reasonable price!

## MESSAGE FROM THE EDITOR

---



As I write this, it is cold and snowy in Ballantrae, but spring is around the corner. With the coming of milder temperatures, we hope we will see improvements in the COVID-19 numbers and some return to "normalcy" as more shops and facilities open. In fact, I've just been informed that our Recreation Centre will be re-opening.

I am delighted that our resident birder and wildlife photographer Frank Allison has once again contributed a gorgeous photo for the cover of this issue – a Northern Saw-Whet Owl, as well as a very informative story about owls.

What's new? Based on the recent *HOTG* survey results, we have included an "At Home in Ballantrae" article. Many of you expressed an interest in stories about home renovations and décor. To kick off what we hope will become a regular section in the magazine, we are featuring the bathroom renovation of Karen and Ken MacKay. Sadly, Karen passed away in January but it was her wish to share her project with fellow residents. If anyone has completed a home decorating or renovation project that they would be willing to have featured in the magazine, please contact us at [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com).

For a full presentation of the *HOTG* survey results, visit the magazine section of [hotg.ca](http://hotg.ca).

I am also pleased to share a heart-warming story about the fund-raising program initiated

by Wayne Burgess and other members of our community. "You Are in our Hearts" raised almost \$18,000 for the Markham Stouffville Hospital heroes and sent 6,000 heart-shaped cookies to frontline health heroes for Valentine's Day (see page 40).

I am sorry to have to report that Enid Sanders, who was part of the *HOTG* team since its first issue, passed on March 6. A friend of both Enid and her husband Art, Ken Miyauchi, shared these words about her. He wrote, "Enid courageously battled cancer for seven years and throughout it all, she maintained her smile through numerous radiation and chemo treatments. Enid was a leader in our BGCC community. She was the secretary and author of "Ballantrae Tails" for the *Home on the Green* magazine, co-leader of a bocce group, a captain of several Summer Games sports and a participant in many other groups. More importantly, she was a friend to all in the community. Enid will be remembered for her compassion, charity, and generosity. Enid's philosophy was to always live life to the fullest and we would all do well to follow her lead."

I could not have said it better. Please stay safe and well.



Anita Draycott



Thank you to the Ballantrae community for remembering Enid Sanders.

We live in a community that is without a doubt very special. As many of you know, I lost my dear wife Enid Sanders on Mar 6. The outreach by the people of BGCC was and is, at the time of this writing, way over the top in both numbers and in passion.

I would like to take this opportunity to say thank you, to all of you. It literally makes me teary eyed when I think about your response. Obviously, it was far greater than ever expected.

Enid certainly cared and loved you and the community, but she would have been totally overwhelmed and probably embarrassed, by your reaction to her death.

I lost a loved one, but I personally feel I gained an entirely new family thanks to all of you.

Art Sanders



## Are Stairs A Problem?

### Glide Upstairs on a Stannah Stairlift

A Stannah stairlift is a great alternative to remodeling, moving to assisted living, a new house or the first floor.

- Now offering remote consultations and showroom demos!
- For straight and curved stairs
- 7-Day money back guarantee
- Short-term rentals available



Want to learn more?

Call for a free consultation & quote  
**1-888-399-0067**

Visit: [www.stannah.ca](http://www.stannah.ca)  
25 Valleywood Drive, Unit 11  
Markham, ON, L3R 5L9




**Special Offer for CARP Members  
SAVE \$200\***

\*Excludes rentals & previous purchases. May not be combined with any other offer. Only one discount per purchase.

# Stannah

## Water Systems Plumbing & Drains

905-726-9224 1-877-605-2020  
[www.watersystemsplumbing.com](http://www.watersystemsplumbing.com)

### Plumbing Repairs & Installations

### Drain Services

### Water Softeners, Water Filtration Systems, Reverse Osmosis and Ultraviolet (UV) Water Purification

30+ yrs experience, fully licensed

Senior's discount

# Call The Plumber



## PROFESSIONAL Carpet & Upholstery Cleaning & Care



Carpet and Area Rug Cleaning



Upholstery Cleaning and Protection



Stain Removal



Pet Stain & Odour Removal

**Proudly serving Ballantrae since 1990**

Call us at (905) 927-0302 to book your appointment.



## PEPPERTREE KLASSICS

Markham's Favorite Women's Fashions  
Footwear and Accessories



Mention you are a HOTG Friend and You will Receive  
**25% off**  
All New Spring Items \*regular prices

**Awesome New Spring items arriving daily**  
Favorites from FDJ, Charlie B, Tribal, Renuar and more...  
Golfers get ready our amazing golf stuff has arrived

Please contact us at [fashions@peppertree.ca](mailto:fashions@peppertree.ca)  
Or call 905-294-3882  
For store hours and Promo's  
We are only using the back door during  
The COVID Pandemic  
See you soon !!!!!

**905.294.3882**  
[www.peppertree.ca](http://www.peppertree.ca)

137 Main Street N.  
Markham

FREE Parking at rear of store

# A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



## People are moving in

In 2021 Whitchurch-Stouffville will be home to about 52,000 residents. By 2035 this number will have increased to approximately 70,000. By 2050, at the latest, the provincial forecast for growth shows Stouffville will likely be home to 100,000 people. Reasons for this growth include immigration, people relocating from big cities, job opportunities, area affordability, improved roadways and transit to name a few.

By far, immigration will be the biggest contributor to the growth. During the past 10 years, annual immigration to Canada averaged 225,000 to 250,000. The target in 2021 is 400,000. Historically 50% of new Canadian immigrants settle in the GTA. Once Ballymore is completed, our Ballantrae area will be relatively unaffected by the significant growth around downtown Stouffville.

Managing major growth while trying to protect our heritage - the Green Belt, agricultural lands, environment and the Oak Ridges Moraine - will be a significant obligation and a challenge for our local government.

Stouffville's growth within the next five years will be in an area bounded by Tenth Line south of Sleepy Hollow Golf Club and east to Durham Thirty. This area was a part of the Official Plan Amendment (OPA 137) passed by council in 2014. Planning has been underway ever since. The community will be built near the new GO transit commuter station now under construction. This station will be the north-western part of a complete "community within a community." It is envisioned that this area will evolve into a completely walkable neighbourhood for 9,000 or 10,000 residents with homes and mixed-use development. Required infrastructure is now in the design phase and includes not just sewer and water pipes, but also long-term facilities such as a fire station, a post office, rail crossings, retail, parks and a community centre.

Although this community will be one of the earliest major developments for Stouffville, it will not be the last or the largest. Town staff are presently undertaking an important review and update to our Official Plan. When completed and approved by town and regional councils, it will be a statement of our town's vision for growth through to at least 2032.

A number of concepts presented during this review are centred in town along Highway 48. These would dramatically alter the landscape for the western approach to Stouffville. On the east side of Highway 48, stretching

south from Millard Street to Hoover Park Drive would be the future home to more than 20,000 residents. Plans are already underway to develop a portion of this area.

The area north of Hoover Park facing Highway 48 is scheduled to incorporate a hotel, a conference centre, live/work townhouses and apartments, to accommodate more than 3,000 residents and to generate close to 2,000 jobs.

The SmartCentres acreage, southwest of town which currently incorporates the Canadian Tire, Walmart, Staples and other retailers will see a change. The developer has proposed a portion of the presently undeveloped lands be transformed into mixed-use property. This would be a livable community for all ages with pedestrian connectivity and commercial amenities housing up to 4,000 residents. A proposal recently passed by town council mandates that for every condo unit built, at least 400 square feet of retail/commercial space must be created within the same building.

Immediately southwest of this complex, on the west side of Highway 48, a planned subdivision has already been approved by the provincial government and awaits local input. This complex would eventually stretch as far west as McCowan Road and would house 7,000 residents, with schools, retail space, senior housing and park lands.

To protect the Green Belt and Moraine areas of our community, I insist that there must be better use of the acreage available to us in the present settlement areas. This in my opinion is the main way to stop "urban sprawl" into environmentally sensitive lands. To achieve this goal there will be overall pressure to continue to build skyward rather than just subdivisions with single family homes.

It has already been suggested that multi-storey buildings be constructed on Main Street in the western approach to town. This is a major long-range project and will be addressed further during my next term on council.

Projects like those mentioned do not just pop up. They must be properly planned, formulated and reviewed long before a shovel is put in the ground. This includes the required amenities such as retail, schools, parks, recreation, community centres, as well as medical and emergency services.

Stouffville is growing up.

**Studio suites starting at \$3050**



*“Grateful for the people at Revera The Renoir who care for us in every way. Every day.”*

**Julie & Zoe** Residents of Revera

From the friendly and dedicated staff to the residents who brighten up your day, our people are the ones who make retirement living so rewarding.

Call **905-853-6400** today or visit [ReveraLiving.com](http://ReveraLiving.com)

**The Renoir**  
270 Doak Ln, Newmarket



**STONEHOUSE TOURS**

*Now Available Virtually!*

We continue to provide exceptional service to our clients as we have for 46 years!

You can also book an appointment at our office 86 Ringwood Drive, **Unit 30**.

**905-640-5491**

[info@stonehousetours.com](mailto:info@stonehousetours.com)  
[www.stonehousetours.com](http://www.stonehousetours.com)



**Need Some HELP With Your PC?**

**Then It's Time To Call The Community "PC Doctor"**

**Al Moldon**  
65 Arnie's Chance • 647-278-6349

- Anti Virus Software Installed
- Virus Removal/Recovery Assistance
- Internet Connection Set-up
- Home PC Network Installed
- Operating System Tune-ups
- New Computer Selection & Set-up
- TV and Surround Sound Installations

*Peach Tree Originals on Anderson*

*Timeless styles handcrafted workmanship made in Markham*

**SHOWROOM OPEN:**  
Wednesday & Thursday  
10 a.m. - 3 p.m.  
**OR BY APPOINTMENT**

UNIT #1- 91 ANDERSON AVE  
(HWY 48 & BUR OAK)  
MARKHAM



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

905-471-0096





# Anne and Ron Brewing: Good Neighbours

BY LYNNE BALFOUR PHOTOS BY BILL BALFOUR



One way or another, many of us have met Ron and Anne Brewing. Residents of Condo 2 since 2004, they are the neighbours who want to help if anything is going on. Having lived in Pickering for many years they decided to move from a larger house that included a pool to a smaller place that was easier to look after. Of course, being on a golf course was appealing especially to Ron.

When Anne was 16, a new family moved into her Scarborough neighbourhood with a teenage son, who of course was Ron. They dated and were married two years later. The Brewings have two sons and a daughter, each of whom is married with two children. Throughout the time their children were growing up, both Ron and Anne participated in supporting the the kids' activities. Ron coached hockey and five-pin bowling. Anne helped with Girl Guides and of course attended innumerable games. They both enjoyed five-pin bowling and were on the executive for that sport in Agincourt and at the provincial level. They are fans of the Toronto Maple Leafs and the Blue Jays and have had season tickets for both for over 25 years.

Ron worked for 20 years in construction, primarily travelling throughout Ontario selling the huge skylights seen in large shopping centres. When the company was bought out, instead of taking an office job, Ron set up a courier business delivering letters and parcels throughout greater Toronto. Anne worked for Shulton of Canada which sold Old Spice, Breck shampoo, Pine-Sol and many other familiar brands. She was both the office manager and accounting manager until Shulton was purchased by Procter & Gamble. After that merger P & G hired only 12 of the 200 Shulton employees, Anne being one. As an internal auditor Anne travelled to their many plants across Canada and she later became responsible for the accounts payable department with a staff of 30 employees. Anne's

and Ron's business experiences have been put to work as volunteers in the Ballantrae Golf Club Community.

The Brewings have been involved in many BGCC events, attending most social activities and helping out whenever needed. Anne was *Home on the Green's* financial controller for seven years and she is currently on its board of directors. She is also on the Ladies' Golf League committee. They both assisted with the summer games each year in whatever role they were needed and were active in the Rose of Sharon Charity for Children drive.

Ron has been an active member of the BGCC Social Committee for 10 years, organizing bus trips to Stratford among other things. He has also been part of the BGCC volunteer help group assisting with small repairs and doing some driving.

They have enjoyed travelling, Europe being their favourite destination, Saint Petersburg being a favourite for Ron, London for Anne, mainly because of both cities' histories. Since moving to BGCC they had joined the snowbirds driving to Florida for three months, but not this year. One of their most cherished memories is taking the entire family on a Caribbean cruise several years ago.

In September 2020, the Brewings celebrated their 60th wedding anniversary. The plans had included hosting a reception at the Recreation Centre but COVID-19 put a stop to that. Their selected caterer for the evening was O'Malleys, who had catered many events in BGCC. Feeling concern for the caterer and his business, Ron offered to be a central site for ordering meals to be delivered to BGCC. This became a biweekly event, with sometimes 100 dinners catered and delivered to the Brewings' driveway for pickup. They make the arrangements and collect payments ahead for the caterer. It has been an amazing way to keep a small business going during the COVID isolation. Just another example of the many ways that the Brewings have helped their neighbours in our community.





EST. 1962

YOUR ROOF. OUR REPUTATION.

Family owned & operated.  
Over 50 years of experience  
& quality you can trust.

905.649.3700  
kellyandsons.ca

86 Ringwood Drive, Unit 30, Stouffville



**WHAT MAKES US DIFFERENT?**

No dumpsters/shingles left sitting on your property.  
Cleanup of your lawns and gardens guaranteed.  
Full line of servicing includes: roofs, eavestrough, soffit  
& fascia, metal work, skylights, repairs, etc.



Call: *Joyce Dow*  
*Your Neighbour*

**Leaping to Make Buying or Selling an Enjoyable Experience!**  
**(905) 727-3154 or (416) 213-7209**



**Joyce Dow, Sales Representative**  
**Cell: (416) 505-5582**  
*Over the years, winner of the following awards:*



Your Community  
REALTY

ROYAL LEPAGE

BROKERAGE INDEPENDENTLY OWNED & OPERATED

Not intended to solicit clients currently under contract with another brokerage.



# Music Soothes the Soul

BY KEN MIYAUCHI

Music increases the mood boosting oxytocin and serotonin levels in your brain. Upbeat music makes you feel more optimistic. A slower tempo quiets your mind, thus relieving stress. Music is exactly what we need in this coronavirus world.

As part of my stress management routine, I dug out my music library of 1500-2000 albums. Below are some of my selections. If you no longer have a music collection, all of the songs are on music streaming services (YouTube Music, Spotify, Pandora, etc.) and YouTube has many music videos.

These songs have lyrics that are as important as the music. Some even have hidden meanings.

## ★ FEEL GOOD MUSIC ★

### *What a Wonderful World*

Louis Armstrong's version is from 1967

### *Good Vibrations*

Written and performed by the Beach Boys in 1967

### *Don't Worry Be Happy*

Bobby McFerrin sang this song in 1988

### *Love Will Keep Us Together*

Captain & Tennille performed Neil Sedaka's song in 1975

### *Happy Heart*

Andy Williams' version debuted in 1969

## ★ INSPIRATIONAL MUSIC ★

### *Hallelujah*

I chose Andrea Bocelli and his 8-year-old daughter singing Leonard Cohen's song in 2020

### *The Prayer*

Celine Dion's and Andrea Bocelli's duet in 2015

### *Ave Maria*

Luciano Pavarotti sang this in 1994

### *The Lord's Prayer*

Jackie Evancho performed this song in 2011, at the age of 11

### *We are the World*

Written by Michael Jackson and Lionel Ritchie, many stars sang it together in 1985 to raise money for Africa

## ★ INTROSPECTIVE MUSIC ★

### *American Pie*

Don McLean's 1971 song is an American anthology. The first verse laments "the day the music died" when Buddy Holly, Ritchie Valens, and the Big Bopper died in a plane crash

### *7 O'clock News/Silent Night*

Simon & Garfunkel sang *Silent Night* with overdubbing of a simulated news broadcast of the actual events from August 3, 1966

### *Eve of Destruction*

Barry McGuire's 1965 protest song was about the Vietnam War, the nuclear threat, and civil unrest

### *Imagine*

In 1971, John Lennon imagined a world at peace

## ★ CANADIANA MUSIC ★

### *Snowbird*

Now an unofficial theme song, Anne Murray sang Gene MacLellan's song in 1969

### *In the Early Morning Rain*

Gordon Lightfoot, our foremost folk singer/songwriter, performed this in 1966

### *Canada*

Bobby Gimby wrote this song for Expo 67

### *A Place to Stand*

This was the Ontario Pavilion theme song at Expo 67

There are many other songs that were omitted. No doubt I missed some of your favourites. So your pandemic task is to create your own lists, listen to the music, and enjoy the memories.



# Windows

## High Energy Performance

### ENERGY STAR - MOST EFFICIENT 2020

**Lifetime Window Warranty!**  
WINDOW WISE CERTIFIED INSTALLERS

*Lifestyle*  *Oasis*  
WINDOWS INC. HOME PRODUCTS

240 Industrial Parkway South, Aurora | 905-726-4349  
[www.lifestyleoasis.ca](http://www.lifestyleoasis.ca)

**SPECIAL** Exclusive Offer for BALLANTRAE Residences

Experts in Windows, Steel Doors, Porch Enclosures, Patio Doors, Sunrooms, Aluminum Railings and Retractable Door Screens

## CARD'S APPLIANCES & TELEVISIONS

6392 Main Street, Stouffville | 905-640-3622

- 49 years in business
- Trade in your old appliances for new
- We will make your delivery seamless
- We offer delivery, installation, hookup & removal
- **YES** we also specialize in **Water Softeners & WEBER Barbeques**



INTERIOR PAINTING BY  
REDFEARN, ZIZEK & ASSOC. INC.

FRESHEN UP YOUR DOORS  
AND PILLARS

For A Free Estimate  
Call Jim at home 905-727-4933 or  
Cell 416-918-2064  
[redziz@rogers.com](mailto:redziz@rogers.com)

Proud sponsor of the  
Ballantrae Men's & Ladies' Golf Leagues  
BGCC references Available



# Toronto General Hospital

BY JAN RICHARDS

It does not surprise me that Ontario’s first dose of the COVID-19 vaccine was administered at the Toronto General Hospital (TGH) in December 2020.

You may not know that Toronto General Hospital has a multitude of medical and research “first” accomplishments:

- in **1922**, the development and first clinical use of insulin in the treatment of diabetes;
- in **1935**, the world’s first clinical use of the anti-coagulant heparin;
- in **1950**, the world’s first external heart pace-maker used in open heart resuscitation;
- in **1955**, the world’s first successful heart valve transplant;
- in **1965**, the world’s first coronary care unit;
- in **1983**, the world’s first successful single lung transplant;
- in **1986**, world’s first successful double lung transplant;
- in **1987**, the world’s first aortic valve transplant using the Toronto Heart Valve;
- in **1994**, Canada’s first and largest HIV/AIDS clinic;
- in **2015**, the world’s first successful triple organ transplant (lung, liver and pancreas);
- and in **2016**, Canada’s first hand transplant.

helps create successful global business opportunities from Canada’s science, technology and social innovation enterprises.

Toronto General Hospital is also the home of the Peter Munk Cardiac Centre which is ranked first in Canada in cardiac care and is in the top ten in North America for academic productivity.

As a TGH student nurse, I remember the “Quiet, Please” signs posted outside the Coronary Care Unit in College Wing. The male patients were strictly prohibited from listening to the hockey game on the radio on Saturday evenings for fear of elevating their heart rate and increasing their blood pressure! A new individual heart monitoring system, with leads and wires and electrodes, was considered to be state-of-the-art technology.

Toronto General serves as a teaching hospital for the University of Toronto’s Faculty of Medicine and Faculty of Nursing. In 2019, Newsweek ranked TGH seventh among the top-ten best hospitals in the world. In 2019, the hospital was ranked first for research in Canada by Research Infosource for the ninth year in a row. The emergency department treats 28,065 persons each year, while the hospital also houses the major transplant program for Ontario - performing heart, lung, kidney, pancreas and small intestine transplant surgeries. The hospital, the largest organ transplant centre in North America, performed 639 transplants in 2017.



The hospital started as a small shed in the old town of York and was used as a British Army military hospital during the War of 1812, after which it was founded as a permanent institution – York General Hospital – in 1829, at John and King Streets (now home to Bell Lightbox). In 1855 a new home for the hospital was built on the north side of Gerrard Street, east of Parliament. In 1881 the Training School for Nurses was established and two years later five nurses completed the program.

In 1913, the hospital moved to College Street, near its current location, expanding and upgrading over the following years. College Wing, the oldest TGH building, was eventually sold to become the home of the MaRS (Medical and Related Sciences) Discovery District, which

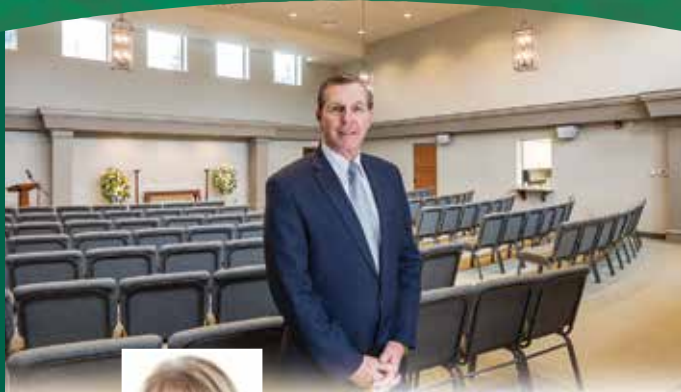


As we reflect on the past medical accomplishments of the many doctors who have pledged the Hippocratic Oath to “do no harm” and to the compassionate nurses who have avowed the Nightingale Pledge to “practise my profession faithfully,” we are thankful for their dedication.

By upholding best clinical practice standards, these health care heroes are leading us through this pandemic. We are truly indebted to their professional work ethic during the COVID-19 pandemic.

Thank you to all our front-line workers, especially the dedicated staff at Toronto General Hospital, past and present!

*It's the people that  
make the difference...*



**Susan Booth**  
Pre-Arrangement Director  
sjbooth@rogers.com  
**416-356-1720**  
*A caring part  
of our community*



8911 Woodbine Ave., Markham  
(4 blocks north of Hwy 7)  
info@chapelridgefh.com  
www.chapelridgefh.com  
**905-305-8508**

# Ballantrae Geek

## COMPUTER SERVICES

Any Brand • Any Problem • Any Device



- Internet/Wifi Problems
- Virus/Malware Removal
- Antivirus Installation
- New Equipment Set-Up
- Repairs & Upgrades
- Computer Tune-Ups
- Hardware Repairs
- Personalized Instruction
- Home Theatre Set-Up

**Brian Freedman**  
**905-640-0874**  
40 Long Stan  
brian@ballantraegeek.ca



## MODERN HOME FURNITURE



**EARLY BIRD SPRING SALE**

**PALLISER & CANADEL FURNITURE IS 10% OFF**



Customize your bedroom and dining room by picking your design, wood colour, wood finish, handles and knobs and custom sizing. Made by you, for you.

5402 MAIN ST., STOUFFVILLE (905) - 642 - 0024  
WWW.MODERNHOMEFURNITURE.CA



**Hours of Operation**  
Tuesday - Saturday 11 AM to 4 PM  
Sunday - 11:30 - 3:00 PM  
Monday - Closed - Gone fishing

These are current COVID hours  
and may change over the  
next few months.

**Tel: 905-773-5551**

www.othfm.com  
www.facebook.com/OffTheHookFishMarket

13461 Yonge Street - Unit 3, Richmond Hill, ON L4E 0L2  
(Just south of Bloomington Road next door to the Beer Store)

## THOMAS AND PELMAN PROFESSIONAL CORPORATION

**Ian Ross Pelman, B.A., LL.B.**  
Barrister, Solicitor, Notary Public

Tel: (905) 640-2211

Fax: (905) 640-8161

6131 Main St. Stouffville, ON L4A 3R6

# A Learning Experience

BY GREG MCCAIN



Rodgers and Hammerstein stated in their classical musical *The King and I*, "It's a very ancient saying that if a teacher you become, by your pupils you'll be taught."

In 1995 I was invited to teach a course in Beirut, Lebanon (once the "jewel" or the "Paris" of the Middle East) on the management of trauma. A Canadian surgeon lecturing on trauma in the Middle East is a true oxymoron.



We spent 24 hours flying to Beirut via Montreal and Paris arriving at about 9:00 p.m. Upon arrival we were informed we had a half hour to freshen up before a reception and dinner in our honour. My course was to start the next morning at 9:00 a.m.

**Lesson:** A nap is not only a luxury, as we get older it becomes a necessity.

We stayed in the beautiful small town of Brummana, on a hill overlooking Beirut and the Mediterranean. Each morning I was chauffeured to the University Hospital Saint George in Beirut, which was about a 20 minute drive. The rush hour traffic was horrendous, much worse than Toronto. My driver honked, and often drove up on the sidewalk, to end up getting to the university just one car ahead.

**Lesson:** Slow down, what's the hurry?

The official languages of Lebanon are Arabic, French and English. I had prepared my course in English and with the assistance of a translator, practiced giving it in my high school French. Everything went well until the question period after my first lecture when ability to think in French completely abandoned me. I responded with a question to my students. "Do you want this course taught in English or French?" All hands shot up, "English please." I had at least tried and what an additional amount of work had been required to translate my notes to French!

**Lesson:** K.I.S.S. principle, keep it simple stupid.

One day I was asked, as the visiting surgeon from Canada, if I would consult and consider operating on the Princess of Kuwait. Guess what I did for her? In a full operating theatre, gloved and gowned, I pierced her ears. I didn't have the nerve to tell her that my only previous experience was piercing my wife's and daughter's ears. She was my third case.

**Lesson:** Some of the little things you do for people are very important to them.

The next day we went shopping in downtown Lebanon and our host took us to visit her family jeweller. I counselled my wife, Dee, that under NO circumstance were we here to buy anything. The jeweller kept showing us the same ring and asking "didn't she like it?" It turned out to be a gift of thanks for my wife from the Princess.

**Lesson:** Shut up and be gracious.

One day we took a boat from Beirut and looked out from the Mediterranean Sea back at the beautiful coastline. My wife asked as she looked south "Where is that?" Our host responded that that was Israel. It appeared so close. He also informed us: "If we don't get killed going in, we will get killed coming out."

**Lesson:** Some things are so close, but far away.



People know that one of my passions is my love of wine. At a dinner party I tasted a glass of wine, Chateau Musar, an iconic organic wine made in the Bekaa Valley regardless of bombing and shell attacks. My host was related to Serge Hochar, the owner and winemaker. The next day we had a wine tasting at the winery with him. I learned more from him in one hour than I had learned in years of study. We tasted the same wine in two separate glasses, leaving just a little in the first glass. After finishing the second glass of the same wine we came back to the residual first glass. He asked me if I now detected a difference. Indeed, the residual glass of the wine was more enjoyable.

**Lesson:** As in life, often the last sip is the best.

My trip to Beirut, Lebanon taught me a lot about the history, the culture and the kindness of the people. "By my pupils I was taught."



We offer a complete selection of custom window coverings and drapery!



Earn up to **\$2,000 OFF** And Receive **FREE** Installation\*

**ECLIPSE®**  
SHUTTERS  
by shadeomatic®

Easy to Clean  
Energy Efficient  
25-year Warranty

  
**Benjamin Moore®**  
**INSIDE OUT**

Decorating Centre  
5758 MAIN ST. STOUFFVILLE  
905-642-5883  
**OPEN SUNDAYS 10-2**

\*See store for complete details – Free in-home quote - Limited time offer

**TRI-VISTA RENOVATIONS INC.**

**20 YEARS OF SERVICE IN YORK REGION**

- ✓ Kitchens
- ✓ Bathrooms
- ✓ Basements
- ✓ Hardwood
- ✓ Carpeting
- ✓ Tile Flooring
- ✓ Electrical
- ✓ Painting
- ✓ Plumbing

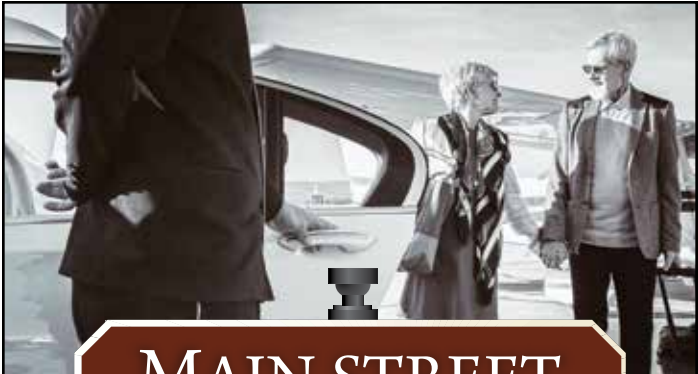
**"Great Service with Quality Workmanship"!**

Call Domenic to discuss your needs.  
*We can refer you to many satisfied customers who love our work.*

**905-479-4581**

Cell: 647-299-2896  
Email: [domenic@trivistarenovations.com](mailto:domenic@trivistarenovations.com)

**All Work Fully Guaranteed!**



**MAIN STREET**  
**LIMOUSINE**

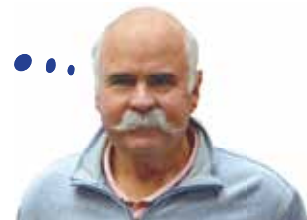
Luxury vehicle service for corporate, weddings and social events.  
Special rates for Airport service.  
Serving Ballantrae residents for over 17 years.

**BOOK YOUR RIDE TODAY**  
(905) 472-0404 (416) 991-6246  
1 (866) 472-0404  
[contact@mainstreetlimousine.com](mailto:contact@mainstreetlimousine.com)



# Musings

TEXT AND PHOTO BY BLAIR TULLIS



I may not remember your name, but I can call up a fitting snippet from a lyric to fit any situation. Song lyrics constantly come into my head. Not that I consciously call them forth, but the musicality of words delivered with the order of a logical set of notes makes relevant words crawl back into my mind at the darnedest times.

For example, as the four years of constant conflict wound down south of the border, the words of *Gimme Shelter*, the iconic Rolling Stones song, came to me – *War children, It's just a shot away!* We certainly almost got there in January, thanks to the Donald and his minions. The new regime suggests we're moving on to the later line from the song – *Love, sister, it's just a kiss away.* We have some hope with this and, maybe after we get the COVID shots and forget about the war talk, we can negotiate the romance.

It is amazing how much of a relief it has been to see our neighbours to the south making it through the transition from daily chaos to the relative calm of a senior ruling the White House. Interesting to note, by the way, that Joe's older than a lot of us here in the hood. Keystone cancellation aside, we can at least hope to have a relatively predictable next few years in dealing with the U.S. of A.

Which leaves us all free to pursue our obsessions without having to check MSNBC or Fox every day for our anger fix. As we see the various COVID-19 vaccines crawl out across the country, there is new hope springing up with the crocuses. Warmer weather is on the horizon and we groundhogs are poking our heads out of our winter dens.

Spring is nigh! Can we dream that we will soon be sitting outside at the local pub, sharing a Creemore and a tray of wings with friends again? There may even be a guitarist in the corner, bringing joy with a few tunes to blow off the mental cobwebs of a year of silence. Normal life, do you think? What a concept!

With the warming climate ahead, we enter the season of rebirth, regeneration and rejigging the golf swing. Of course, we will have to get

over the feeling we are somehow cheating the rest of society by enjoying ourselves in the great outdoors. We are up for the challenge.

So, what does it for you? Aside from golf and pubs, what do you want to do with your time when all of the world is bright and gay? Ballroom dancing in the crawlspace? Karaoke on the patio in a parka? Breaking out your bicycle team pants for a ride around the Masters? The possibilities are endless.



Sitting and looking at snow gently falling on my garbage cans out front, my spirits soar and my energy level is lifted by the promise of sunny days to come. After a winter of being shut in, I see the beauty in darned near anything. In fact, I just came back from a walk in the snow. Not as much fun as a walk in the Florida sun, but taking in the sparkling sheen of the pure white blanket of snow was exhilarating and refreshing. Brings a song to my heart. So, go outside and look up. *It's a beautiful world!*



**Pat Sciarra**  
Owner

**PAT'S BODY & PAINT**

15118 Hwy 48 (Ballantrae) Stouffville ON L4A 4M5  
Tel: 905-640-7676 • Fax: 905-640-7674  
Email: patsauto66@gmail.com

*I have no specials other than a fair price every day. My warranty is your satisfaction.*

**Frank's Wexford Service Centres Ltd.**

- Lube
- Oil & Filter
- Tire rotation
- Top up all fluids
- Alignments
- Brakes
- Exhaust
- Tune-Ups
- Engine Diagnosis
- Licensed Mechanics
- Service to all makes and models.



**FREE Pick Up and Delivery available.**  
We are a warranty approved maintenance facility.  
We look forward to servicing your automotive needs!

15118 Highway 48  
Just South of Aurora Rd.

**905-640-1140**

# Good Time to Revisit YouTube

BY BRIAN FREEDMAN

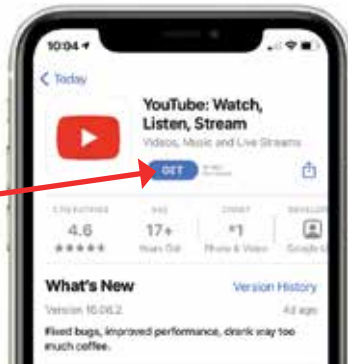


It is hard to believe that YouTube turned 16 years old this month. It remains by far the largest video sharing platform on the internet! Indeed, the statistics are overwhelming. For example, well over 500 hours of content are uploaded to YouTube each and every minute and over one billion hours of content are watched every single day by users like you and me. While we are all likely to have some familiarity with YouTube, we may not necessarily be as familiar with the features that have been more recently introduced.

## How to Access

The good news is how easy and simple it is to access YouTube. You can access it through your computer by going to [www.youtube.com](http://www.youtube.com). If you have an iPhone or iPad you will download

Install the YouTube app from the App Store (iPad & iPhone) or Google Play Store (Android phone or tablet).

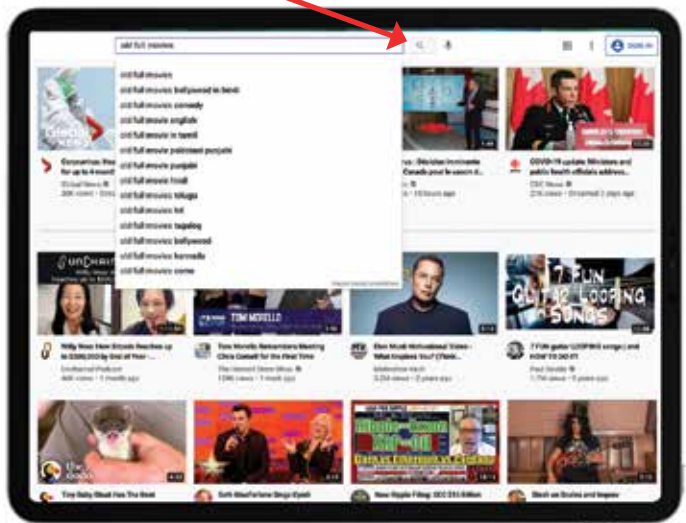


the YouTube app from the App Store onto your device. Similarly, if you have an Android phone or tablet you will download the YouTube app from the Google Play store. If you have a Smart TV or a streaming device (like an Apple TV, Roku or Firestick) attached to your older TV you should be able to find your way to YouTube so you can watch it on the big screen. For those of you who upgraded to the Rogers Ignite TV bundle you have it the easiest! All you need to do is hold the microphone button on your remote and say, "YouTube." Actually, try saying something more specific like "Frank Sinatra on YouTube" and watch what happens. Magic!

## What to Watch

Well, the short answer is pretty much everything and anything. After all, it's free. You will be amazed by the breadth of content available. While navigation will be a little different depending upon the device you are using, just persevere and you will eventually find your way to the search feature, typically denoted by a magnifying glass. It is there where you can search for virtually anything. And find it.

Look for the magnifying glass to find the search function.



For me, YouTube is a lifesaver when I need to take apart a computer or other device with which I am less familiar. There's always someone on YouTube there to show me the way, step by step, with the specific device brand and model. The same is true for fixing a faucet, appliance or for any other repair around the house. If you are into old movies and classic films or even old British movies you will be amazed by the number of full length features available free of charge on YouTube. Of course you will find all the old sitcoms or at least the best snippets from them, as well as those startling interviews that we thought we'd never forget. And if you love music, music videos and concerts there's a massive collection of each. The list goes on.

Continued on page 19

# Ballantrae Pharmacy

WE DELIVER  
ALL DRUG PLANS ACCEPTED  
EASY PRESCRIPTION TRANSFER  
NO DRUG PLAN, NO PROBLEM. TALK TO US.

 **PharmaChoice**

3 FELCHER BOULEVARD  
BALLANTRAE, ONTARIO L4A 7X4

PHONE: 905 642 5555  
FAX: 905 642 5550



## Transportation

*to and from Toronto's airports  
(Pearson and Billy Bishop)*

*Any time of day or night*

Personalized Service by your  
fellow BGCC resident

Telephone, text or email  
Art Sanders

Cell: 416.930.6229

Email: [artsanders@rogers.com](mailto:artsanders@rogers.com)

## Phoenix Electrical Services inc.

Residential, Commercial,  
Landscape Lighting & Design

T: 416-509-6682

E: [phoenixelectrical@live.com](mailto:phoenixelectrical@live.com)

Lic: 7008231

- ▶ Chandelier & Light Fixtures
- ▶ Christmas Decor & Lighting
- ▶ Install Timers/Dimmers
- ▶ Add Switches/Outlets
- ▶ Whole-Home Surge Protector Installations
- ▶ Troubleshooting
- ▶ Garden Lighting
- ▶ Appliance installation
- ▶ Renovations
- ▶ Panels & Service



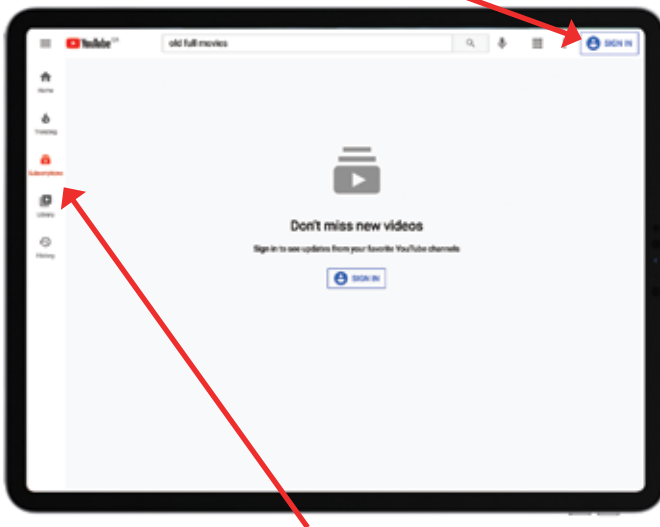
# Good Time to Revisit YouTube

CONTINUED...

## To Sign-In or Not

While you can browse and watch the content on YouTube completely anonymously, YouTube will always encourage you to sign in. By signing in you are able to take advantage of a number of additional features. For one, your watch history will be kept for your future reference. You will

**By signing in to Youtube with a Google Account you are able to take advantage of a number of additional features at no cost.**



**YouTube Premium gives you completely ad-free video viewing and a host of other features including YouTube Music.**

be able to flag videos for watching later, save videos to your favourites and subscribe to specific "channels" whose content you favour. To sign in all you require is a Google account. That stands to reason since YouTube is owned by Google. If you own a "gmail.com" email address, then that is already your Google account (the "g" in gmail stands for Google of course). Otherwise, you can create a free Google account with your existing email address (rogers.com, yahoo.com, aol.com, outlook.com, hotmail.com, etc).

## Basic or Premium

You knew that at some point I would have to return to the notion of "free" mentioned earlier. Let's face it, little to nothing worthwhile in life is truly *free*. Indeed, the price you pay for enjoying video content on YouTube is the frequent ads that you have to endure – just like traditional TV! More recently, however, YouTube introduced a subscription serviced called YouTube Premium. For \$11.99 per month you can watch all the videos you like without a single advertisement. Premium subscribers can also save videos to their mobile devices for viewing offline. That means that you can watch videos anywhere without the need for a WIFI connection to the internet or using your device's expensive mobile data plan if you have one.

But for sure what seals the deal for many is the fact that a YouTube Premium subscription includes a subscription to YouTube's streaming music service called YouTube Music. YouTube Music competes directly with other popular music streaming services like Spotify and Apple Music with similar breadth of content and features. A YouTube Music subscription alone costs \$9.99.

To help you decide whether the Premium subscription makes sense for you, YouTube offers a free 30-day trial period so you can fully check it out. I suggest signing up using your computer rather than your iPad as Apple has a nasty way of charging a premium for the benefit of billing through your Apple account if you end up going down the wrong path. And finally, if you decide it is not for you, be sure to cancel prior to the end of the trial period so that you will not be charged!

# The Power of Posture

BY DAYNA STODDART



Good posture is vital to overall health and well-being.

Brintell et al. (2005) define **posture** as a state of skeletal and muscular balance and alignment that protects the supporting structures of the body from progressive deformity and injury.

Maintaining good posture with a neutral spine position impacts:

- the musculoskeletal system,
- breathing,
- digestion,
- concentration,
- cognition,
- energy levels, and
- confidence.

Good posture also plays a crucial role in fall prevention (Freeman, et al., 2009).

Neutral spine posture in sitting and standing is essential in supporting the body's weight against gravity. Neutral spine refers to the natural curve of the lumbar spine.

Good posture occurs when the body maintains muscular and skeletal balance so that joints and muscles don't experience over stretching or excessive tightening resulting in decreased range of motion.

Breathing is positively affected when sitting and standing in a good posture (neutral spine position), with shoulders lifted up and back, shoulder blades squeezed together behind the back and core muscles engaged. Sitting with good posture gives the diaphragm and lungs room to do their work. Rounded shoulders and slumped shoulders along with weakness of core muscles cause poor posture and prevent maximal thoracic expansion limiting breathing capacity.

Good posture positively impacts the functioning of internal organs. Each organ has a natural position in the body that can be maintained by good posture. Poor posture changes the position of internal organs, cramping the lungs, stomach and intestines leading to faulty digestion and sometimes constipation (Drury, 1984).

Poor posture puts excess stress on muscles and joints and can lead to discomfort, pain, and musculoskeletal issues, particularly in the neck and lower back. If body segments are not in good alignment for extended periods of time, the muscles adapt by shortening or lengthening. These



adaptations often lead to musculoskeletal imbalances and ultimately injury.

Poor posture can present with rounded and elevated shoulders and a pushed-forward head position. This position places stress on the spine between the top of the neck and skull and the base of the neck and upper shoulders. There is a reduction in the stability of the shoulder blades resulting in changes to the movement pattern of the upper extremities. It can present with a forward tilting of the hips, an increase in the curve of the lumbar spine and a protruding stomach. This position places stress over both the hip joints and lower back.

The average person spends a minimum of eight hours a day sitting (Kendall, 2005). It has been determined that sitting is hazardous to health. Sitting in good posture can help to alleviate a significant amount of postural discomfort and prevent some of the issues related to excessive sitting.

When a person moves in poor posture, the body isn't as balanced over its base of support (Brintell et al., 2005). This imbalance and inefficiency of movement can increase the risk for falls.

Other postural concerns related to poor posture include:

- difficulty standing in one place for about 15 minutes,
- difficulty stooping, crouching, and kneeling,
- difficulty getting in and out of a car,
- difficulty walking,

- difficulty putting on socks, and
- difficulty reaching.

Consciously practicing good posture and strengthening postural muscles can greatly benefit execution of these movements and can prevent falls.

Concentration, focus, and cognition are affected by the flow of blood to the brain. The brain uses 20% of the body's oxygen and glucose (Ratey, 2008). Misalignment of the spine negatively impacts the flow of oxygenated blood to the brain.

Individuals with poor posture are more likely to have poor self-image and less self-confidence (Watson & MacDonncha, 2000). Brinol, Petty, and Wagner (2009) found that sitting in a confident position was related to positive thoughts and sitting in doubtful posture was associated more with negative thinking. Feeling depressed is often associated with having less subjective energy. Peper and I-Mei Lin (2012) found by changing posture, subjective energy level can be increased and decreased.

The following cues may sound familiar if you have been participating in my ongoing Virtual Fitness classes. As a physiotherapist and certified Pilates instructor, posture is integral to my teaching and exercise promotion. In my article, "The Power of Posture" published in the *Journal on Active Aging* in 2017 I described the following:

#### Verbal Cues for standing in good Posture

- Visualize a rope attached to the crown of your head.
- Someone is pulling up on that rope toward the ceiling.
- Keep the length in your spine—feel it elongating you.
- Your head is centered between your shoulders.
- Your shoulders are above your hips.
- Connect your navel to your spine.
- Soften your knees.
- Keep your feet hip distance apart.

#### Verbal Cues for sitting in good Posture

(on a chair with a stable surface or on a stability ball with an unstable surface)

- Visualize a rope attached to the crown of your head.
- Someone is pulling up on that rope toward the ceiling.
- Keep the length in your spine.
- Your head is centered between shoulders.
- Lower the shoulders.
- Think of keeping distance between your ear lobes and shoulders; i.e., do not let shoulders creep up towards your ears.

- Shoulders are above hips.
- Hips are weighted equally on chair or ball.
- Notice if you are shifting into one hip more than the other.
- Centre your weight between both hips.
- Draw the navel to the spine.
- Without compromising breathing visualize pulling up a zipper on a tight pair of pants. Feel the tightening sensation in lower abdomen.

#### Verbal Cues for lying on the back in good Posture

- Knees bent, feet on the floor with feet and knees hip distance apart
- Allow the mat/floor to provide feedback. Think about how your body is contacting the mat from your head to your tailbone.
- How is your body feeling?
- Is your head centered between your shoulders?
- If there were a headlight facing up from your chin it should shine straight to the ceiling.
- Compare left and right shoulders. Are they weighted equally on mat?
- Anchor shoulder blades down on mat as you visualize length in your collar bones.
- Scan down your spine. Compare left and right sides of your spine/trunk. Are they weighted equally on the mat, or are you feeling heavier on one side of your trunk?
- Let your tailbone be heavy on mat.
- Compare left and right hips. Are you weighted equally in your hips or feeling heavier in one hip vs. the other?

A Power of Posture Exercise series will create a mind-body connection and mental focus that enhances alignment and awareness of where the body is in space, establishing ideal standing, seated, and lying posture.

The Power of Posture will provide participants with a postural training program that is easy to implement, encouraging simple yet effective exercises to improve not only your well-being but also to empower you on many levels and in multiple dimensions: physically, mentally and emotionally.

The Power of POSTURE exercise series can be integrated into your daily routine. The focus of the series is on body alignment and awareness, flexibility, strength, balance, breathing and relaxation, including functional movement patterns to encourage and develop optimal posture and bone building.

Watch for the upcoming Power of Posture Seminar and classes to follow!

# Fast & Easy Breakfasts

BY JOHANNA BURKHARD

PHOTOS BY MARY FREEDMAN

Tired of your usual COVID breakfast routine? While most mornings we've had all the time in the world to linger, read the paper and enjoy our morning coffee, I've found that breakfasts this past winter have become repetitive and boring.

Why not revamp your morning routine and start your day with these delicious breakfast and brunch ideas? Learn how to make the easiest bread in the world, bake up a batch of zesty muffins, switch your regular oatmeal to fruit and nut Muesli, or serve up an easy frittata for brunch.



## NO-KNEAD OVERNIGHT BREAD

This popular recipe is so "easy peasy," says Mary Freedman of Condo 3, who got the recipe from a friend. Mary notes that as the dough slowly rises overnight, the yeast creates a rich texture and flavour similar to sour dough. While delicious toasted for breakfast with preserves, the bread is also excellent when dipped in a bit of olive oil and balsamic vinegar.

**3-1/4 cups (810 mL)** all-purpose unbleached flour

**2 tsp (10 mL)** kosher salt or 1 tsp (5 mL) sea salt

**1/2 tsp (2 mL)** active dry yeast

**1-1/2 cups (375 mL)** warm water

Sesame, poppy and caraway seeds (optional)

1. In a large bowl, whisk together flour, salt, and yeast. Add the warm water to the dry mixture and stir using a wooden spoon to incorporate the ingredients. Form dough into a ball (it will be quite moist) and place in a large ungreased bowl; cover bowl with plastic wrap.

2. Place bowl on counter in a draft-free area and let dough rise for 12 to 18 hours, or until the surface is covered in bubbles and

the dough has at least doubled in size.

3. Place a heavy Dutch oven with lid in a cold oven and set temperature to 450°F (230°C) to preheat for 30 minutes.

4. Meanwhile, using a spatula, loosen dough from sides of bowl and turn out onto a lightly floured piece of parchment paper. (Dough will be sticky). Using floured hands, fold the bottom edges of the dough under to form a ball and smooth the rounded top. Dust top of dough lightly with flour. Let rest for 15 minutes.

5. Score an X-shape into the top of the dough using a sharp knife. Using a spray bottle filled with water, mist the top of the dough lightly with water. Sprinkle top with a mixture of sesame, poppy and caraway seeds, if desired.

6. Place the parchment paper with dough into the hot Dutch oven. Cover with lid. Bake for 30 minutes; remove lid and bake for an additional 8 to 15 minutes until top is nicely coloured. Remove bread from oven, and place on a rack to cool.

*\* Tips: If you don't have a Dutch oven, use the insert of your crockpot, instant pot, or a deep enameled stoneware baking dish (not glass). If you don't have an oven-safe lid, cover your container with a double layer of foil.*

*Customize your loaf by adding any of the following to the flour mixture before adding water:*

- *Roasted garlic or finely chopped fresh herbs, such as rosemary*
- *Handful of grated cheese, such as cheddar or parmesan*
- *1/4 cup (60 mL) sunflower or pumpkin seeds*
- *Handful of dried fruit and nuts for a sweeter loaf*

## ASPARAGUS AND MUSHROOM FRITTATA

Nothing beats a delicious egg dish such as this frittata for a special occasion breakfast or brunch, or as an easy supper dish. Unlike an omelet that requires flipping and turning, a frittata doesn't require any major cooking skills other than stirring.

### MAKES 4 SERVINGS

Preheat broiler on high; set oven rack 4-inches (10 cm) from source of heat

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

**1** onion, finely chopped

**2** cloves garlic, minced or finely chopped

**2 cups (500 mL)** sliced assorted mushrooms, such as shiitake, oyster and button

**2 cups (500 mL)** asparagus, cut into 1-inch (2.5 cm) pieces

**1/2 tsp (2 mL)** dried herbs de Provence or Italian seasoning

**6** large eggs

**2 tbsp (30 mL)** milk

Salt and freshly ground black pepper

**1 cup (250 mL)** shredded Gruyere, Edam or Gouda cheese

1. In a large nonstick skillet, heat oil over medium heat. Cook onion, garlic, mushrooms, asparagus and herbs de Provence, stirring often, for 5 minutes or until vegetables are softened.
2. In a large bowl, whisk together eggs and milk; season with salt and pepper. Add to vegetable mixture. Cook, stirring gently for 1 minute, or until eggs just start to set. Sprinkle with cheese. Reduce heat to medium-low; cover skillet with lid (or a large cookie sheet



works well). Cook for 5 minutes or until bottom is golden and top is still not set.

- If not ovenproof, wrap skillet handle in double layer of foil. Place skillet under broiler for about 3 minutes or until top is lightly browned and set. Cut into wedges and serve.

## OUTRAGEOUS ORANGE MUFFINS

These yummy, orange-infused muffins are favourites of Lorraine Madigan Farro of Condo 2, who contributed the recipe. As an avid golfer, Lorraine often bakes a batch and takes them along when playing golf to share with friends, who always ask for the recipe.

### MAKES 4 SERVINGS

12-cup muffin pan well-oiled or lined with paper or silicone liners

Preheat oven to 375°F (190°C)

**1** medium whole orange (about 8 oz/ 225 g in size)

**½ cup (125 mL)** orange juice

**½ cup (125 mL)** oil, such as canola, or melted butter

**1** large egg

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

**½ cup (125 mL)** packed brown sugar

**1 tsp (5 mL)** baking powder

**1 tsp (5 mL)** baking soda

**½ tsp (2 mL)** salt

**½ cup (125 mL)** sultana or golden raisins, or dried cranberries

- Scrub orange well under warm water to wash off the edible wax coating. Cut off stem and navel ends and discard. Cut orange into large pieces and place in a blender with orange juice, oil and egg. Puree until smooth.
- In a bowl, combine flour, brown sugar, baking powder, baking soda and salt. Stir well. Add orange mixture to dry ingredients and fold in until no signs of flour remain. Stir in raisins.
- Spoon batter into prepared muffin pan three quarters full. Bake in preheated oven for 18 to 23 minutes or until tops are light golden. Place pan on rack to cool.

## LEMON COTTAGE CHEESE PANCAKES

There's just enough cornmeal in these moist golden pancakes to give them a lovely, toothsome bite without being heavy and dense. Enjoy them topped with fruit spread and fresh berries. The recipe can easily be halved to make two servings.

### MAKES 4 SERVINGS GRIDDLE OR LARGE NONSTICK SKILLET

**1 cup (250 mL)** low-fat creamed cottage cheese

**2** large eggs

**1/2 cup (125 mL)** milk

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

**2/3 cup (150 mL)** whole wheat all-purpose flour

**¼ cup (60 mL)** cornmeal

**2 tsp (10 mL)** granulated sugar

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

- In a food processor, puree cottage cheese, eggs, milk and lemon zest. Add flour, cornmeal, sugar and baking powder; pulse until batter is smooth.
- Heat griddle or large non-stick skillet over medium heat. Spray griddle with vegetable oil cooking spray or brush lightly with oil such as avocado or canola.
- Spread 3 tbsp (45 mL) batter into a thin round on griddle and cook pancakes for up to 2 minutes or until surface is bubbly. Turn and cook for up to 1 minute until golden browned. Reduce heat slightly if pancakes brown too quickly. Keep warm while making remaining pancakes.

## EGG TOMATO MUFFIN MELT

In my house, eggs Benedict is most often reserved for a special occasion weekend breakfast or brunch, so I rely on these yummy eggs instead, and not just for breakfast. They make a great supper dish when you're looking for something fast and easy.

### MAKES 2 SERVINGS

Preheat oven to 375°F (190°C)

Butter

**4** slices cooked back bacon, ham or smoked ham

**1** large tomato, cut into 4 thick slices

Salt and freshly ground black pepper

**4** large eggs

**2** English muffins, split

**4** thin slices aged Cheddar cheese

- In a large nonstick skillet, melt 2 tsp (10 mL) butter over medium heat and cook ham slices for 1 minute per side or until lightly browned. Transfer to a plate and keep warm. Add tomato slices to skillet and cook for about 30 seconds per side or until softened. Season with salt and pepper.
- Meanwhile, poach, pan-fry or scramble eggs as desired. Toast English muffins; spread with butter if desired. Arrange cut side up on baking sheet.
- Layer each muffin half with 1 ham slice, 1 tomato slice and 1 egg. Top with sliced cheese. Broil for 1 to 2 minutes or until cheese is melted. Serve immediately.

## SWISS MUESLI

Swiss Muesli is a popular European breakfast first developed in the early 1900s by Dr. Bircher, a Swiss physician who wanted to serve his patients a wholesome breakfast. It's a creamy cold combination of oats, fruit and nuts that's perfect for breakfast instead of hot oatmeal.

Traditionally the muesli mix is allowed to soak overnight to soften the grains and the rest of the dish is assembled just before serving. It can be refrigerated for up to 2 days.

### MAKES 4 SERVINGS

**1 cup (250 mL)** muesli mix with nuts and dried fruit\*

**2/3 cup (175 mL)** milk

**1** apple, cored and grated

**2 tsp (10 mL)** freshly squeezed lemon juice

**1/3 to ½ cup (75 to 125 mL)** plain or vanilla Greek yogurt (approx.)

**1 cup** sliced strawberries, blueberries or raspberries

- In a bowl, combine muesli and milk. Cover and refrigerate for 4 hours or overnight.
- In a bowl, toss grated apples with lemon juice. Stir in muesli mixture and add as much yogurt to make a creamy mixture. Ladle into bowls and top with berries.

Tip\* I prefer to use Bob's Red Mill or Jordan brands of Muesli for this recipe.





## BALLANTRAE PLAZA VETERINARY CLINIC

**New Clients Always Welcome!**

### Your Pets are Important to Us

Preventative Health | Medicine  
Dentistry | Surgery | Therapeutic laser  
Veterinary Spinal Manipulation

1 Felcher Boulevard, Stouffville  
(off Hwy 48, one road south of Aurora Rd)

[ballantraeveterinaryclinic.com](http://ballantraeveterinaryclinic.com)

**Dr. Karen Drewell**  
DVM, VSMT



**905-642-3349**

# hanson's

chinese & pizza

## THANK YOU!

Thank you for your continued support of our family business. We're proud to be part of the BGCC community.

We are still open for takeout and delivery and hope to re-open our dining room soon.

Updates and our menu can found at  
[www.HansonsRestaurant.com](http://www.HansonsRestaurant.com)

Call us at **(905) 888-1818** to place your order or for more information.

3721 Aurora Rd., Stouffville  
Tel: (905) 888-1818

# STOUFFVILLE FINE FURNITURE



**Bermex  
Sale 20%  
off & we  
pay the tax**

**Call now to  
place your  
orders**



Stouffville Fine Furniture offers a unique selection of classic, traditional and modern dining room furniture, bedroom furniture and living room furniture.

**Stouffville Fine Furniture**  
[stouffvillefinefurniture.com](http://stouffvillefinefurniture.com)  
905-642-6774

# Osteoarthritis (OA)

## What we know. What we do.

BY VALERIE ROLF VON DEN BAUMEN, PT, MSC PT,  
OWNER, PT' MOVEMENT WELLNESS



In November of 2020 when we opened in the Ballantrae Gates Plaza, our first connection with the community here was Anita Draycott, *HOTG* editor. She reached out to us on behalf of the magazine to get a sense of what we offer. In speaking with her and with our physiotherapy patients, one common topic continues to arise during treatment.

Aging is not fun. Aging results in pain. And pain takes away our ability to move and enjoy life. Age means osteoarthritis (OA). And so, we began to ask our patients one simple question, "What does Osteoarthritis (OA) mean to you?"

Though there were many answers, the general consensus was that it hurts and it decreases their ability to do what they love. Everyday things become harder and adaptation is required, and finally, one needs to take life more slowly.

It is these kinds of assumptions that propel me, with my experience as a physiotherapist, to transform our patients' ideas of what is possible when we age.

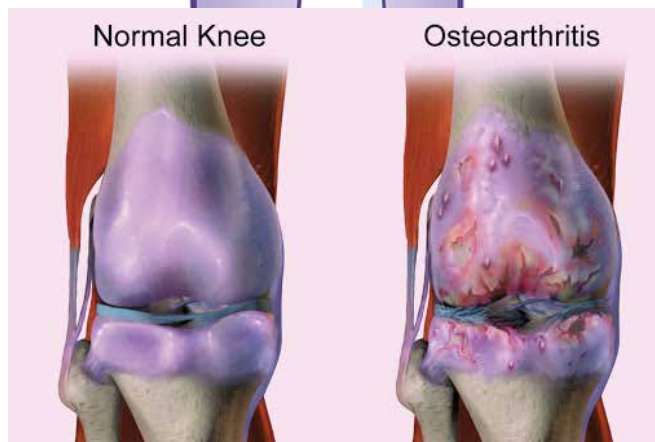
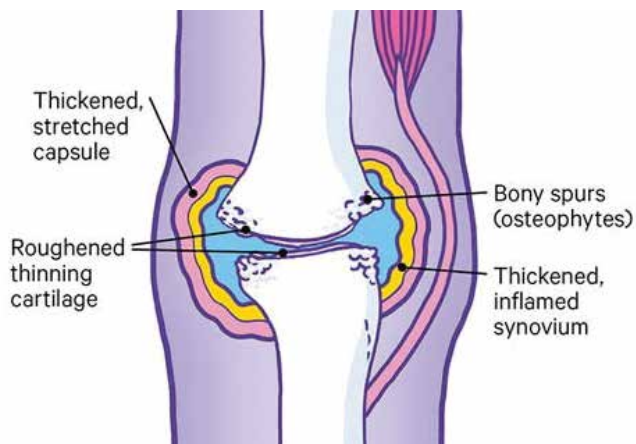
The truth about OA is that it does indeed hurt, it can decrease function and it is more apparent when we

age. Osteoarthritis, also called degenerative joint disease, is the most common type of arthritis. It happens when the cartilage in a joint breaks down, often in the hips, knees, and spine.

But there is misconception in all of this as well. Not all pain is the result of OA and aging. Pain can be due to muscle tightness or joint stiffness. Overexercised muscles can also mimic osteoarthritis pain.

In the context of what this may look like in your own life, and better yet, a life without a pandemic (how good does that sound?), let's imagine the first warm day of spring.

You and two friends go for a walk in the York Region Forest. Your hip begins to hurt. One friend complains of knee pain and the other expresses that she is exhausted and has achy legs. You are all now enjoying a coffee together. Yes, socializing in a real coffee shop! You chat about how it's not fun getting old and that your osteoarthritis is really affecting your ability to enjoy your retired life. **Continued on page 27**



**COMING UP AT 19 ON THE PARK - 19 CIVIC AVENUE STOUFFVILLE**  
 The Lebovic Centre for Arts and Entertainment - Behind the clock tower on Main St



*Intimate Weddings*  
*In Historic 19 on the Park*

Civil Ceremonies with Officiant  
 Photo Packages  
 Outdoor Option also available!



We are ready & waiting to host your Wedding, Family Celebration or Intimate Gathering.

Let us help you safely navigate your special day while adhering to Provincial guidelines for events during this time.

Contact Ashley at 905-640-2322 or [ashley.chappell@townofws.ca](mailto:ashley.chappell@townofws.ca)



**TOP DOG CONCIERGE SERVICES**



SPECIALIZING IN TAX PREPARATION AND  
 TECHNOLOGY NEEDS (IPADS/IPHONES, CAMERAS)

**JASON HEROD, CPA, CA**  
[JASON@TOPDOGCONCIERGE.COM](mailto:JASON@TOPDOGCONCIERGE.COM)  
 416.669.4096  
[WWW.TOPDOGCONCIERGE.COM](http://WWW.TOPDOGCONCIERGE.COM)

**HANK "THE PAINTER"**

Painting  
 Wallpapering  
 Cabinet Refinishing

**Hank Vollmer**  
 Cell: 647-299-4265  
 H: 905-884-9033  
[agvdecor8@hotmail.com](mailto:agvdecor8@hotmail.com)

[www.facebook.com/HankThePainter](http://www.facebook.com/HankThePainter)  
 Over 25 years of Professional Results  
 at Affordable Prices



**Guardian**

LOCATED INSIDE WISHING WELL MEDICAL CENTRE



**Wishing Well**

**FREE DELIVERY**

- Pharmacy beside Walk-in Clinic and Family Physicians accepting new patients
- \$2.00 discount for Senior Prescriptions
- Free Medication Check
- Free Compliance Packing

12637 Tenth Line, Whitchurch-Stouffville, ON L4A 7X3  
 Tel: 905-591-WELL (9355)  
 Email: [wishingwellpharmacy@gmail.com](mailto:wishingwellpharmacy@gmail.com)

[wishingwellpharmacy.com](http://wishingwellpharmacy.com)  
[facebook.com/wishingwellpharm](https://facebook.com/wishingwellpharm)  
[@WishingWellPhar](https://twitter.com/WishingWellPhar)

# Osteoarthritis (OA)

## What we know. What we do.

CONTINUED...

In reality, your hip pain is the result of overworked muscles because you haven't been walking for much of the winter. And your friend with achy legs, well, her pain is due to her poor balance, which in turn requires her leg muscles to work harder during the walk - putting increased strain on her knee joints to maintain stability. Only your friend with the knee pain actually has OA. Thus, the first step is determining the true cause of a patient's pain.

What about the two of you who don't actually have OA? Well, your hip pain may be the result of undiagnosed pelvic floor dysfunction. Though you didn't share this with your friends during your chat, your bladder is weak and your hip pain may be connected to your pelvic floor, not the osteoarthritis you had assumed. I see this often in my pelvic floor physiotherapy practice.

And your friend with achy legs? Her lack of balance that in turn caused knee pain can most definitely be improved. We are oh so passionate about the GYROTONIC® Method.

Our location is the first in all of York Region to use these machines in both a physiotherapy and a personal training capacity. We are able to treat patients with joint pain and core muscle weakness with this advanced system. Our most senior patient is 87 and she has had a lot of success using our pulley tower system. The GYROTONIC® Method allows her joints to move in their fullest capacity without strain, allowing her to increase the space in her joints and regain muscular strength in her core as well as stability in her joints.

What is the moral of this story?

Not all pain is the result of OA. And pain, no matter what the cause, can be treated. It is because of this common thread weaving our patients together - that pain is the result of OA, and OA is a side effect of aging - that our mission at PT'MOVEMENT has become even more inspired.

We treat. We train. We educate.

If your pain is in fact OA, you should know that the GLA:D™ (Good Life with OsteoArthritis in Denmark) Canada Program has been successfully created and implemented with the latest OA research, feedback from people with OA, and data from healthcare professionals. I am spearheading the GLA:D™ program here at PT'MOVEMENT. It involves patient education

and six weeks of exercise sessions. This combination of education about health and movement and low impact functional training can improve the quality of movement and thus quality of life for people with OA.



We have a wellness room we cannot wait to fill with people (once this pandemic is no longer a thing), who can learn and move together—a place to support one another, to share challenges and solutions for the symptoms of osteoarthritis, and to improve mobility. We at PT'MOVEMENT will be so excited to welcome you on that day!

We are here to help the community of Ballantrae understand that aging and pain do not go hand in hand. Quality movement, free of pain, is very much a possibility.

Do you have questions? We'd be happy to answer them during a 15-minute physiotherapy consultation. To book this complimentary service, call 905-642-8000 or email us at [info@ptmovement.ca](mailto:info@ptmovement.ca).

# All About Owls

TEXT AND PHOTOS BY FRANK ALLISON



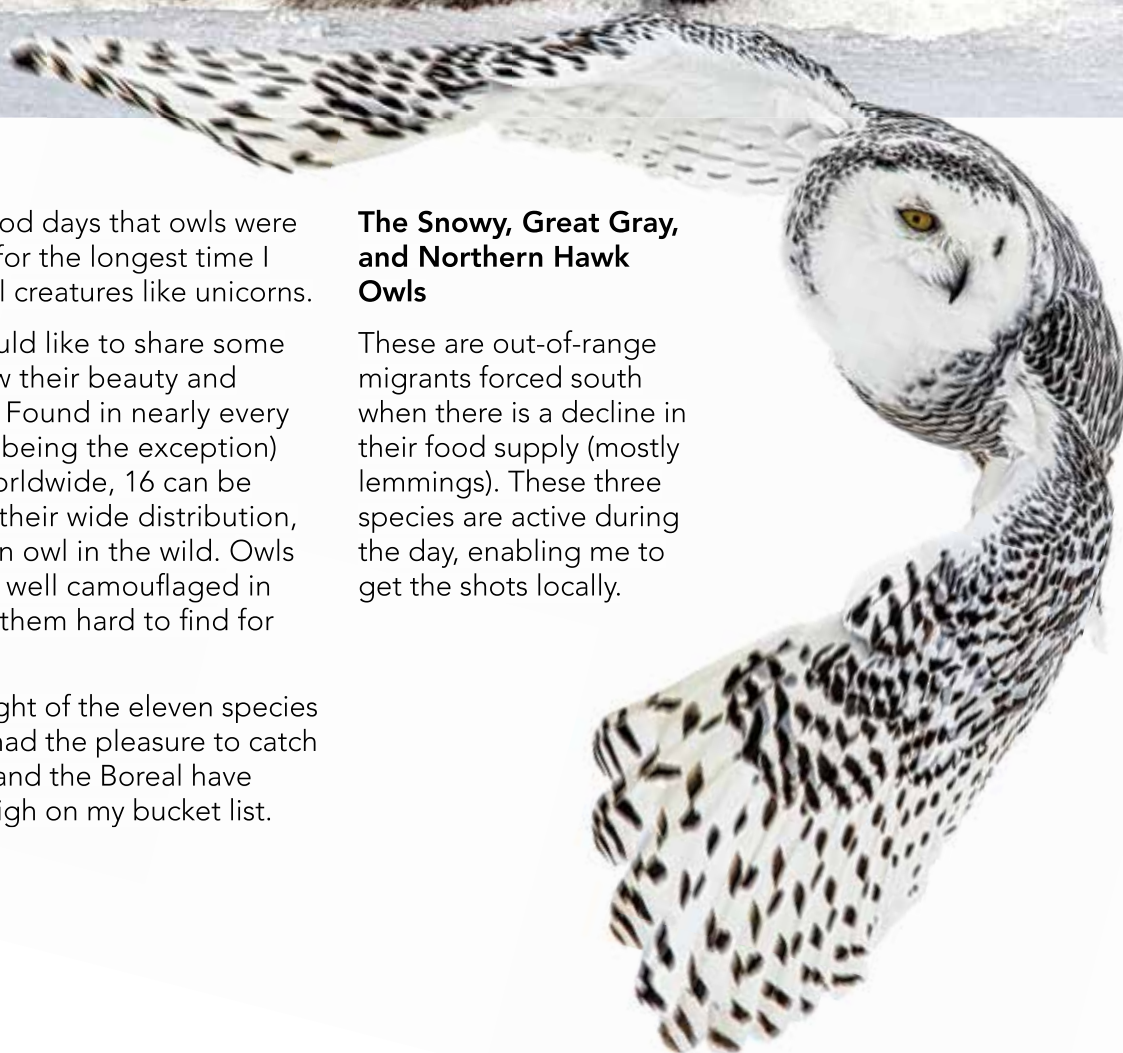
I recall from my early childhood days that owls were often featured in books and for the longest time I believed them to be mythical creatures like unicorns.

Now that I know better, I would like to share some owl facts and images to show their beauty and outstanding predatory skills. Found in nearly every part of the world (Antarctica being the exception) and with over 200 species worldwide, 16 can be found in Canada. In spite of their wide distribution, very few people have seen an owl in the wild. Owls are mainly nocturnal and are well camouflaged in their daytime roosts making them hard to find for even experienced birders.

The images presented are eight of the eleven species found in Ontario that I have had the pleasure to catch on camera. The Short Eared and the Boreal have eluded me to date, but are high on my bucket list.

## The Snowy, Great Gray, and Northern Hawk Owls

These are out-of-range migrants forced south when there is a decline in their food supply (mostly lemmings). These three species are active during the day, enabling me to get the shots locally.





### Long Eared Owl

These are the most secretive of the species. At rest, or in flight, those ear tufts are not visible and are only raised if threatened or alarmed.

### Great Horned Owl

Known as "the tiger of the woods" this is the most widespread owl in North America. A fearless nighttime hunter, it will tackle anything including squirrels, rabbits, geese, and fellow birds of prey. It will attack humans in defence of the nest.



### Barred Owl

This one visits our cottage often. It has a wonderful variation of vocalizations and is the most heard during the night but is active day and night.

### Eastern Screech Owl

They occur in two distinct colours, red and grey/brown. The reason for this is unclear as both colours are often found in the same brood.



### Northern Saw-whet Owl

Shy, retiring and strictly nocturnal, this is one of the smallest owls on the planet. This photo is a personal favourite shot as the owl let me get within eight feet without concern. Very tame.



### COMMON CHARACTERISTICS OF OWLS

- **EXCEPTIONALLY KEEN SENSE OF HEARING**
- **FACIAL DISC** The round collection of feathers on the face that collects sound waves and deflects them to an owl's ears located on the side of the head. This enables the owl to pinpoint the location of prey.
- **HIGHLY DEVELOPED SENSE OF SIGHT AND NIGHT VISION** Large "forward" looking eyes adapted to gather maximum light with fixed eyeballs, giving binocular vision. To compensate for fixed eyeballs, owls have evolved to enable them to turn their heads 270 degrees.
- **EYE LOCATION** Found on the front of the head as opposed to the side as on most other birds.
- **SILENT FLIGHT** Unlike hawks that have stiff feathers which are noisy in flight, owl feathers are soft enabling them to fly almost silently.
- **EAR TUFTS** Found on many owls, these are just feathers and not associated with hearing in any way.

This amazing big-eyed species with the expressive face and cuddly soft feathers may appear cute to some but make no mistake, big or small the "wise old owl" is a highly successful deadly predator. Finding one in its natural habitat is thrilling. Getting one to smile for the camera is the "icing on the cake!"

Happy Birding!



# At Home in Ballantrae Karen and Ken Mackay's Bathroom Transformations

BY TERRI DROVER  
PHOTOS BY REALSPACE MEDIA INC.



Karen and Ken MacKay were one of the first couples to move into our community. Back in 2000, the golf course was surrounded by what looked more like potato fields than homesteads, but Karen was a visionary. She was able to see what the small community would become. They moved from the bustle of a downtown Toronto condo to the tranquility of Ballantrae in December 2000.

The homes in the Ballantrae community were quite forward-looking at the time, with open concepts, coffered ceilings and one-level living. This was quite appealing to Karen as it allowed her to entertain with the flare and skill she brought to most things.

As time progressed, and in keeping with Karen's passion for decorating, a number of renovations were completed





at 10 Jack's Round: carpets were replaced with hardwood and both the basement and garage were professionally finished. But her ultimate dream was yet to come.

In 2019, Karen began to plan her next and final renovation—a complete renovation of the main floor. This would include opening the space, updating the bathrooms and of course a whole new kitchen. Anyone who knew Karen, knew her to be a planner. She visited all homes on the market in the community to see what renovations had been completed and searched for ideas. She scanned magazines and websites. As her plans evolved, so did the scope of the project. Floors would be updated with new hardwood and all windows would be replaced. But, to test her design skills and possible general contractor skills, she decided to start with the two main floor bathrooms. Everything would be planned in stages. Once that had been completed, the kitchen would follow.

While at a local hardware store in the area doing research on fixtures and tiles, Karen met Mark Bidwell (mbhomerenovationgroup@gmail.com).

Theirs was the “team” that was about to embark on an almost year-long process of transforming Karen’s dream

home. Mark, a local contractor, agreed to complete the bathrooms. His perfectionism, sense of style and personality made him a perfect fit for Karen. They worked tirelessly and closely together on all decisions. The soaker tub in the master ensuite was of particular concern for Karen. She had a specific one in mind and would not compromise. It meant the door frame to the bedroom would have to be demolished to ensure the tub made it into the bathroom! Out came the sledge hammers!

She spent countless hours on tile selection, consulting friends, neighbours and of course Mark. Let’s just say that Mick Jagger and Marilyn Monroe were on the short list for featured tiles. Karen was never one to shy away from a bold choice. Ultimately, a panel of muted greys and chrome ruled. The vanity was a Wayfair find and one that brought the room together. The mirrors from Living Lighting provided the perfect amount of muted light for bathing but were adjustable when required. A heated towel bar was a must! The shower was completely renovated with an all-glass enclosure with niches for shower supplies. Karen particularly liked the unusual and aesthetically lovely drain in the shower floor. Tucked away against the wall, it provided clean lines.

**Continued on page 32**

# At Home in Ballantrae Karen and Ken Mackay's Bathroom Transformations

CONTINUED...



These ideas and colour palette would be carried over to the guest bath. Again, the vanity was purchased through Wayfair, delivered on time and assembled. The mirror, which was also back lit, was another Living Lighting find. Mark removed the builder's tub and replaced it with a walk-in shower with a bench with tidy drain and alcove for supplies included. And, of course there had to be a heated towel bar!

Once these two smaller projects were completed, Karen and Mark turned their sights to the main area of the house. You could feel the excitement build as Karen began to pack away all the main floor furniture and clear the kitchen cupboards.

The second part of this renovation will be featured in the next issue so be sure to watch for the pictures and finale!

Alas, Karen passed away January 11, 2021. She loved the idea of these articles being featured in the magazine to showcase her work and to share with the community. Congratulations Karen on a beautiful job!

*Note: Feedback from the recent HOTG survey indicated that readers would like to see stories about home renovations and interior design. This is the first of what we hope to be a regular column. Terri Drover was a very close friend and neighbour of Karen MacKay.*



# Disruptive Technologies 1: Imaging the Earth from Space

BY PHILIPPE MARTIN TEILLET

My involvement in disruptive technologies started in 1977, when I began research and development on the physics of earth observation by satellite. Understanding the underlying physics of satellite images is important for the quantitative integrity of terrestrial parameters derived from the image data. It must also be said that I am a long-time fan of science fiction and my non-fiction reading includes books and articles that profile the future. More recently, I've been tracking the disruptive technologies of artificial intelligence, robotics, and virtual reality. I hope to provide thumbnail sketches of these domains in future *HOTG* articles. For this issue, here's an overview of imaging science and technology applied to studying the earth from space.

Humans have long known that looking down at the earth from above would be valuable. In 700 B.C., Socrates said that we must "rise above the atmosphere and beyond to fully understand the world we live in." In the past 60 years or so, humans have achieved that by launching satellites into space to study our planet from above. Humans have also contemplated voyaging into space for a long time. Lucian of Samosata, in Greece, wrote the first story about going to the moon in 160 A.D. The first technical documents on using rockets to reach space were published by Russian scientist Konstantin Tsiolkovsky in 1903, French aircraft designer Robert Esbault-Pelterie in 1913 and German physicist and engineer Hermann Oberth in 1923.

American engineer Robert Goddard launched the first liquid-powered rocket in 1926. Sadly, an early use for rockets was to bomb other countries. A notable example was the V-2 rocket developed and used by Germany in World War II.



The first satellite to orbit the earth, Sputnik 1, was launched in 1957 by the Soviet Union, followed in 1958 by the first American satellite, Explorer 1.



The first permanent photograph was made in 1826 by French inventor Joseph Nicéphore Niépce. The first photographs of the planet from space were acquired in 1947 from a camera-carrying U.S. Navy rocket, which reached 160 km altitude before dropping back down. Earth observation satellites acquiring high-quality images to help improve



weather forecasts were first launched in 1960. Some of the unmanned satellites in the 1960s were spy satellites that photographed enemy territory from space. An example was the U.S. Corona spy satellite program.

While Russian cosmonaut Yuri Gagarin became the first human to orbit the Earth in 1961, the first photographs by a human in space were taken by Russian cosmonaut Gherman Titov later the same year. That opened up a whole new era of photography-- looking down from above at almost any place on the planet.



The crew of Apollo-8 took some of the most important photographs in history while orbiting the moon in December 1968. These photographs and pictures taken by other Apollo missions showed for the first time the special beauty of our whole planet in the darkness of space.

**Continued on page 36**

# A Great Smile Lasts A Lifetime.

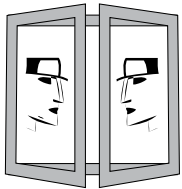
A proactive approach to good oral health never gets old, plus maintaining healthy teeth and gums has a positive impact on overall wellbeing. Let our experienced and friendly staff show you how.

6212 Main Street, Suite 206  
(East of the GO Station)

(905) 642-7474  
stouffvillefamilydentistry.ca



**STOUFFVILLE**  
**Family Dentistry®**



**TWINS**  
WINDOWS AND DOORS  
*Over 40 Years Experience!*

Adi Krikunez  
www.twinswindows.com

**Specializing in:**  
*Vinyl Windows*  
*Stained Glass*  
*Patio Doors*  
*Steel Doors*

**CALL TODAY!**  
**416-473-0520**

## “Picture Your House Sold”



**Bryan Black**  
Sales Representative  
*‘It’s all about the service’*



**To Reach Bryan:**

Direct: 416-709-6699  
Office: 905-640-1200  
Email: bblack@rogers.com  
Web: BryanBlack.ca

5226 Stouffville Rd., Stouffville, ON L4A 3S8



**VIVID**  
**OPTICAL**

EYE EXAMS AVAILABLE

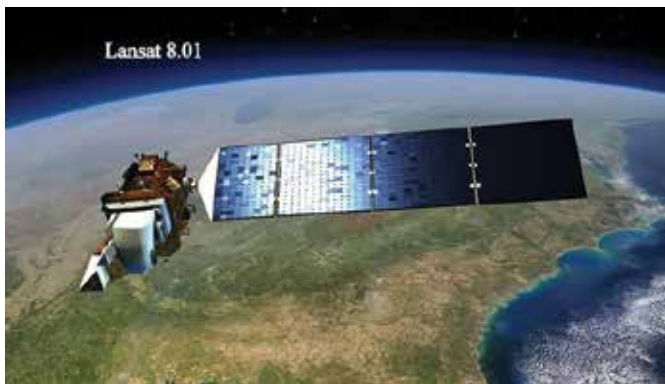
**905.640.3537**

6292 Main St., Stouffville  
www.vividoptical.ca

follow us:   

# Disruptive Technologies 1: Imaging the Earth from Space CONTINUED...

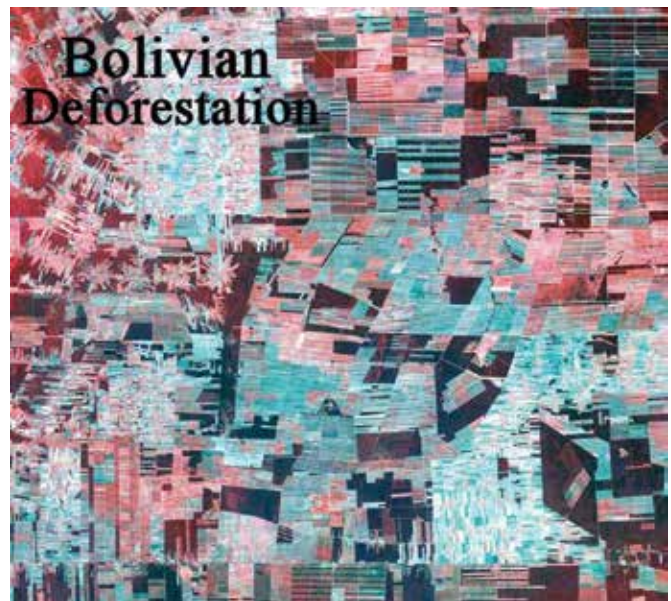
In the 1970s, pioneering imaging systems with sophisticated electronic cameras started to be used instead of film to study earth's moon and the planets in our solar system. Modern earth observation imaging sensors use high quality optical imaging systems with digital sensors to record earth imagery while orbiting the planet. Most satellite imaging systems use reflected sunlight to acquire images. Radar (microwave) satellites transmit their own electromagnetic signals that bounce off objects and image the echo returns. That means they can image in almost any weather and in the dark, which is helpful for ice and ocean monitoring, arctic surveillance, and detecting ocean oil slicks, for example.



The American Landsat program is the longest-running enterprise for acquisition of global satellite imagery. Since 1972, instruments on Landsat satellites have acquired millions of images, a unique resource for countless operational applications and research programs. Canada has been involved in the Landsat program since its inception.

Today, there are several hundred earth observation satellites in orbit. Navigation and mapping applications make use of high spatial resolution imaging systems, with pixel sizes of half a metre or finer. Some satellites have high spectral resolution imaging systems, which means that they record earth scenes in hundreds of different spectral (wavelength) bands, making it possible to monitor, map and identify many different objects all over the planet.

People have devised many applications for earth imagery from space including weather forecasting, agriculture, forestry, land use monitoring, hydrology, oceanography, geology, water and air quality monitoring, natural disaster monitoring, map-making, natural resource exploration and environmental monitoring. Data and information derived from imaging science and technology also play important roles in climate monitoring, food security assessments, and sustainability considerations. Thus, space-based imaging has proven to be a powerful tool for mapping and monitoring the earth, and as a primary data source for earth-system science.





# Thinking of MAKING A MOVE?

Living and Working in Ballantrae.  
The service YOU deserve in the neighbourhood WE love!  
Together with CANADA'S #1 Brokerage !!!

**Canada's #1 Brokerage**



## Carol Taplin

SALES REPRESENTATIVE

Representing the top 6-10% of The Marketplace for Royal LePage

- Free Complimentary Evaluation
- Complimentary In-Home Staging
- Benefit from over 20 Years Experience
- Agent attends all Showings
- Covid Protocol in Place

**ROYAL LEPAGE** **Your Community REALTY** office: 905.727.3154 ctaplin@trebnet.com  
direct: 416.518.6422 CarolTaplin.com

\*not intended to solicit clients currently under contract \*For Royal LePage, based on Real Estate sales of independently owned & operated franchises in 2019

RBC Dominion Securities Inc.

## Wealth management advice in Ballantrae

For over 25 years, Alasdair has been helping clients achieve their financial goals.

Contact him to discuss:

- Retirement strategies
- Discretionary or managed portfolios
- Charitable giving
- Tax-efficient transfer of assets
- Will and Power of Attorney reviews



**Alasdair Patton**  
Vice-President & Portfolio Manager  
RBC Dominion Securities  
905-841-5059  
1-855-214-1263  
alasdair.patton@rbc.com



Wealth Management  
Dominion Securities

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. © / TM Trademark(s) of Royal Bank of Canada. Used under licence. © 2021 RBC Dominion Securities Inc. All rights reserved. 21-90469-37C\_001

# CAUTIOUS MOVING & STORAGE LTD.

*“Moving, Storage and Disposal”*

**6392 Main Street East,  
Stouffville, ON L4A 1G3  
(905) 640-3622**



Recommended by  
**CARD'S APPLIANCES**

# Paws for Thought



TEXT AND PHOTOS BY MARNA MOLDON

During the lock-down, I was asked if I would take care of my daughter's two Papillons for three months. Not being a dog owner, I wondered if I could fulfill that role. I soon discovered it could be a wonderful experience. It was also a good way to keep me busy since I could not play tennis or do other outside-the-home activities.

In case you do not know about Papillons, they are small dogs measuring eight to eleven inches tall at the shoulder. They weigh four to nine pounds and their life span is 12 to 16 years. The word Papillon means "butterfly" in French and refers to the breed's fringed upright ears, which resemble a butterfly's outspread wings. While they might be categorized by size as lap dogs, the bright, busy, and curious Papillons are no "shrinking butterflies." They dart around looking for something to do and will happily rid your home and yard of any small rodents that might be lurking there. These small dogs in sturdy packages take seriously their duties as family companions and guardians. They have a big-dog attitude and a level of alertness that make them super watchdogs, but when it comes to protecting you, it's important to make sure they don't bite off more than they can chew. They have no idea that they weigh only a few pounds.

For the dogs to enter their new home my work had to begin. A few changes needed to be made to my once-perfect setup. Floor plants had to be covered, breakable trinkets removed, some furniture covered and most importantly, we had to decide upon sleeping arrangements. My husband, Al, was re-assigned to the grandkid's room car bed while I got the master bedroom that was big enough to include two cuddly furry doggie beds. Al agreed to go to the grandkid's room as long as he could take our electric blanket!

The male dog, 18 months old Jeffrey, was shy but made up for it with his loud barking. Stevie (also 18 months but female) certainly was the boss. She insisted on eating first, only leaving remains for Jeffrey after he had waited. Stevie always made sure she got the toys first (and if not, stole them from Jeffrey.)

The first couple of days Stevie was depressed and would neither eat nor drink water. I thought it would be a good idea to give them a rawhide bone. But one of the doggies had trouble digesting it and I was ready to call the vet. I thought I might be one dog less! However, all was fine but I no longer gave them rawhide bones. After three days Stevie did start to eat and drink properly.

As for the doggies' sleeping, it took about three nights to get them settled down. If I had to leave the bedroom, I had to tippy-toe in order not to make any noise and wake the babies. Now when I say, "bedtime, doggies," they rush to their suite and I zip them up for the night. At first their wake-up hours were 3:00 and 5:00 a.m. with some barking thrown in to make sure their new mommy was aware of their waking. Now I am happy to report I have them sleeping in until 7:00 or 8:00 a.m. (Doesn't this sound like having newborns around?)

As for washroom facilities, they were very happy to enjoy our temporary fenced-in area off our porch. We call it "the runway." Al, "Mr. Gadget," installed a powerful spotlight that can be activated using the voice command "Alexa, turn the patio light on."

Since we have been in lock-down the doggies have been a great distraction. Papillons love to exercise so they get me out walking once or twice a day which is also good for me. When I ask if they want to go for a walk, they go crazy wanting to get their fur jackets on. Stevie loves to plow through the snow with her face coming up completely white. They remind me of bunnies as they hop in the snow. When I walk them, I feel like a stagecoach driver holding the reins. I am not sure if I am taking them for a walk, or if they are taking me for a run!

I soon discovered Stevie and Jeffrey were the most lovable dogs one could ever have. They follow me all over the house. Stevie wags her tail continuously and looks up at me with her bedroom eyes. Jeffrey, in his shy manner, comes wiggling over to me wanting to be picked up. When I sit on the couch they battle to see who can sit closest to me to cuddle. I am surprised how much they play fight with each other each day. They also love to run circles in our house and play with their toys.

Jeffrey and Stevie have changed my life in a good way. Talk about unconditional love! If you are looking for a great canine companion, a Papillon (or better yet two) will more than fill the bill. I'm not sure if I will give them back to my daughter!





## Recycling & Junk Removal

Houses Fully/Partially Emptied of Unwanted Items

Your Reusable Items can be Sold in Our Monthly Auction.  
We Take Your Less Desirable Items to the Donation Centre.



info@clarksonmovers.com

905-640-6411      416-735-6411

Serving all of York, Durham, Peel, Georgina

### Full One-Stop-Shop

If required, we will finish the job with a full/partial home repaint, clean windows, minor repairs or staging to make it ready for the resale market.

### Complete Upfront Flat Rate Price

That means you know the total cost before you book the job  
Ministry of Environment # 5929 – 8DUSB8



**Aaron Calder CIP**

*Integrity, Choice, Dependability*

## Home – Auto – Business – Life

Are you paying too much for insurance?

Are your questions being answered?

Are you adequately covered?

CALL FOR A FREE QUOTE AND

EARN A \$10 GAS CARD!



Your Best Insurance  
is an Insurance Broker

Office: (905) 830-9000 x 4110

Cell: (416) 908-4397

aaron@icdinsurance.ca

www.aaroncalder.ca



# ROLLTEC® RETRACTABLE AWNINGS

Rolling Systems Ltd. Superior Quality, Outstanding Workmanship and Exceptional Service

ROLLTEC® is a leading Canadian manufacturer since 1984. Over the last decade ROLLTEC® has installed hundreds of retractable awnings in all phases of Ballantrae Golf and Country Club homes. Our awnings are custom made to fit your home and can be manually or remote control operated. We are familiar with the regulations of the community. Call us today to receive a quote and enjoy your patio in the shade!

**SPECIAL PRICING IN EFFECT**  
for **BALLANTRAE GOLF and COUNTRY CLUB**  
**PLUS RECEIVE FREE AWNING ACCESSORY**  
up to \$100 value (new orders only)

Visit our **NEW SHOWROOM**  
or Call for **FREE In-Home Consultation**

Mon. to Fri. 9am - 5pm Sat. 10am - 3pm

1 Moyal Court, Concord, L4K 4R8

(our building is on the corner of Moyal Crt. and Basaltic Rd.,  
one traffic light east of Keele St. south of Rutherford Rd.)



**905-879-0725**

or Toll Free 1-800-667-0474

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

Email: [awnings@rolltecawnings.com](mailto:awnings@rolltecawnings.com)



Find us on Facebook

[facebook.com/rolltecawnings](https://facebook.com/rolltecawnings)

## You are in our hearts

# How Ballantrae residents raised \$17,700 for the frontline heroes at Markham Stouffville Hospital

TEXT AND PHOTOS BY WAYNE BURGESS

On February 9 our community, along with outstanding assistance from Longo's Stouffville and our amazing Summer Games Platinum Sponsor and neighbour Tiny Seedlings, delivered 6,000 heart-shaped cookies to Markham Stouffville Hospital to be shared with all the MSH heroes on Valentine's Day. They had to be heart-shaped cookies to let them all know, "YOU ARE IN OUR HEARTS."

The idea was conceived in late January while trying to figure out how to warm the hearts of Condo 3 residents on Valentine's Day. Thoughts expanded to our frontline heroes at Markham Stouffville Hospital. Eric and Paula Cashen and Johanna Burkhard contributed ideas for the cookies. Karen Youell produced a beautiful "YOU ARE IN OUR HEARTS" flyer.

We called MSH Foundation CEO Suzette Strong to ask if she would accept our offer and received instant approval.

Councillor Maurice Smith called Mike Lazaro of Longo's Stouffville and they agreed to supply and bake the cookies with the help of Andrea Backus, bakery specialist and store manager, Glenn Macnab.

Next, we started a community fund-raising campaign by sharing the plan with all our condo presidents who instantly approved. A donation box was set up in the Recreation Centre along with 500 envelopes and tax receipt requests. The fund-raising campaign was announced to the community at large and we raised \$17,700 for our Markham Stouffville heroes between February 1 and 12.

Councillor Smith shared this project with our 2019 Summer Games Platinum Sponsor Tiny Seedlings. They offered to pay for the cost of the cookies, so all funds raised went to Markham Stouffville Hospital heroes. Delivery of the cookies had to satisfy COVID-19 protocols so two cookies per wrapped package grew to 6,000 cookies, but we were only charged for 3,000.

Local businesses, Ballantrae Pharmacy, Nonno Crupi's, Frank's Wexford Service Centres, Ernie's Auto Repairs and Pat's Body Paint all contributed as well.

On Feb 11, 6,000 cookies were delivered to MSH satisfying all COVID-19 protocols, along with 50 copies of our flyer to the 50-plus different departments in MSH.

Our community let all our Markham Stouffville Hospital heroes know, "YOU ARE IN OUR HEARTS."

Oh, and by the way CUPID did visit all the hearts of Condo 3 residents on Feb 14.

TO THE RIGHT IS A THANK YOU LETTER FROM THE CEO OF THE MSH FOUNDATION

Dear Wayne,

I hear you are sending an update to the residents with fundraising results so please feel free to include sincere thanks and appreciation from everyone at Markham Stouffville Hospital. I am happy to tell you that the Valentine's cookies and kind words were a wonderful way to show the love and it really did mean a lot. Knowing the community is standing behind them and appreciating the sacrifices they are making to keep our community safe really does help keep them strong. It's a positive reminder of why they are in patient care. I thought you'd like to know I had several lovely replies to the email from physicians, nurses, managers, senior leadership, entire departments including phrases like "such a kind and generous gesture" and "how thoughtful", as well as "this means a lot – thank you so much."

**Please pass on our thanks and sincere appreciation to your residents.**

I also understand congratulations are in order – raising a total of \$17,700!! WAY TO GO! This is fantastic. We thank you so much for supporting your hospital during this very challenging time. We truly are stronger, together.

Stay safe, Suzette.

Suzette Strong, M.A., CFRE  
Chief Executive Officer  
Markham Stouffville  
Hospital Foundation



Longo's Manager Glenn Macnab, Tiny Seedlings Shana Daniel, Tiny Seedlings Darlene Shaw, Councillor Maurice Smith



6,000 cookies to MSH HEROES



Andrea Backus, Glenn Macnab, Mike Lazaro, Longo's Stouffville



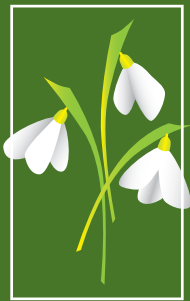
Wayne Burgess, Allan Bell (MSH) Councillor Maurice Smith

## Stitch in Tyme

Upholstery  
905-478-2016  
stitchintyme.ca



Nicholas Smith  
905-251-8041



## Lindy's Floral Boutique

905-640-2632

Lynda Sargeant

6287 Main Street  
Stouffville, ON L4A 1G5



**Jake the Plumber**  
Clean work. Fair rates.  
Reliable business built on  
referrals since 2016.

REPAIRS

RENOS

RETROFITTING

BASEMENT  
WATERPROOFING

BACKFLOW  
PREVENTION

EMERGENCY  
SERVICES 24/7

**Jake Davie**  
437-233-7927

jake\_davie@hotmail.com  
(dba Davie Mechanical)

**\*Extra sanitizing &  
COVID-19 procedures  
in place**



Serving Uxbridge and surrounding area for 35 years!

## JEWELLERY REPAIRS DONE ON THE PREMISES

At Rutledge Jewellers, you can trust that your  
jewellery is in the hands of experienced and  
knowledgeable professionals, including our on-site  
Goldsmiths, Gemmologists and Jewellery Designer.

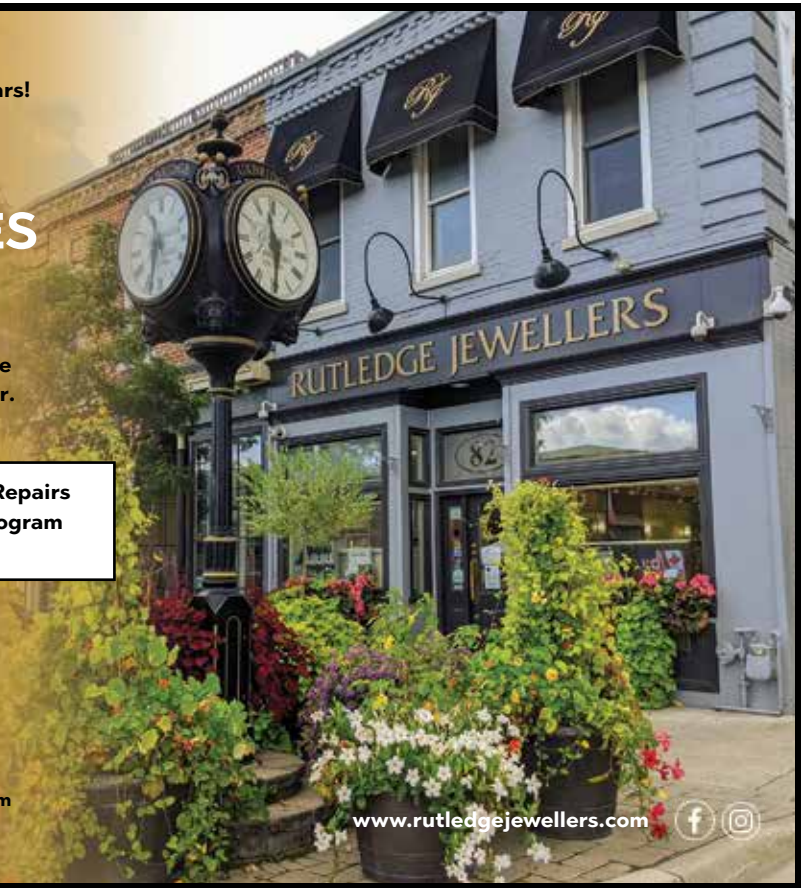
Custom Design | Appraisals | Goldsmithing | Jewellery Repairs  
Clock & Watch Repairs | Engraving | Vintage Buying Program  
...and so much more!

Visit [rutledgejewellers.com](http://rutledgejewellers.com) to learn  
more and shop online, or reach out to  
us at 905-852-7846 today!



Scott Rutledge  
[scott@rutledgejewellers.com](mailto:scott@rutledgejewellers.com)  
82 Brock St. W., Uxbridge

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



## Monday Nine & Dine Golf



The Monday Nine & Dine group would normally begin their 2021 season in early May, weather permitting. However, due to COVID-19 protocols we are unable to determine when our league will commence this season.

We currently have a full roster of regular golfers but we welcome those who wish to be added to the "spare" list. Spares have played frequently in the past and we anticipate the same will apply this year, if we are able to play. Usually we play (or just dine if rained out) on 11 occasions every other Monday with the last game scheduled for the end of September.

If you are interested in joining us for a no-pressure evening of golf, give us a call at 905-642-6521 or email us at [lynngale@rogers.com](mailto:lynngale@rogers.com). We will add your name to the "spare" list and send you the relevant information.

## Ballantrae Men's Golf League

It's the time of year when we all start anticipating our 2021 golf season. At this point in time, because of the pandemic, we are not sure if there is going to be a Tuesday's Men's Golf League this year.

If the provincial authorities continue the restrictions and lockdowns and the completion of the vaccine distributions are administrated as scheduled by early fall, we will once again not be allowed to have our regular Tuesday morning gatherings and monthly luncheons.

Therefore, in 2021 we will be running our Men's Golf League as we did in 2020, with no fees, no handicaps, no sponsors, and no luncheons. Anyone in the community who wishes to play can send their requests each week to Norm Bresser and foursomes will be made up to fill all of the tee times we are allocated by the Ballantrae Golf Club.

If government restrictions change and they allow get-togethers before the start of the summer season, we will deal with that when the time comes.

For further information, please contact:

Norm Bresser, 416-706-9542; [nbresser@rogers.com](mailto:nbresser@rogers.com)

Jay Adams, 905-640-2843; [jastoy69@hotmail.com](mailto:jastoy69@hotmail.com)

## Thursday Nine NO Dine Golf League

As I write this we are in lockdown, but hopefully by the spring life may be getting back to normal.

We should assume for now that we can golf nine holes but skip the dinner afterwards in the Clubhouse restaurant. The Pro shop will keep us updated.

Our league plays on alternate Thursdays starting in early May, weather permitting. Tee times start around 4 p.m. We are open to all levels for our residents and we encourage singles to join too.

No doubt we are all looking to escape the indoors and meet up again with friends. I look forward to hearing from you all soon.

Please contact me at [liz.jenkins@outlook.com](mailto:liz.jenkins@outlook.com); 905-640-8216 with your contact information.

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

Thank you,  
Liz

## Ballantrae Ladies' Golf League

It has been almost a year that the pandemic has controlled our lives and the future is still undetermined. However last season we adapted our league to comply with the government and golf club rules.

Basically, there were tee times reserved for our ladies' group on Monday mornings starting at 9 a.m. We had many ladies who participated all summer and it was one of the few social activities that was acceptable. It is expected that we will be offered the same opportunity this spring/summer. There will be no fees, no sponsors and no games, just socially distanced golf.

So, if you enjoy 18 holes of golf, come out and get some exercise, fresh air and socialize at a distance. Ladies of all abilities are welcome.

For further information contact Sandy Hinch at [sandyhinch@hotmail.com](mailto:sandyhinch@hotmail.com)

905-591-3552; mobile 416-522-5364

# COMFORT MASTERS

Heating • Cooling • Air Quality • Fireplaces

## WE'RE HERE FOR YOU... SAFELY

*Save 10% on all complete heating and cooling system replacements*



Our Service technicians are equipped to safely service your existing heating and cooling equipment.

Contact us for all of your home comfort needs.



**NEW STOUFFVILLE  
LOCATION COMING SOON!**

# Stouffville Pickleball Players 2021

BY DENNIS CARTER

No one knows what the summer of 2021 will be like for pickleball, but Stouffville Pickleball Players are hoping to be back on the courts in May.

## What is Pickleball?

Pickleball is a combination of tennis, badminton and table tennis and I can say, with confidence, that pickleball is greater than the sum of all three.

It is easier to learn than tennis and with just a little instruction you can start playing with other players with similar abilities. You serve underhand, but only get one serve so it is important that you get your serve in. After the serve, the ball must hit the court on the receiver's side and then hit the court again on the server's side. After that the ball can be hit after bouncing on the ground or in the air. The ball is plastic with holes in it and it is hit with a paddle over a tennis-height net. It is played on a badminton sized court and it is easier on your knees than many other sports.

Come out this summer and have some fun, exercise and a few laughs. Laughing while playing is not compulsory but infectious. Once you start playing, pickleball becomes quite addictive.

## Where do we play?

On the pickleball courts on Ninth Line about four blocks north of Main Street in Stouffville, the Stouffville Pickleball Players play Monday to Saturday from 10:00 a.m. to 1:00 p.m.; Sunday from 2:00 to 5:00 p.m.; and Monday and Wednesday evenings from 6:00 to 9:00 p.m.

I want to leave you with one simple message. Get out and try this amazing sport. Go to [pickleballcanada.org](http://pickleballcanada.org) or [pickleballontario.org](http://pickleballontario.org) and see what you are missing. The Stouffville Pickleball Players will welcome you and make sure that you have some equipment to try out and get started. Hopefully we will see you on the courts in the near future.

For further information contact

Dennis Carter at [dwcarter@rogers.com](mailto:dwcarter@rogers.com), 647-977-2373

or

Karen Hewitt at [hewittfam@rogers.com](mailto:hewittfam@rogers.com), 905-591-1861

# No-Stress Golf will be Alive and Well this Spring

We expect to have a great year golfing—in our usual no-stress fashion. Once again, Royal Stouffville Golf Club will reserve Tuesday mornings for us. Time will tell whether we'll use the same format as last year (that is, book yourself a tee time) or the format of previous years where we all meet for a chat and a shotgun send-off early on a Tuesday morning.

If you're new to Ballantrae and are looking for a fun nine holes of golf once a week, please call one of the numbers below and you will be notified about details and our start date. Your level of golf is not important. We welcome *all* abilities. If you are already on our email list, we'll be sure to contact you with opening-day news.

In the meantime, please stay safe and well.

Jeanne Christie, 905-640-0560

Lynda Wyse, 905-642-5948

# Pocket Concert Coming This Summer/Fall

Date to be announced

Please check the *HOTG* website

## NOTICES

# Name Tags Available for \$10 each

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

Please contact:  
Elaine Teillet 905-591-2089





a neighbourly company

### Services Offered

- Interior & Exterior Painting
- Wallpaper & Popcorn Ceiling Removal
- Cabinet Paint & Stain
- Fence, Patio, and Deck Refinishing
- Garage Floor Coating
- Light Carpentry

# 905-378-3339

FiveStarPainting.ca/Richmond-Hill

INDEPENDENTLY OWNED AND OPERATED FRANCHISE



### Tri-Aqua Water Systems Sales-Service-Rentals Repairs to All Makes

Toronto 416-412-1071  
 Stouffville 905-642-9077  
 Newmarket 905-841-2990  
 Toll Free 1-888-663-3368

"The right unit for the right job at the right price."



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



## Summers and Smith

COOLING & HEATING LIMITED

Air Conditioning - Heating - Gas Fireplaces

55 Industrial Pkwy. S.  
Aurora, Ontario  
L4G 3Y5

Tel: (905) 727-2323  
Fax: (905) 727-0282  
[www.summersandsmith.com](http://www.summersandsmith.com)



Your Community REALTY

ROYAL LEPAGE

BROKERAGE INDEPENDENTLY OWNED & OPERATED

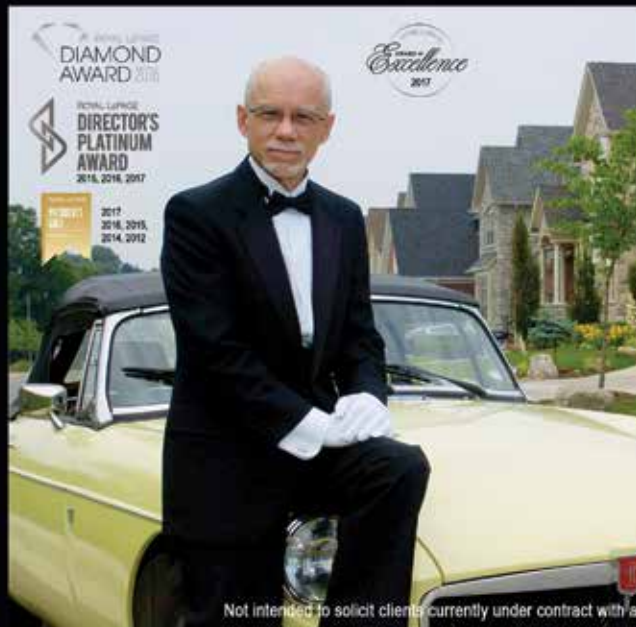
## Gary Davis

Sales Representative

OFFICE: 905-940-4180

CELL: 416-803-1908

EMAIL: [gdavis905@yahoo.com](mailto:gdavis905@yahoo.com)



Gary receives PLATINUM award for 2017 from Broker of Record/Owner, Vivian Risi. (Top 5% for Royal LePage)

Gold Sponsor for BGCC Summer Games



Not intended to solicit clients currently under contract with another brokerage.

# CALL GARY DAVIS: 416.803.1908

## YOUR BALLANTRAE NEIGHBOUR

KNOWLEDGE EXPERIENCE EXCEPTIONAL SERVICE

## PROFILE; Maureen and Steve Wilkins and their Steer Friends Program

BY ALLISON SCOWCROFT  
PHOTOS BY ROBERT PITOUR



I'm sure many of you are familiar with Maureen Hall and Steve Wilkins walking with their daughter Stephanie in our community. They have lived in BGCC for 10 years, having moved from a home on the west side of Highway 48 across from the front gates.

Steve's family has an even longer history in Stouffville. His great-great grandfather moved here from Pennsylvania in 1874 and Steve's dad was born in Stouffville in 1922. Clearly the family has been a part of our community for a long time and now they are giving back in a much-needed way.

Their daughter, Stephanie, has special needs and once she graduated from high school there weren't many options open to her because of her age. After much searching for a program for Stephanie, Maureen, Steve and their daughter Jacqueline Hall-Fusco decided to open their own facility for people over the age of 21, called Steer Friends.

After a great deal of planning and hard work, they opened their Stouffville centre in April of 2018. Steer Friends is a day program for individuals with physical and developmental disabilities. Jacqueline is the Program Director and Maureen is involved behind the scenes working on the business side.

It's a wonderful program and because of the amount of care needed for each participant, they

limit the number of members. This allows them to run activities such as art, music, pet therapy, culinary classes and community outings.

As this is a not-for-profit organization, they often depend upon the community to help with some of the outings, for example, pushing a young person in his/her wheelchair to one of the local attractions in town. With COVID-19 there have been some additional challenges, but they have successfully remained open throughout the pandemic.

I was struck by something that Jacqueline said to me during our Zoom meeting: "Every parent plans to raise their child for about 18 years, set them free for 30 years and then hopes they come back to help them face the final years of their own life. A special needs parent can sometimes plan to raise their child for 65 years and while doing so, they also have to prepare for the other 20 or so after they themselves are gone. Let that sink in for just a moment and you will begin to understand the drive and determination that many special needs parents have. If you have never thought about that, don't be sorry, be thankful."

Sometimes we don't realize what our neighbours are experiencing as we go about our days, so it was heartwarming to hear that these neighbours are so kind, generous and selfless. If you would like to learn more about their facility and programs, check out their website at [steerfriends.org](http://steerfriends.org).





# Recreation Centre News (#1202) BY SUSAN LAROSA

The 1202 Board of Directors would like you to meet...



**Andrea Kennedy**, with over seven years of experience in managing a wide variety of condo corporations, from large mixed-use towers to small townhouse complexes, has joined us as the licensed Property Manager of #1202 (Recreation Centre).

The uniqueness of Ballantrae attracted Andrea to apply for the position and she has since enjoyed the strong sense of community. She realized early on that Ballantrae was more than a group of condo corporations. She expressed how community is the cornerstone of Ballantrae with the summer games, concerts, clubs, and social events. Even during the pandemic Ballantrae residents were able to find innovative ways to interact with one another. She is honoured to be part of such a dynamic community that made the best of 2020.

Andrea is constantly thinking of ways to engage more residents in the use of the Recreation Centre and is always open to suggestions.

As an avid supporter of the arts, Andrea spends her spare time painting (acrylic and watercolour) and enjoys the McMichael Canadian Art Collection in Kleinberg.



**Laura Sheppard**, a graduate of the University of Guelph and experienced as an office coordinator, has recently assumed the position of Site Administrator. She was attracted to the social aspect of the front desk position with the opportunity to interact with so many amazing people each day. She exudes a positive attitude, a contagious smile and a willingness to learn new things.

Laura takes no time to adapt to a new situation. She quickly did an inventory of the library books and initiated a curbside service when the centre was closed due to the lockdown.

She has already learned, in her short time at the Recreation Centre, how Ballantrae is a very social and generous community that fundraises for many charitable endeavours.

Laura is a former hockey player who still loves to get out on the ice to skate as much as she can during the winter.

**Please stop by the Recreation Centre (when open) and meet both Andrea and Laura.**

## 2021 BALLANTRAE GOLF & COUNTRY CLUB SUMMER GAME

Since their inception in 2007, the Summer Games have been held every two years. Our organization and sponsorship committees have met and have started discussing plans for the next games one year in advance.

Unfortunately, however, extreme conditions resulting from the COVID-19 virus and variants, isolation and lock down restrictions prevented the committee from moving forward and planning this year's event.

There is a level of uncertainty associated with the availability and distribution of the vaccines and the appearance of new variants.

There are calls for continued isolation and lock downs.

The federal and provincial governments have announced plans to have 75% of Canadians vaccinated by September/October 2021.

Our very generous sponsors have had to endure a year of closure and government restrictions, operational uncertainty and limited pay days.

Taking all of this into account and more, the 2021 Ballantrae Summer Games are officially cancelled.

The games will be re-scheduled for the summer of 2022.

Stay safe...

Phil Bannon

Chair of the 2021-22 Ballantrae Summer Games

## NEW BALLANTRAE LICENSE PLATE FRAMES AVAILABLE



**COST: \$5 A PAIR**

**CONTACT: RON BREWING,  
905-640-8836**



# Stouffville Family Footcare

Donna Sheufelt D.Ch.  
Chiroprapist • Foot Specialist

- Custom Casted Orthotics
- Ingrown Toenail Surgeries
- Arthritic, Elderly and Diabetic Footcare
- Thick, Fungal and Ingrown Toenails
- Callous, Corns, Warts
- Heel, Arch and General Foot Pain
- Powerstep Insoles
- Orthopaedic Footwear
- Footcare Medical Supplies
- SIGVARIS Medical Compression Stockings and Socks

37 Sandiford Dr., Suite 102  
905-640-7703

Fast & Easy Treatment

for Stubborn Foot Warts



www.theHUNTison.ca

## Helen Hunt

Sales Representative

416 417 5864

helen@thehuntison.ca



THE HUNT TEAM

Outstanding Agents,  
Outstanding Results!

## Taylor Hunt

Sales Representative

416 417 1120

taylor@thehuntison.ca



## Steve Hunt

Sales Representative  
*'in Muskoka'*

416 846 5300

steve@propertiesofmuskoka.com

WE KNOW BALLANTRAE



Remax Hallmark York Group Realty, Brokerage

The HUNT Is On



Re/Max Hallmark Realty Ltd., Brokerage



Not intended to solicit clients currently under contract with another brokerage.

# Why Not be a Director on Your Condo Board?

BY HARRY RENAUD

There are seven distinct and separate condo boards of directors managing the affairs of Ballantrae Golf and Country Club community. One board (Condo 967) is independently private and there are no directors who are BGCC Owners. This corporation is derived from the developer and manages our common roadways and other infrastructure. Condo 1202 is the Recreation Centre and its board of five directors is made up of a representative from each of the residential condo boards.

The residential condo boards were created by development phase, hence Condo 1 is our oldest condo and Condo 5 our youngest. Each of these independent condo corporations has a board of five directors. Of the 25 directors in place today, seven are women and eighteen are men. So much for diversity!

All condo boards in Ontario are governed by the Condo Act of Ontario (CAO). This provincial legislation is written to protect the condo owner and clearly sets out the rules to be followed. The CAO is easy to read and provides clear guidelines for any inexperienced director to follow.

In addition, directors on boards in BGCC have their unique "Declarations" to respect. These Declarations govern the local rules and regulations for each condo corporation. There are differences in each of the declarations but that is what makes directing your corporation so interesting.

Fortunately, all seven condo boards are contracted with FirstService Residential (FSR), a large and leading North American condo property management service provider. FSR provides the day-to-day management of our corporations' affairs. FSR is our front office for service to all owners/residents.

The responsibility of a director has never been more important. BGCC owners have a high expectation of property management and of the leadership needed to meet the challenges of tomorrow. Anyone who has a passion for improving the changes our community faces is an excellent candidate to serve as a director.

Gone are the days when your board of directors was subjected to complaints of minutia and pettiness. Today, your board deals with vision and common sense to protect the quality of our living standards and plan for the future.

Each condo board is required to conduct an Annual General Meeting. These AGM's, in BGCC, normally take place in June. Typically, there are elections for directors to replace those who have contributed their time and whose terms are finished. This is the opportunity to introduce new blood and fresh ideas to a board. Being a director is stimulating, fun and provides a great sense of community contribution.

Not all condo boards in BGCC operate the same but the differences are slight. Basically, each board has a president elected by the five directors and the other offices of treasurer and secretary are board appointed. Each officer is confirmed yearly. Directors' terms are for three years. A director who completes a term may stand for re-election. Normally terms are staggered so as to encourage new directors into a mix of experienced directors.

The CAO does specify minimum qualifications to be a director. Essentially one must be 18 or older, not an undischarged bankrupt and not mentally incompetent.

Directors meet regularly but seldom more than monthly. Besides serving as an officer, there is the opportunity to have responsibility for standards or gardens or other relative areas particular to the specific condo. The property manager does all the heavy lifting so directors can direct and not be overloaded with day-to-day stuff!

Our BGCC community is maturing which adds exciting challenges for the boards. Legislation is changing, landscaping is always evolving, our community design is 20 years old and attracting retirees with different values than perceived in 1995.

Ballantrae maintains its superior position in the marketplace because it is directed by persons who want excellence and are prepared to contribute their time as volunteer members, elected to their board of directors.

# Dixon-Garland Funeral Home



[www.dixongarland.com](http://www.dixongarland.com) | 905-294-2030



I hear  
the sounds of  
melting snow  
outside  
my window  
every night  
and with the  
first faint scent  
of spring,  
I remember  
life exists.

*John Geddes,  
Canadian Author  
from: A Familiar Rain*

## Stouffville Honda is your AWD Destination



**Your Local Community  
Honda Dealer**

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

**289-451-0087**

35 Automall Blvd., Whitchurch-Stouffville



Bring in this ad and you will receive a  
**\$250 Stouffville Honda Service Credit**  
with every new or pre-owned vehicle purchase.  
*See dealer for details.*

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

BY DONNA CLARK

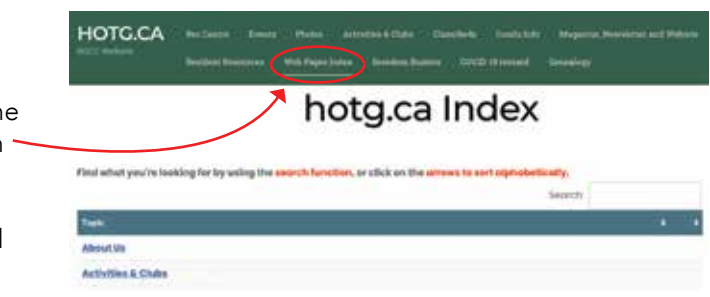
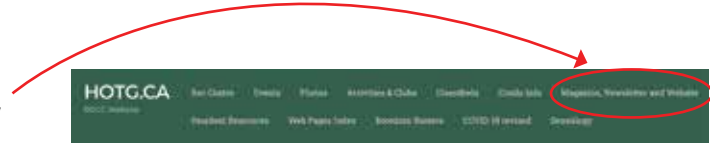
The results from the December 2020 online survey are on the [hotg.ca](http://www.hotg.ca) website. While primarily about the magazine, we did ask residents to rate the [hotg.ca](http://www.hotg.ca) website and **HOTG Newsletter** as well. All three **HOTG** communication vehicles rated highly. It was gratifying to see how many more residents rely on the website and newsletter and even refer to the magazine online periodically. This is a big change from our last survey in 2014, but not too surprising given the continued growth in all forms of electronic media.

We did hear from some residents that they were unaware of the **HOTG Newsletter** and wanted to know how to subscribe. You can subscribe by going to the website, [hotg.ca](http://www.hotg.ca), and clicking on the Magazine, Newsletter, Website heading in the main menu and then simply following to the newsletter section where you will see a listing of past newsletters and a link to subscribe.

We also received a couple of comments on finding information quickly and easily. While the majority of residents like the newer, simplified home page, there is still some confusion as to how best to search. If you don't know where something is or can't find it using the main menu, you can go to the website index (listed on the main menu). Click on it and an alphabetical listing of every section of our site is available. Looking for "obituaries" or "real estate" listings? Scroll down until you find what you are looking for. Click on it and it will take you directly to the section.

Alternatively, you can always use the "search bar" function located on the home page: The search function is very robust and you can use it to find specific sections as mentioned above. It will also help you to find information about an upcoming event or even a specific condo document. For example, if you wanted to know about the Pacemakers events, just type in Pacemakers. (Of course, at the moment all you will get is links to past events but you get the idea).

Hope this helps and happy navigating!



We hope this gives you more reasons to visit [hotg.ca](http://www.hotg.ca). And we trust that you have signed up for our new and improved **HOTG** newsletter. It is our third **HOTG** communication vehicle and complements both the quarterly magazine and our website. You can sign up on the website or email [webmaster@hotg.ca](mailto:webmaster@hotg.ca).




**THE SENIOR TOUCH**  
RESIDENTIAL PAINTING EXPERTS  
A DIVISION OF RANDALL & ASSOCIATES INC.



The Senior Touch is a Ballantrae based business run by seniors. We specialize in 'Kitchen Beautification' by spray painting cabinetry

cliff@theseniortouch.com | 416-804-2748 | 38 Grayfield Drive, Stouffville, ON L4A 0B1




**Pharmacist/Owner, Stouffville IDA**  
**Rob Croxall**


I have been a community pharmacist here in Stouffville for over 30 years. I believe that independent pharmacy allows us to tailor our services to meet our customers individual needs.

My pharmacy team and I are committed to providing superior, professional care.

**"Your health is our priority."**

I am the "I" in 

6212 Main Street, Stouffville, ON L4A 2S5  
P: 905 640-3324 F: 905 640-3326 E: idastouffville@gmail.com



*P.B. Upholstery*  
Residential • Commercial • Marine

**Peter**

Bus.: 905-642-2189 • Cell: 416-220-9558  
Email: pbupholstery@hotmail.com  
15681 Highway 48, Stouffville, Ontario L4A 7X4



# DISCOVER EXTRAORDINARY

At Amica Senior Lifestyles, you'll enjoy premium amenities, your choice of engaging activities, and delicious meals prepared by Red Seal Chefs. Our professional staff will support your every need, even as those needs change, and ensure your safety and well-being are always a top priority.

## AMICA

SENIOR LIFESTYLES

AMICA NEWMARKET • AMICA SWAN LAKE  
AMICA UNIONVILLE • 289-806-4949

# Advertisers Index

# HOME ON THE Green

## AUTO SALES, SERVICES, TAXIS

Art Sanders, Transportation	18
Frank's Wexford Service Centres Ltd.	16
<u>Main Street Limousine</u>	14
Pat's Body & Paint	16
<u>Stouffville Honda</u>	51

## ENTERTAINMENT

<u>19 On The Park</u>	26
-----------------------	----

## FASHION

<u>Peach Tree Originals</u>	6
<u>Peppertree Klassics</u>	4

## FINANCE, INSURANCE, PROFESSIONAL SERVICES

ICD Insurance Brokers	39
RBC Dominion Securities Inc.	37
<u>Rempel Capital, Hollis Wealth</u>	2
Thomas and Pelman Professional Corporation	12

## FUNERAL HOMES

<u>Chapel Ridge Funeral Home</u>	12
<u>Dixon-Garland Funeral Home</u>	51

## FURNITURE & APPLIANCES

<u>Card's Appliances &amp; Televisions</u>	10
<u>Modern Home Furniture</u>	12
<u>Stouffville Fine Furniture</u>	24

## GOODS & SERVICES

<u>Ballantrae Geek Computer Services Cautious Moving &amp; Storage Ltd.</u>	12
<u>Clarkson Auctions &amp; Movers Inc.</u>	37
<u>Davie Mechanical (Jake the Plumber)</u>	39
<u>Five Star Painting</u>	41
<u>Hank "The Painter"</u>	45
<u>Lindy's Floral Boutique</u>	26
<u>PB Upholstery</u>	41
<u>PC Doctor</u>	53
<u>Phoenix Electrical Services Inc.</u>	6
<u>Redfearn, Zizek &amp; Assoc. Inc., Interior Painting</u>	18
<u>Rotostatic</u>	10
<u>Rutledge Jewellers</u>	4
<u>Stitch in Tyme Upholstery</u>	41
<u>The Senior Touch, cabinetry painting</u>	41
<u>Top Dog Concierge Services</u>	53
<u>Tri-Aqua Water Systems</u>	26
<u>Water Systems Plumbing &amp; Drains</u>	45
	4

## HEALTH FOR PEOPLE & PETS

<u>Ballantrae Pharmacy</u>	18
<u>Ballantrae Plaza Veterinary Clinic</u>	24
<u>Fusion Physiotherapy &amp; Wellness Centre</u>	55
<u>Stouffville Family Dentistry</u>	35
<u>Stouffville Family Footcare</u>	49
<u>Stouffville I.D.A. Pharmacy</u>	53
<u>Vivid Optical</u>	35
<u>Wishing Well Guardian Pharmacy</u>	26

## HOME IMPROVEMENT

<u>Comfort Masters</u>	43
<u>Dan The Drawer Man</u>	2
<u>Fischer Custom Cabinets Ltd.</u>	OBC
<u>Inside Out Decorating Centre</u>	14
<u>Kelly &amp; Sons Roofing</u>	8
<u>Lifestyle Oasis Windows &amp; Home Products</u>	10
<u>Novelcare Heating &amp; Cooling</u>	IBC
<u>Patti-Lynn Interiors</u>	IFC
<u>Rolltec Rolling Systems Ltd.</u>	39
<u>Stannah Canada Inc</u>	4
<u>Stouffville Garage Doors</u>	55
<u>Summers and Smith Cooling &amp; Heating Limited</u>	45
<u>Tri-Vista Renovations Inc.</u>	14
<u>Twins Windows and Doors</u>	35

## REAL ESTATE

<u>Gallo Real Estate Ltd. Brokerage (Bryan Black)</u>	35
<u>Remax (Helen Hunt)</u>	49
<u>Royal LePage (Gary Davis)</u>	45
<u>Royal LePage (Joyce Dow)</u>	8
<u>Royal LePage (Carol Taplin)</u>	37

## RESTAURANTS & FOOD

<u>Hanson's</u>	24
<u>Off The Hook Fish Market</u>	12

## SENIORS RESIDENCES

<u>Amica</u>	53
<u>Stouffville Creek Retirement Residence</u>	55
<u>The Renoir</u>	6

## TRAVEL

<u>Stonehouse Travel &amp; Tours</u>	6
--------------------------------------	---

### PLEASE SUPPORT OUR ADVERTISERS

Home on the Green is provided to our residents at no cost. We appreciate our advertisers and hope, when you visit them, you will mention that you saw their ad in Home on the Green. Ads containing the house symbol indicate that the owners or managers of the businesses are residents of the Ballantrae Golf & Country Club.

Remember you can click on an ad with a website and be taken there directly. Online version hotg.ca/hotg






We Offer a  
**World of Choices**  
Each and Everyday

At Stouffville Creek Retirement Residence, we believe that inspiring our residents and supporting their mind, body, and spirit opens the door to achieving better health and well-being. Most of all, we offer a caring and warm environment that makes our residence as close to home as you can get!

Suites starting at \$2995

**STOUFFVILLE CREEK**

RETIREMENT RESIDENCE

INSPIRED SENIOR LIVING WITH 



\*conditions apply

Independent, Personalized Care & Assisted Living | 905-642-2902 | 40 Freel Lane, Stouffville, ON | verveseniorliving.com

Est. 1988  
**STOUFFVILLE**  
GARAGE DOORS

**905.642.3217**

For all of your **GARAGE DOOR** Needs!

\*Same Day Service\*

\*Senior Discounts\*



 **Richards-Wilcox**  
Engineered for Life

CHAMBERLAIN  
**LiftMaster**  
PROFESSIONAL

**Feel Better. Live Well.**

Providing the highest quality of care to our patients.

**10** CELEBRATING  
**YEARS**



Physiotherapy | Cancer Rehabilitation | Registered Massage Therapy  
Chiropractic | Sports Rehabilitation | Braces & Orthotics

  
PHYSIOTHERAPY &  
WELLNESS CENTRE

 **905-640-9100**

 **fusionphysio.com**

15 Ringwood Dr. Unit 1B Stouffville, ON L4A 8C1

# Serious Lockdown Advice

AUTHOR UNKNOWN

Everyone, PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my tea, and we all agreed that things are getting bad. I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING! Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out! The vacuum, however, was very unsympathetic...told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon! The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "Pull myself together!"

We will survive!!



## NOTICES

### Looking for Roving Reporters

**Home on the Green** magazine is looking for resident "**Roving Reporters**" who would be willing and able to be on call for general assignments. The editorial team often gets suggestions for interesting topics that need to be investigated and written up for our quarterly issues. If you have a passion for writing, meeting interesting people and volunteering with our amazing team, please contact us at:

[homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com)

Looking forward to hearing from you!

### Looking for a Secretary

**Home on the Green** is looking to add to our team and we have an open position for **Secretary**.

The secretary assists with maintaining records of the **HOTG** team, meetings, meeting minutes, **HOTG** email in-box and submission of articles for **HOTG** issues. If interested please contact us at:

[homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com)



Keeping You Cool In The Summer & Warm In The Winter

INSTALLATION, MAINTENANCE & REPAIRS

- FURNACES
- AIR CONDITIONERS
- DUCTLESS AIR CONDITIONERS
- BOILERS
- TANKLESS WATER HEATERS
- TRADITIONAL WATER HEATERS
- 24/7 EMERGENCY SERVICES
- 100% SATISFACTION GUARANTEED
- 30+ YEARS OF EXPERIENCE

416.921.0000 | [www.NovelCare.ca](http://www.NovelCare.ca) | [info@NovelCare.ca](mailto:info@NovelCare.ca)



**Fischer**  
CUSTOM CABINETS LTD.

