

The Glen Echo



Christmas Decoration Awards

Our community, once again, has not disappointed us. The Christmas lights this year are outstanding. Thank you all for making us smile and proud as we drive through the streets.

We recognize that a group of houses are always magnificent, and we want to acknowledge the amount of hard work that is involved. We also thank Parkbridge for the monetary gift they have provided.

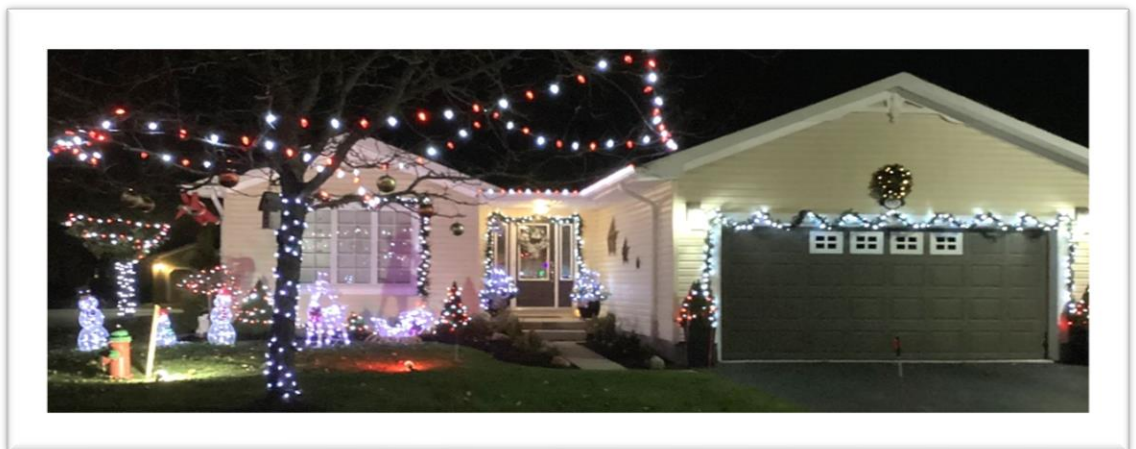
In the past we have presented a first, second and third prize. However, since it has been extremely difficult to choose this year, the three winners will receive an equal amount.



Jon & Jackie Vanderwater, 188 Glenariff Drive



Debbie Burnell & Nathan Roik, 102 Kilroot Place



Jose & Maria Teixeira, 189 Glenariff Drive

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Chair Chat

As we approach 2024, I don't know about you, but 2023 seems to have passed by at warp speed.

With the cancellation of a few events and activities, we were, once again, wondering how we could put together an issue, and here we are with 28 pages full of various happenings, informative stories, and lots of great photographs.

It takes a lot of hours to put together each issue of The Glen Echo, trying to capture as much as we can, making decisions about content and editing, which is not always easy. We would appreciate any feedback and/or suggestions you may have.

We are fortunate here in Antrim Glen to have such great committees who take the time and commitment to offer various activities and events.

What has been scheduled for the first three months of the New Year is listed in Upcoming Events on the back page of this issue.

We hope you enjoy this Winter 2023 edition of The Glen Echo, and wish everyone a season full of new memories, and a very happy New Year.

Beryl Cooper

'Alone we can do so little, together we can do so much'. Helen Keller



We welcome articles and photographs. Please forward them to Charmaine Irwin – Editor - email – editecho@gmail.com.
Submissions may be edited for clarity, style, general interest, appropriateness, and space.
Deadline for the Spring 2024 Issue is – March 10 2024
Advertising deadline – February 28 2024

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The ABBA concert on October 14 was a huge success with 145 in attendance.

Fortunately for us, we were able to finally bring them to Antrim Glen after two cancellations, and they did not disappoint.

During intermission cheese platters/crackers were served to each table.



We would like to thank John Moisan and his team of volunteers, for selling tickets, setting up the tables and lighting.

Another big thank you to the Special Events

Committee of volunteers for their organization, setting the tables, making sure food is ready to be served at intermission, and not leaving the Glen until everything was spotless!

Hope to see you again at our next big concert...hopefully in the late Spring!

Faye Heffernan



Meet your neighbour

Margot and Ron Rae

Ron was born in Kingston but was raised in



Peterborough with his two brothers and one sister. He enjoyed playing volleyball in school. He graduated from Sir

Sanford Fleming College as a technologist in automation.

Margot was born in Sault Ste. Marie, but also grew up in Peterborough along with three older brothers. She attended the University of Guelph, graduating with a double major in English and Fine Arts. Margot was also involved in sports, enjoying rowing, and field hockey. Ron was already working in the Cambridge Guelph area during Margot's four undergraduate years, but they didn't know each other at that time.

After years of never crossing paths, Ron and Margot finally met while watching their respective brothers who were racing at a motorcycle event. The brothers had been friends for years, but Ron and Margot had never been introduced.

After dating for two years, they were married in 1993, settling in Ottawa where Ron worked for a consulting firm. Their two daughters were born there. After seven years they found it difficult to be away from their family who lived in southern Ontario. Ron was able to find work in Waterdown through the consulting industry, and so they made the move.

Margot was happy to be a stay-at-home mom because she wanted to be available to volunteer in areas where their girls were involved. She was vice-president of the Flamborough Soccer Association for several years, and also had a home-based dog grooming business, allowing her to work part-time and still volunteer in her girls' activities.

After the girls became more independent, Margot volunteered at the Burlington Art

Gallery. She convinced her youngest daughter to join her in a one-day refresher course in encaustic painting. Margot had first been introduced to encaustic painting in an elective course during her undergrad, the History of Mediums. She found the different mediums and the variety of tools used very interesting, and she was hooked! After 25 years her creative bug came to the fore again. Their second bedroom has been set up as an art studio giving this artist a bright work environment where she can paint. Margot prefers creating her own artwork, but is willing to do commissioned pieces. Three different



stores in the Burlington and Waterdown area sell her creations. She gets good exposure at markets as well.

What is encaustic painting? It is an ancient medium having been around since the 1500s. It is painting with refined beeswax using damar resin (tree sap) as a hardening agent. Oil-based pigments are added for colour. You have to be quick to apply the melted wax, usually to a wooden surface, before it hardens. A heat gun is used to fuse the layers of wax together.



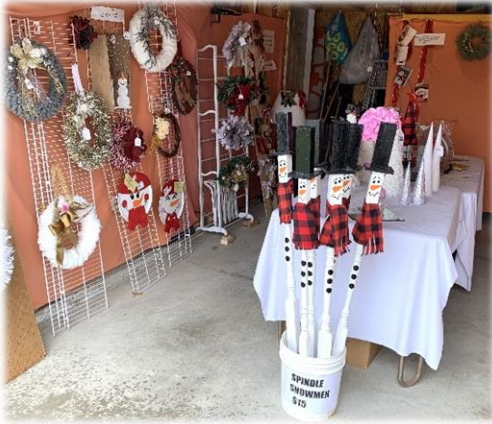
When the girls left home to pursue their own careers, Margot and Ron wanted to downsize. Living in Waterdown, they knew of Antrim Glen. Although Ron is still working for another year or so, they look forward to spending their retirement years in this friendly community that has so many activities to offer. Welcome to Antrim Glen, Margot and Ron.

Kathy Horak

Craft and Crawl Show – October 14

Crafting is not a hobby; it is a way of life. A year ago, we were competing with Covid and the weather over which we have no control.

This year, we decided to go ahead with our craft sale on October 14, hoping to reach



all our snowbirds to participate before their mass exodus to the sunny south.

There were 30 vendors participating, some accommodated in The Glen, while others chose to set up in their garages. The weather cooperated as best as October can expect,



and the enthusiasm was infectious. It seemed that the Covid war was over.

Everyone was thrilled with the variety of

products, from baking, quilting, charcuterie boards, card making, jams, pickles and more. Even some grandchildren participated in the garages to make some extra spending money.



We look forward to this continuing as an annual event again, and would appreciate any ideas as to the set-up.



Motto: "A creative mess is better than tidy idleness." (author unknown)

Brigitte Brown



Christmas Carolling

On Saturday November 18, Grace Anglican Church held their Annual Christmas Market in Waterdown. The Antrim Glen Take Five singers heralded throughout the market, beginning the Christmas set by singing Little Toy Train. We took the opportunity to sing this



song for a little girl of about six months old, while her aunt took a video. It was a truly special moment.

As we travelled throughout the church, the carolling was enjoyed by many. Graces' Market was a huge success, and we were happy to be a part of it.

"Dear Music, thank you for clearing my head, for healing my heart and for lifting my spirits."

Janet Cress and Diane Bangerter



Yoga Thank You

As many of you are aware, Yoga classes have been running in The Glen on Thursdays from 9:00 – 10:30, with Eleanor Blackborow as their leader.

She has now decided to pass on the baton, but assures everyone that her yoga routine is preserved on a DVD in The Glen. A couple of people who attend yoga have volunteered to set up the DVD each week to keep the classes going. Her faithful yogis want to express their thanks and appreciation for all the years Eleanor has led the class, and we are sorry to see her go.



November	5	Randy McEwin	80th
	18	Bonnie Downie	
	18	Rob Younger	
December	7	John Mauro	80th
	11	John Moisan	
2024			
January	2	Cecile Moss	
	13	Barb Moisan	
	17	John Vanderwater	
	24	Faye Heffernan	
February	17	Jack Irwin	80th
	19	Lynda Cline	70th

If you wish your birthday, anniversary, or other celebration to be in The Glen Echo, please contact Faye Heffernan 289-679-0521
bfayeheff@gmail.com

Flower for 2024

Communities in Bloom is a volunteer national organization encouraging community pride, and respect for the environment.



The chosen flower colour for 2024 is orange.

Further information is available on their website:

<https://www.communitiesinbloom.ca/>

Information supplied by Jan Bignell



Emergency Planning Committee

The EPC committee met with the Block Captains on October 27 to do some updates. First the Chairperson, Murray Proud, announced that he was stepping down due to a heavy workload, and wanting to spend more time with his family. He then introduced the new Chairperson, Margann Huff.

Secondly, they were asking the Block Captains for any suggestions going forward. The following items were offered:

1. Make a master list of all people who we know need help with any type of medical or mobility issues.
2. Follow up to determine if new residents are aware of the Vial of Life Program.

Margann introduced herself to those who have moved in since she left the community in 2018, she is happy to be back.

The committee wishes all residents of the community a very Merry Christmas and a prosperous New Year.

Margann Huff

A Hikers' Picnic

After being out of action with covid, (October 14 - November 15), it was time to venture out with our daytime hiking group. The members are Antonia Pimentel, Kathy Horak, Joanne Todd, Anne Hough, Peter and Kyle Jones, and Frances Woolcott. The destination was Hilton Falls, with an added plan to have lunch around the fire pit overlooking the falls. Little did I know that this hiking/lunch event had been "in the works" for many months.

Mother Earth could not have planned a better day! A temperature of 12 Celsius was a great surprise, as most of us were layered in hiking garb. The landscape offered an array of Autumn colours, complemented with an amber sun. In my theatrical mind, this backdrop was

out of a movie set. With enjoyable conversation and laughs, trekking to the falls was painless.

Much to our surprise, a roaring fire awaited us. Immediately, Chef Peter prepped and distributed the sausages on the grill. Oh, I almost forgot! The menu was set collectively, sausages on a bun with condiments, cheese, veggies and various fruits with dips, and



finishing off with desserts. Not bad for roughing it, eh? Being that it was such a perfect day, others from outside our community joined us at

the pit, providing more stimulating conversation. Could life get any better?

Following our delectable lunch, hiking leaders, Kyle and Peter, guided us safely back to our cars via a different trail. How exciting! Enroute, pictures were taken, and as we wanted group shots, we needed assistance from others along the way. This provided more laughs and comments from strangers! I came away fulfilled with fond memories, and the confidence to reach out for new hiking adventures. I gained knowledge from the group, such as Antonia - recipes, Kyle and Peter - new hiking challenges, Joanne and Anne - dogs, Kathy - current events in The Glen. What a wonderful day with great people.

Frances Woolcott

Antrim Glen Beginnings

There is a video on You Tube made by a previous resident, Derek Blake, about the start of Antrim Glen from 1998-2007.

It is very interesting, and if you'd like to watch it you can find it at:
<https://www.youtube.com/watch?app=desktop&v=DffCDuKtj1l>

Christmas Food Bank Draw

The pub committee has continued the fundraising program for the Flamborough Food Bank by selling raffle tickets for holiday planters.

This was the fourth year undertaking this endeavor, and through the generosity of our community, and that of a company which matches our donation dollars, we have been able to contribute approximately \$10,000 total to the Food Bank.

This result could not have been achieved without our amazing community and the support given to us. The pub committee would like to thank all those who participated in our raffles.

Stay tuned for our calendar of events for 2024 and let's have some fun!

Glen Pub Committee

Early Bird Winners



Bibianne & Bob McFadden



Barbara Camillieri



Cheque presentation to Jim Leamen - \$1185.00



***Winner 1st prize – Karen Younger, Doug Bannon
Glen Pub Committee, with Clare Snow***



2nd Prize winner - Bev & Gord Fielder



Winner 3rd prize - Bev & Al Arseneau



Beehive Presentation

An informative and interesting presentation was held on October 4 by a beekeeper named John. He is from the

Alveole Company, who have partnered with Parkbridge to install bee hives in several communities such as ours. More information is available on their website at www.alveole.buzz/about-us.



Simply put, flowers need bees and bees need flowers. Bees also

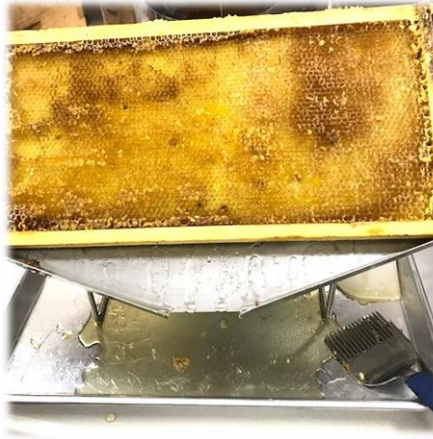
pollinate some fruits and vegetables.

Some of the facts John mentioned:

- 95% of a hive are female worker bees.
- One Queen bee per hive lays approximately 2000 eggs per day.
- The Queen lives between 4 to 5 years.
- Most solitary bees live only a few weeks.
- The hive will generally have a 5-mile radius for collection.
- Why do bees make honey? They make honey to ensure the colony has a food source to survive.
- In an abundant nectar season, the honeybees can produce more than the hive will require for the year.
- Honey varies in colour and taste, depending on the nectar/pollen collected.
- Bees are quite particular about keeping their hive clean. Any dead bees will be efficiently removed from the hive.
- There are over 20,000 types of bees worldwide.

Some species of bees are highly social, living and working collectively in a colony, while others are solitary and barely interact with other bees.

These flower-feeding insects come in a range of colours and sizes. Some are big and fluffy, while others are tiny and smooth, and their colours range from yellow or brown to metallic green or blue.



John showed us how to remove the beeswax from a frame which seals the honey inside. Some of the audience got a chance to scrape off the beeswax and enjoy a taste. At this point, the honey starts to flow, then is spun to remove various particles. At that point we all got to have a taste and

fill small jars of honey to take home. I might add it was delicious.



Currently, bees are being challenged with many threats including climate change, habitat loss and chemical use. These combined factors are causing more stress on the bee population. Weaker bees are more susceptible to disease, and this

greatly affects their winter survival.

There is a multitude of information available online on how to help the bee population.

The world of bees is a wonderfully diverse system, and one of earth's remarkable relationships.

Beryl Cooper



Lucky Pants

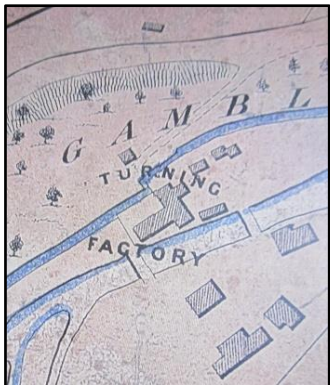
My hunting partner from New York calls me Lucky Pants. Possibly, it is because I'm out so often looking for a historical story to tell. A past example might be detecting an 1887 US Morgan silver dollar at an old carriage house site in Florida. Many Americans will never detect such a coin being so large and valuable at the time. Well, I have more Dundas history to share, and more Lucky Pants' finds.

On King Street, as far back as 1834, Joseph Spencer operated a grist mill, before it changed to become the Gore Paper Mill, which was taken over by John Fisher in 1863. Subsequently, it became the old Dundas District High School before it was finally turned into condos.

On King Street, across from the high school, was a park which included a small soccer field. Over several years, this park has been a favourite spot for hunters, partly because high school students would walk through there, resulting in several good coins being dropped and lost.

The name has been changed to Mill Park, but now that the finds are fewer, I realized there is more history in the ground other than high school coins, so decided it was time to do some more research. However, my exciting finds were being found across the street.

After studying an 1851 Dundas Canada West map, I realized why I had been digging up some interesting cast iron relics right on the small soccer field, especially near the far goalpost near the Spencer Creek area. I talked



to a visiting Hamilton Parks employee, who advised me that it was okay to be here, but just be sure to fill in the holes properly. After 36 years of digging, I agreed that would be well taken care of.

On the 1851 map, the words TURNING FACTORY were a bingo for the number of blacksmiths' hand forged items being dug



up. To try to explain this piece, I wonder if a young blacksmith apprentice took a block of iron and

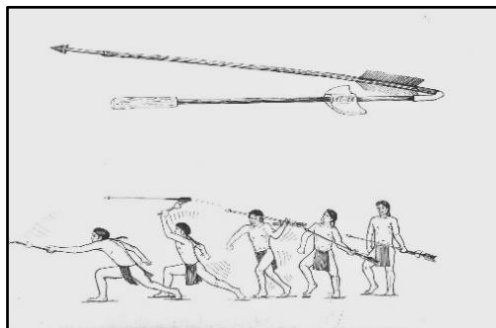
heated it in order to shape it into a possible toy. The relic is complete with no breaks etc., with a small shank being added. It was never meant to move and was too small for a handle. The top of the relic features a perfect teardrop design. No attachment holes, so I have no idea how the relic could have been made as a tool for a farmer. Perhaps it is a toy elephant or dog, who knows?

It was a surprise to find a metal target on this field of a 3000-year-old archaic culture atlatl weight.

Being beside Spencer Creek, this was a natural hunting area. The atlatl was



made of slate and would have been attached to the dart to be thrown further, and with more thrust. Some of the weights were drilled for attachment and some were tie-ons.



This spring I will be visiting the curator in the Dundas Museum to determine how my finds can be donated

to the museum. I know a nice indigenous artifact display is there but doubt very much it has an Atlatl Weight.

Rick Dorman

A New Adventure at the RBG

My husband, Peter, and I are trying to do all, (or as many as possible), of the trails at the Royal Botanical Gardens, so we decided to do the Cherry Hill North, and South Bridle Trail, and the Creek Side Walk. We set off on a lovely, mild autumn day to the Hendrie Gardens, thinking we could access the trails from there. After wandering around the rose gardens, and walking on a short trail, we came up short, as we were unable to access the Cherry Hill trail. However, we were able to see other hikers through the fence, and they very kindly directed us to the trail entrance at the Cherry Hill parking lot.

We set off down the hill towards the board walk, went up the stairs, (fortuitously shallow), and back down over a small creek, where we encountered some bird watchers. They kindly pointed out some owls' nests, as well as some other birds. We carried on walking and enjoying the warm sun and the babbling creek for a couple of kilometers, only encountering one other couple who were scrambling up the bank of the creek.



We soon came to Unsworth Avenue where we crossed over and ran into a woman with her grandson who told us the trail kept going, and would

eventually be at the parking lot, but, "had we noticed the salmon spawning on the Creek Side Walk that we had just been on"? Surprised and excited by the possibility of seeing the salmon, we retraced our steps, and figured out that the spot where we saw the people scrambling up the bank was the place where we may see the salmon spawning.

Sure enough, we encountered about three large salmon struggling against the current on their way up the stream. Neither one of us had ever seen this before, so it was quite something to watch. We carried on along the path, over a bridge where a couple of men were watching more salmon spawning, splashing, and thrashing away. All told, we observed about 12 salmon that afternoon. Such a sight to see in the heart of Hamilton.

We continued on our way, stopping to have a small picnic on one of the observation decks and watch the various birds and frogs at play. Altogether a wonderful day, filled with nature and beauty at the Royal Botanical Gardens, and another trail we will certainly venture out to again, perhaps with our hiking group!

Kyle Jones

Single Men's Goodie Bags

Christmas is a time of sharing and bringing joy to others. The single ladies of Antrim Glen enjoy baking and sharing their creations, not only with their families, but also with the single men in our community. Cookies, squares, and tarts were packed into bright cellophane bags, along with chocolates and clementines, by four volunteers, Carolyn Ruby, Pauline von Zuben, Sandy Schermel, and Kathy Horak, on Friday December 8, and delivered to 28 men.

The appreciative comments from the men made their small act of kindness so rewarding.

Single Ladies of Antrim Glen



Christian Connection



Season's Greetings to all our friends and neighbours in this great community. We were excited to meet many newcomers this past fall,

and we always have an open door for those who care to join our Monday morning activities.

On December 11, we concluded our meetings for the season with a wonderful day of fun and



Christmas music, both singing, and then listening to a great concert by The Vicounts. Two of the three in this trio are our very own



Terry and Sharon Whitfield from Kilroot Place. This was followed by a delicious catered lunch for 52 people of the about 70 that attended the program.

This fall, we ran two very interesting video series making us feel like we were becoming investigative detectives, as it was very intriguing from week to week. We had upwards of 55 out this fall on a regular basis.



We have an extensive lending library of all our past video series, with their matching books and study guides. If you care to fill in winter hours watching and reading these, they are available at the home of Sylvia Fry, 289-679-0119.

In October, we volunteered at our local Gleaners' warehouse, located at the 8th Line and Hwy 8. There were 22 people attending, either working or touring the facility. You could Google the Gleaners nearby if you are interested in helping make soup ingredients for places all over the world. They are open to volunteers, Monday – Friday 8:30-11:30am.

Tom Bradley is proud to say that our group and the community packed 50 Christmas boxes for Samaritan's Purse this year! Thank you to all who donated.



While the snowbirds head south, our meeting time will be used until mid-March

to work on two major projects for charities, making cute cloth dolls, and plastic milk bag mats for the homeless. We meet on Mondays from 9:30-12:00, starting January 8. Both projects require many helping hands and have several steps that anyone could help with, including men with strong hands for the mats. Some steps can be done in the comfort of your own home as you keep warm by your fireplace. Brigitte Brown will head up the dolls, and Jan Bignell the mat making.

If you need help for anything, please contact a member of the committee: Rev Harv and Sandy Wilkie, Sylvia Fry, Kathy Horak, Mary Mauro, Jan McEwin, Terry and Sharon Whitfield, Carol Maund or Murray Proud. Our email is antrimglenc@gmail.com.

Sylvia Fry

A Trip Down Memory Lane My Driver's Test



Although my anxiety now seems foolish, and I look back on my driver's test rather sheepishly, at the time it was extremely real. I felt an unexplainable queasiness in my stomach as I grovelled through the blankets and forcibly crawled out of my snug bed. Then I remembered! In six hours, I would be sitting at the steering wheel of our car with a tall, thin stranger at my side, who would leer at me with beady eyes and a sinister look. I forced myself to eat a hearty breakfast knowing that my lunch would never find its way to my uneasy stomach. Slowly I gathered up my books and departed for school.

All too soon I found myself at the steps of my school, where I had to spend four hours of sheer agony before taking my test. Twelve o'clock, I had to leave. "Good luck" wishes echoed behind me as I trudged outside. For the first time in my life, I wished that I could remain with the rest of the fellow "slaves" in the room of one of our most "dearly-beloved" teachers. I searched for my mother. "Has she forgotten to pick me up?" I whispered breathlessly. No, there she was coming around the corner. She started out for Milton.

How quickly we reached our destination. I saw the old red building where I would have to sit and wait my turn. With my heart thumping wildly and my mother trying to calm me down, I opened the front door. Not a soul was to be seen within the dim entrance hall. With heavy footsteps I mounted the rickety stairs. They were unpainted and old, and creaked like the door of a haunted house upon opening.

Stepping into a large room, I saw three men sitting at a table. The place was tremendous.

Another table beside them displayed a mass of pens and pencils. All around the walls were chairs for tired dancers, as this was the dance hall and used for driving test purpose only on Fridays. At the far end was a stage, bare of scenery. A rough voice halted my thought. "Come over here, please", demanded one of the men. His voice bounced to the ceiling and was thrown out to all four walls. I could barely walk to the table, so weak were my knees. He gave me paper to fill out; I could barely write; my fingers seemed to have been turned to puppets with no one to manipulate them. Shakily I signed my name and returned the paper to him. He told me to sit down. Then I waited and waited and waited. Maybe I would forget to signal a turn, maybe I wouldn't be able to park the car, maybe I would even hit another car. How many more things could go wrong, I wondered. My heart beat furiously as a drummer on his drum, relieving his anger. I thought that surely they must hear it. With a start I noticed the "he" was coming towards me. With a sudden shock I realized that my mother still had the keys. Foolishly explaining to him, I ran back to fetch them. Then I started to drive.

Within ten short minutes it was over. Why, I thought, he had been friendly, not at all mean or sinister. He had even smiled at me, and once we were back in the "office" room he told me, with a grin that I had passed. Exultantly I told my mother. I had passed! As I skipped out of the room, I heard my examiner say to the other man, "Gee, she was as nervous as a kitten." With a light laugh, I bounded down the stairs and out the door. He didn't know; he couldn't have known how really scared I had been.

Now driving is second nature to me and every time I think about my test, I can't help but recall my fear and how childish it was.

**Written by Adina Neufeld (Dorman) and
printed in M.M. Robinson Yearbook 1966**

In Memory

Ron Carter

September 8 1932 to
October 26 2023

Ron passed away at Queen's Garden Long Term Residence in Hamilton where he



received exceptional care and compassion. Ron and I moved to Antrim Glen in 2007, and enjoyed the country-like

setting, numerous activities and wonderful neighbours. Ron loved walking his Golden Retrievers along the trails, and in later years, he exercised them while riding his special scooter. An accomplished artist, boater, cook and a dedicated grampa, Ron will be deeply missed.



Memorial donations may be given to the Lions Foundation of Canada Dog Guides.
(www.dogguides.com)

Deb Gray

Healing Salt Caves – Charmaine's Lane

Halo, (salt) therapy, is a therapeutic method of helping people with various conditions such as respiratory, digestive, skin, and muscular conditions to achieve well-being through many applications of salt.

Salt Caves Halotherapy Wellness Centres and Holistic Spas offer various types of salt therapies and holistic treatments. They provide a variety of treatments that incorporate Halotherapy, an alternative medicine using Pink Salt which offers relief from diverse skin, body, and respiratory disorders and diseases.

The Healing Salt Cave is a unique man-made re-creation of the environment found in the underground salt mine in Poland. It is rich in minerals and micro-elements which are

necessary for the human body to function properly.

The Caves use high-end, medically licensed, equipment and natural materials. The micro-climate is ideal for easy inhalation which has been proven to be highly effective against many types of respiratory, heart and cardiovascular, and dermatological conditions. The Healing Salt Caves vary in their unique environments, some warm and dry climates, while others maintain a cool and humid climate. They are recommended for problems with Asthma, Allergies, Bronchial Infections, Pneumonia, COPD, and even Cystic Fibrosis.

Some of the benefits include:

- Boosts energy and immune systems
- Alleviates depression
- Promotes muscle recovery
- Promotes weight loss and increases metabolism
- Improves lymphatic movement
- Helps skin and hair health
- Increases hormone production
- Reduces pain
- Decreases swelling
- Reduces inflammation
- Reduces post-exercise muscle soreness
- Increases energy and alertness
- Elevates moods

The Canadian Halotherapy Association strives to provide people accessible, alternative health treatments and education for at home practices. Through constant communication with licensees, staff members, collaboration with significant individuals in the industry, and cooperating with national regulations and medical expectations, they look to achieve status as a recognized adjunctive therapy for pulmonary rehabilitation.

A few ladies in our community have visited the Dundas Healing Salt Caves for a tour, with these comments: "Our first experience was a fun, girlfriend event. We spent 40-45 minutes breathing in the salt mist and enjoying the atmosphere. It was like having a SPA treatment.

There are so many health benefits we believe that could be helpful to everyone". One lady even mentioned that her knees stopped hurting afterwards.



or more information, go to the following website:
<https://dundas.healingsaltcaves.com/about-us/>

Charmaine Irwin

Red Hats' HighTea



A small group of Red Hat Rubies enjoying 'high tea' at the Escarpment Tea Room in Milton. Lovely place to visit and enjoy a pleasant lunch with friends.

Pauline von Zuben

Halloween Dog Parade



A group of residents enjoying a get-together with their pets.

Horseshoes' Wrap Up



Mother Nature was not our friend this season. We were rained out many times, and

some I cancelled due to the weather report, only to see the sun come out! On another occasion near the end of the season, the 1pm group played, but just as the 2pm group started, the rain came down in buckets. Despite the weather, we had a great time, with all four pits being used at both time frames.

Our year-end dinner, pizza from the Freelton bakery, was organized and carried out by Jessie Lochhead and Joan McFarland. Many people made my job easier by coming early.

Thanks to Marlene Jackson and Joanne Harkness for getting the pits raked and set up. Everyone helped with the clean-up afterwards. A good time was had by all, and we look forward to next season. See you at the pits.

Pat Mossman

Birthday Surprise



For Rick's 74th birthday, we wanted something really special this year besides the new toaster and winter jacket.

He has always loved Corvettes and was the owner of a couple in our younger years. Our daughter found a place that rents exotic cars, so we surprised him with a chance to test drive a 2022 Corvette for 30 minutes. Normally Rick does not like surprises, but he had no problem with this one, so off we went to Smithville.

We followed a pace car on the country roads, and he was able to really let it go. This is a birthday I don't think he will forget, and I find him spending a lot of time looking at used Corvettes for sale.

Linda Chepyha

Polar Bay Wine Thank You



Over the years, many of us have made our wine at Polar Bay. Dealing with Dave McGuigan was always a pleasure. He provided wine for many occasions held by Antrim

Glen, more than the average vendor would do.

But sadly, he has now closed his business, and as a community, we felt it was only appropriate to gather to thank him for his generosity. Dave was presented with a basket of goodies donated by everyone there.



We will miss the camaraderie we enjoyed with Dave.

Charmaine Irwin

Red Hats' Toy Drive

The community pulled together once again, to support the Red Hat Rubies' Toy Drive, and have given generously for the children in need. What a blessing that so many care.

Thank you to the Red Hatters for another successful Toy Drive. The toys were delivered to the Volunteer Fire Department in Freelton on December 11 to be distributed to where the need is.

Pauline von Zuben



Parmesan Garlic Roasted Potatoes

- 3 pounds red potatoes, halved
- 2 Tbsp olive oil
- 5 cloves minced garlic
- 1 tsp dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/3 cup grated Parmesan cheese
- Salt & black pepper, to flavor
- 2 tsp unsalted butter
- 2 tsp chopped parsley-leaves or dried



Instructions

- Preheat oven to 400 °F
- Prepare baking sheet by spraying it with non-stick spray or greasing it with a layer of oil.
- Cut the potatoes in half into a bowl.
- Add the olive oil, garlic, thyme, oregano, basil, and Parmesan, coat the potatoes.
- Sprinkle salt and pepper to your taste, mix everything together and arrange the potatoes peel side down on the baking sheet in an even layer.
- Bake for 25-30 minutes, flipping them halfway to ensure they become golden brown.
- Melt the butter before serving or can use sour cream.

Butternut Squash Walnut Bread



- 1 1/2 cups flour – can use whole wheat
- 1/2 tsp salt
- 1/2 cup sugar
- 1 tsp baking soda
- 1/2 cup honey
- 2 eggs
- 1/4 cup water
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon

- 1 cup cooked butternut squash puree (or pumpkin puree)
- 1/2 cup vegetable oil
- 1/2 cup chopped walnuts

Instructions

- In a mixing bowl combine the dry ingredients, and in another bowl, whisk together the wet ingredients and spices.
- Pour wet ingredients into dry and stir until just combined. Stir in walnuts.
- Dried cranberries or raisins are nice added in.
- Pour into a well-buttered loaf pan and bake at 350 F for 60 minutes. Cool before slicing.

Salmon Vegetable Chowder



- 1 can salmon - drained and flaked (reserve liquid to add to soup) (7 oz)
- 2 tsp butter or margarine
- 1/2 cup each chopped onion and celery
- 1/4 cup chopped green pepper
- 1 garlic clove, minced
- 3 cups diced potatoes
- 1 cup diced carrots
- 1 cup each chicken stock and water
- 1/2 tsp each pepper and dill
- 1 cup diced zucchini
- 1 can 2% evaporated milk (14 oz)
- 1 can cream style corn (10 oz)

Instructions

- In large nonstick saucepan, melt butter over medium heat. Cook onion, celery, green pepper, and garlic until tender.
- Add potatoes, carrots, chicken stock, water, pepper and dill. Bring to boil and simmer approximately 20 minutes until vegetables are tender. Add zucchini and simmer covered for 5 minutes.
- Add salmon, reserved liquid, evaporated milk, corn and pepper to taste. Cook over low heat until heated through.

Beryl Cooper

Hibiscus Dancers



One November afternoon, the Hibiscus Dancers of Antrim Glen gathered together to help photograph various costumes which were to be sold. The following are

comments from the group.

“Little girls love to play dress-up but what about big girls? It was so much fun putting on the costumes that Diane had chosen for each of us to model. In some cases, outfits we would never have tried on because we



thought they were too outlandish, and revealing were actually flattering. Quite an enjoyable afternoon!”

Barb Reynders, Kathy Horak, Linda Chepyha, Maureen Smyth and Diane Bangerter.

Hibiscus Dancers



Single Ladies' Christmas Dinner

On December 11, the Single Ladies celebrated their Christmas dinner, with chicken from Swiss Chalet, coleslaw and desserts.

A poem, which had been written some years ago by Frances Quarrington, was updated to include all the ladies present, and was read by Frances and Brigitte Brown. Jan Bignell ran a Christmas quiz, followed with prizes, and Cathy Lay made the most beautiful paper lanterns for the tables.



We also tried to remember the 12 days of Christmas verses! It was all good fun and good fellowship!

Jan Bignell



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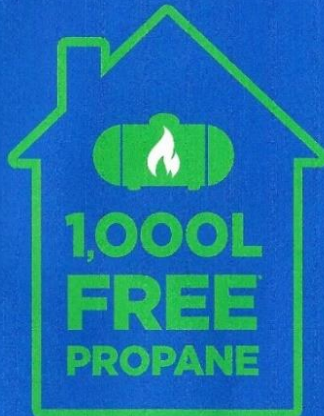
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Upcoming EVENTS

Date	Time	Committee	Event
2024			
January 27	noon	Special Events	Soup Day
February 9	TBA	Pub Committee	Chinese New Year
March 15	TBA	Pub Committee	St. Patrick's Day with Graham & Bowie
April 26	TBA	Pub Committee	Karaoke & Music Trivia

**Please advise The Glen Echo of future events,
we would be happy to include them.
Further information will be supplied by various other communication
methods from the Committee involved.**

Christmas around Antrim Glen



