



A Unique Waterfront Community

The Bayshore Banner

The Official Newsmagazine of the Bayshore Village Association
Volume 12 Number 2 Spring 2018

Canada Day, p.7, 10
Boating Articles, p. 12, 14, 16
Meet Mr. and Mrs. L, p. 18-19
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The Banner and the BVA members are very grateful to everyone who contributed articles to this issue.

The Bayshore Banner is available on our web site
www.bayshorevillage.ca/magazine
and as a full-colour book to be picked up at the Hayloft.

Cover photo: “‘Ode to Joy’ Sails Past Bayshore”
by Kathi Kerr

Page 3: “Liquid Assets” by Kathi Kerr
(Gunther Gratzner, Catherine Downie, Doug McPherson on board)

The next issue will be published in October 2018.
Contribute anytime to noelc@cottagecountry.net

The Bayshore Banner

Acting President's Article



Rick Matthews
Acting President

Having recently completed our Town Hall and General Meetings, which had aggressive agendas, the Directors are busy working on all the membership-driven projects, activities and motions approved by the membership along with many other initiatives outlined in the Directors' Reports circulated with the meeting notice.

On behalf of and with Jeff Zammit's approval, I have amended the 2018-2019 budget as per the membership request. We added \$1000 to the tennis court, removed the Goose Management budget from Harbours, Common Waters, Common Lands and the Golf Course, and provided a single line item for the Goose Management expense in the Operating Budget. The Budget can be reviewed in its entirety in the office. The document cannot leave the office.

We have paid the Ramara water and sewage bill for 2011-2017 as presented at the General Meeting. We will reconcile our water and sewage calculations with Ramara on November 30, 2018.

We will be producing the desk procedures and responsibilities regarding letters to the real estate agents quoting the Real Estate Business Brokers Act Ontario Regulation 580/05 in order to protect our interests in houses that are being bought and sold in the BVA and ensure that all parties are aware of our fee structures and bylaws.

We will be commencing work toward the AGM in September and other meetings that may be required between now and September. The Board has secured the services of Cathy Sheldon as a Process Advisor to improve the efficiency of our meetings and communications to the membership. She brings forty years of service with non-profit boards at a local, regional and national level.

With the election of Jill Dunlop, we will reopen the BVA file on the spray fields to determine next steps with Ramara Township and the province.

Have a safe summer.

*Rick Matthews
Acting President*



Jim Fielding's Canada Day cart.

Vice President



Astrid Bruce, VP

Architecture Matters:

The retirement of Lorne McCaig as Chairman, and Member of the Architecture Committee has created a vacancy on this important Committee which supervises adherence to the Bayshore Architecture By-Law and ensures compliance.

Lorne has done yeoman service as a volunteer for over six years, and now desires to enjoy the environment, and activities, that attracted him to the Community. I know you would join me in wishing him well in his sailing, golfing and general relaxation that he so deserves!

In the interim, as the Director responsible for the Architecture Committee, I have assumed by default the responsibility of Chairmanship, and with the able assistance of the other Committee Members, and the willing mentoring of Lorne, the overseeing of the Architecture functions, will continue without interruption. I appeal to the Membership at large to fill the Committee vacancy, as soon as possible. The vacancy has already been advertised on the BVA e-mail system without success.

With my By-Law hat on, I was particularly busy preparing for the impartial presentation on the proposition of architecturally-approved small storage sheds to be allowed in Bayshore. The motion to allow sheds was soundly defeated by the Membership at the May General Meeting. However, other important changes to both By-Law 2016.001 and 2016.002 were approved. Full details can be read in the Minutes of the General Meeting.

Over the summer months the Board will review the detailed analysis and recommendations of the **By-Law Committee**, with the guidance and in cooperation with our newly appointed Process Advisor, with the intention of presenting necessary amendments to the Annual General Meeting in September.

Wearing my "By-law policeman hat" I have investigated 11 complaints over the month of June. The By-Law Violation vary from unkempt front and back yards (long grass and weeds) to visible propane tanks (should be screened by trellis or shrubbery), invasive/disturbing lighting, and parking/storage issues. Most of these have now been resolved, but all have been addressed.

I take this opportunity to emphasize the following **reminders** to the membership:

- Parking of trailers and boats, in the open and visible to neighbouring properties (i.e. driveways and front yards) is a violation of By-Law 2016.004
- By-Law 2016.001 2.5 requires that Members shall keep all lots owned by them, and all improvements therein or thereon in good order and repair, including the mowing of lawns and other appropriate external care of all improvements situated on said lot, in a manner and with such frequency as it is consistent with good property management.
- By Law 2016.003 requires Propane Tanks: must be enclosed with either lattice work or full shrubbery to a height that will make tanks or cylinders not readily noticeable from the street or adjacent properties.

Tree removal requests have been thoroughly investigated with the excellent assistance of Arborist Eugene Storozinski, and all have been dealt with.

The abrupt departure of our Administration Assistant in early June has added extra Executive Duties to my Vice President role, but as I write this, I am pleased to report things have settled down now, and we can all look forward to a fine summer, beginning with the enthusiasm of Canada Day!

*Respectfully submitted
Astrid Bruce, BVA Vice-president*

Director, Common Lands

EMERALD ASH BORER – AN UPDATE

There is evidence that the Emerald Ash Borer has arrived in Bayshore.

A partial inventory of 153 trees (Common Lands and Parks only) has identified three or four suspect trees. Branch sampling from the crown will confirm. There are also a couple of trees on the South side of Southview that are infected. It makes sense that they appear here first, on their way from Brechin, which is heavily infected. The inventory is ongoing and will continue on private properties over the Summer.

We will solicit permission from each home owner. This is a big task as it takes time to examine each tree and record the data. We are trying to accommodate those that express interest by asking for assistance. Many properties have no ash trees, while others have many, so it is difficult to estimate how long this process will take.

A presentation to the Board of Directors will occur in the next couple of weeks. Costing options are being defined for trees on Common Lands. Note that, presently, there are no funds allocated to this topic in the budget. Once the options are clear and decisions are made as to how to proceed with trees that are the responsibility of the Association, we will proceed to have educational sessions for how to handle trees on private properties.

We will not be able to save all of our ash trees. If we save only 25%, this would be a big accomplishment, compared to most regions. We believe this will be possible, but aggressive action will have to begin ASAP before it is too late. Once infected, there is not much hope of saving a tree.

In order to reduce the cost of removal of infected trees, we propose that the disposal of the wood be dealt with by volunteers who would use rental equipment to chip, split and pile the wood in staging areas so that, once dry, could be burned in stoves and fireplaces within the Village by residents. This will ensure that the majority of the EAB adults and larvae are killed by the process described. This will save the disposal fees at our dump site, which could be significant for such large trees. Many trees could be taken down easily, but many will require the services of professional tree service companies so as to ensure safety. For this reason, it is difficult to give a “one size fits all” cost estimate for removal.

The cost to treat (and thereby save) a tree may be well less than the removal cost. This is why a prioritization strategy is important. The data in the inventory log will be vital to help decide what the best approach FOR EACH TREE should be. Of course, each home owner will have the ultimate say in how they proceed.

There are many decisions to be made and we are running out of time.

This note is intended to give you an overview of our situation. We will assist you with any questions you may have.

Watch for an announcement of public forums on this topic in the coming months.



Steve Goulter

SPEEDING IN BAYSHORE – A BRIEF UPDATE

1. Four copies of a 14 page package were hand delivered to Township Offices on May 23/18. This package outlined the issue and summarized what we have done so far. It requested that the Township help us to reduce speeding in Bayshore by requesting police presence, installing a radar speed sign, adding an additional stop sign at Bayshore/Bayshore and adding more speed limit signage. The package included a petition with 76 names requesting action be taken. It did not include any reference to speed bumps, as this topic was not being considered at that time.

2. The Speed Radar Recording LED Sign has been purchased and will be installed on Bayshore Dr. midway between Misty Court and the front entrance (see red signs installed by Steve Goulter on June 27 – in front of two vacant lots, near 216 Bayshore – one outgoing, one inbound). Two posts will be installed by the Township and the sign will be moved from one to the other from time to time. The recorded data will be provided to the OPP.

3. The Bayshore Speeding Issue was on the agenda at the June 25 Ramara Township Council meeting and Kathi Kerr presented our case very effectively. I was not able to attend and I am not clear on what was decided, if anything?

4. Recent research on the internet revealed that temporary speed bumps are popular solutions to the speeding issue. By removing them in the winter, they are now more attractive. An inexpensive one costs under \$500 and the best quality ones are in the \$1000 range. They are attached with 6 or 8 large spikes driven into the roadway leaving only tiny holes in the asphalt which could be sealed after removal to prevent water from entering. The one very big plus for a speed bump is that it forces every single vehicle to slow down, whereas any other method does not. One thing I do not like about most speed bumps is that you have to slow well below the speed limit – making them very annoying. I am trying to find one that is not so high – that could be traversed at, say 30 kms per hour, but at 60 and above would be jolting. I will keep you informed of what I find. The internet and You tube have many “stories” about Speed Bump Angels placing speed bumps in the middle of the night without permission from anyone!

5. Several Bayshore residents, myself included, will attend the next Police Board – Thurs July 5 at 7:00 PM in the Township Offices.

6. I will continue to visit the Township Office, monitor progress and pay a visit to the local OPP.

7. I continue to encourage residents to fill out the incidence reports on OPP.ca. Getting the licence plate number is, however, not easy at 70 km/hr and above and this is the reason that most of us can't submit these.

Thanks for everyone's interest and help with this topic.

Steve Goulter, Director of Common Lands

Director, Common Waters



Kathi Kerr
Director,
Common Waters

Pond Health in Bayshore

In Bayshore, we have six water retention ponds that serve both a practical and aesthetic purpose. Water retention ponds attract desirable and undesirable wildlife, and play an important role in flood control.

This year, Vicars pond reached water levels that caused concern for residents as they witnessed higher than average water levels. Within a month, it became necessary to add water, as levels dropped below acceptable levels. So, as you can appreciate, maintaining a healthy pond balance presents challenges to the pond committee.

An increased nutrient load caused by phosphorus, nitrogen, and hydrogen sulphide combine to create ideal conditions that promote aquatic plant growth, commonly known as “weeds.”

Each year, we remind residents to resist the temptation to fertilize lawns that back onto water sources. There are enough nutrients in ponds and lake water to adequately nourish lawns.



Eurasian Milfoil on Beaver Pond

Last year, our biggest challenge

was Chara, an aquatic plant that has no effective legal herbicide in Ontario for treatment. Our pond committee struggled with this on Deer pond and we elected to experiment with a screening material that sits on the pond floor and is intended to prevent aquatic plant growth. We'll evaluate effectiveness this year before expansion of this option. Aeration ponds is effective to a certain degree by providing oxygenation. This helps to control excess algae growth caused by nutrients. However, many environmental factors come into play, creating their own challenges. Last year, we replaced an aerator in Duck pond with a bubbler. It was quiet and cost efficient. The committee elected to purchase another bubbler, which will be placed in Deer pond.

Beaver pond has unacceptable aquatic plant growth this year, frustrating both residents and the pond committee.

These nasty “weeds” are clogging one aerator and will necessitate shutting it down until the growth can be effectively managed. Our “weed” experts identify aquatic plants and assess whether or not a legal herbicide will be effective. Recently, the culprit was identified as Eurasian Milfoil. A permit will be obtained from the Ministry, and a legal commercial product known as Reward will be sprayed once approved for use and when environmental conditions are favourable.

Residents are reminded that dumping any grass or dirt into ponds is detrimental to the health of ponds and is prohibited.

Kathi Kerr
Director of Common Waters

Social Director: Spring Fling



Dawn Kelly
Social Director

Spring Fling was held on Saturday June 2nd. to a sold-out crowd. Once again, the Social Committee outdid themselves in the planning, preparation and delivery of a wonderful Western Theme Evening.

Enthusiastic members dressed up in sporty western attire. The very personable and capable caterer was “Big Doug’s Food and Events”. A delicious BBQ meal of chicken and ribs was enjoyed by BVA members.



The Social Committee: Back row L to R: Lynda Bertrand, Wendy Lucas, Donna Wilson, Linda Bridges, Debbie Rautins, Dawn Smith, Beverly Joseph, Leslie Fielding
Front row: Kay Beacham, Sylvia Child, Dawn Kelly, Kathy Hutchinson, Carol Rosa (who seems to be in the back row, but isn't).
Lower photo: mugging for the camera are Jim and Leslie Fielding, Catherine and Bob Plue.

Social Director: Canada Day



Bayshore's Volunteers – At It Again !

1. Bayshore Village Clean-Up for Earth Day: Saturday, May 5th



Linda Bertrand, Sally McPherson, and Kay Beacham are working hard.

It all started on Saturday, May 5th.

This was good timing, one day **AFTER** the record wind storm that brought down thousands of branches and uprooted at least two trees that I know of.

Teams of volunteers were marshalled in the Hayloft parking lot to be assigned areas to cover by Steve Goulter, the director of Common Lands.

Off we went, armed with rakes, garbage bags and yard waste bags. We cleaned up twigs and branches and leaves and picked up garbage on common lands. The bags of leaves were left on the roadside at the park across from the Hayloft to be picked up on May 11th with the regular Ramara yard waste pick-up. The branches and twigs were taken by golf carts with trailers to staging areas in Pier 99 and beside the pump house where they will be run through Eugene Storzinski's chipper.

Some youth volunteers, looking to be credited with volunteer hours for school, also pitched in.

2. The Golf Course: Tuesday, May 8th

Next came the Golf Course Clean-Up on May 8th. It was a beautiful sunny day which, the organizers said, attracted the largest number of Golf Clean-



Up volunteers ever. Twigs and leaves were picked up. Low-lying branches were trimmed from trees around the greens and the greens were top-dressed.

As of this writing, the piles of twigs and branches are still waiting to be "chipped", due to Eugene's wood chipper being broken.

Photo above: Golf course cleanup volunteers Maura Hughson, Linda Bridges, Kay Beecham and Lynda Bertrand.

Page 9:

Top left photo: Harbour 99 workers L to R: Patrick Murphy, Lorne McCaig, Elaine Ney.

Top right photo: Kay Beacham, Wendy Lucas.

Lower right photo: Maura Hughson, Kay Beacham, Linda Bertrand.

Flagpole Repair



The Stephen family and Steve Goulter repaired the flagpole at Bayshore's entrance. We now have a fully functioning flag pole – the flag can be easily raised and lowered at will. Thank you to the Stephen Family and Steve Goulter.

Photo left: Steve Goulter and Scott Stephen prepare to raise the flag.

Photo right: Dave Stephen assists and supervises from the bucket as the team repositions the pole.

JW





3. The Harbours: Wednesday May 9th

The harbour clean-ups were slated for Thursday, May 10th, but due to a bad weather forecast, it was moved up to Wednesday May 9th. This was another good decision, as it did rain on Thursday. I was in Harbour 99 with a number of volunteers who collected those ubiquitous leaves and twigs, added the twigs and branches to the pile from the other clean-ups and bagged the leaves. We even cleaned up the Harbour 99 beach.

*All photos and articles on these pages
by John Waldon*



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Ramara Councillor Marg Sharpe



Marg Sharpe
Ramara Ward 2

Retirement:

Ramara Fire Chief, Dave McCarthy is retired after many years of service. Tony Stong, former Deputy Chief is our new Fire Chief.

Ramara CAO (Chief Administration Officer) Janice McKinnon is retiring August 31st, 2018.

We are in the process of searching for a new CAO. Acting CAO is Jennifer Connor.

2017 Audit Financial Report can be reviewed on the Ramara website. www.ramara.ca

Speeding in Bayshore – drive at 40-km/hr. The new electronic speed signs are up and information from them will be shared with the OPP to determine the best time for the OPP to set up their radar. Remember, Bayshore is a Community Safety Zone and fines will double.

Please slow down, let's keep our children, walkers, bikers and all residents safe.

ELECTION 2018 – VOTING BETWEEN OCTOBER 12TH AND 28TH, 2018

The Township of Ramara will be using Telephone/Internet voting in 2018

Eligible electors **MUST** be on the VOTERS LIST in order to receive their personalized Information Letter which includes your 8-digit PIN,

internet voting website address and 1-800 number to use for phone voting and other election information.

For more information on RAMARA VOTES go to www.ramara.ca

GARBAGE AND RECYCLING:

For information on Garbage and Recycling Collection, contact the County of Simcoe,

705-735-6901. Please refer to your Simcoe County Calendar for your curbside pickup

dates and materials. Bayshore is Green zone 2. If you need a calendar, they are available at the Ramara Township office.

ENewsletter

Our Township issues a monthly Newsletter to keep our residents informed of Township business. The Newsletter is posted on the Ramara website monthly. If you are not connected electronically, hardcopies are available at the Ramara Township office.

The Works Departments has been checking the roadsides for **Hogweed**, it is often confused with Queen Anne's Lace weed which is prominent along the side of the roads. Google for these weeds to get information on both. None has been found in Ramara.

Marg Sharpe

Councillor Ward 2, Township of Ramara
Council Liaison Works Department
msharpe@ramara.ca 705-484-5786

Canada Day (continued)



You don't need commentary on the Canada Day photos on pages 7, 10, and 20. We don't know most of the people's names anyway. The centre photo above does cry out for a caption: Games coordinator Wendy Lucas is trying to emphasize her order to husband Glenn, "I told you to put that stake over there!" Most of the photos were taken by Sharon Seaward, who is pictured above right in her press vehicle. Kathi Kerr contributed the three photos above. These photos and many more can be found on our web site, www.bayshorevillage.ca.





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October 22, 2018

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period.

After Sept. 1st, if you are not on the
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Ramara Municipal Offices, Brechin,
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"I would appreciate your vote!"

Bayshore Village Yacht Club Relaunch

The BVYC launched the 2018 boating season with a Movie Night and Social in the Party Room on June 8th hosted by our Commodore Doug McPherson.

Decked out in nautical attire fifty enthusiastic sailors, boaters, kayakers and boarders enjoyed an original BVYC Original Movie of our 2011 excursions. Highlights included the daily excursions around Lake Simcoe and the sunset sail. The Trent-Severn Waterway and the Georgian Bay long excursions brought back lots of memories.

There was an electric buzz in the air as everyone was anticipating the 2018 on-water season. Focus on safety is a priority of the BVYC and Doug encouraged everyone to do a safety audit for all the gear required. Always wear your life jacket!

Door prizes were won by Lorne & Kay!!! There was a 50/50 draw with the BVYC proceeds going to support Canada Day activities. As always, we enjoyed some pizza and cookies to wrap the night.

Boaters and non-boaters are welcome to join in the monthly excursions of the BVYC. Mark your calendar for the next excursions: Tuesday, July 19th to Carthew Bay and Tuesday, August 7th to Couchiching Park and the season wrap-up on Thursday, September 20th.

We have a wonderful mix of watercraft users. Our common bond is we all love to be afloat and socialize!

See you on the water.

Elaine Ney BVYC



Above, L to R:
Diane Camack,
Wendy Lucas,
Kathi Kerr, Sally McPherson

Left, L to R:
Guy Montemurro,
Catherine Downie,
Glenn Downie

photos by John Waldon



Glenn Lucas with BVYC Commodore Doug McPherson.
(Glenn Downie in the background)

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BVYC Excursion to Lagoon City

Fourteen boats anchored for a Picnic & Swim at Lagoon City along with five kayakers and a sailboarder on Tuesday, June 26th. There were big boats, small boats, sailboats, and pontoon boats, all filled with Bayshore neighbours and guests. There was lots of laughter and storytelling and lots of brave swimmers who endured the cool water temps of 20C!

Thanks to all our Captains for sharing their boats and making the first excursion a big success. We were entertained by visiting guests on "floaties" pulled around by Wendy Lucas. The wind gods were on our side and Glenn Lucas wowed us with his boardsailing expertise. For the sailors, the beautiful breeze blew us home to rejoin the BVYC contingent for a Happy Hour at Harbour 99!

Next outing is Tuesday, July 17th to Carthew Bay!

Hope to see you there!

article and photos by Elaine Ney BVYC



Top photo:
Black Pearl's owner, Bob Bell, is barely visible behind Joe Marzano.
Seated on the stern are Kay Beacham & Joe Marzano.
In the water are Lorne McCaig and Nancy Marzano.

On the pontoon boat are Irene Heinz, owner Rick Indewey, Maura Hughson (seated), and Marielle Montemurro in the background.

Lower Photo:
Glenn Lucas shows boardsailing prowess.

Sailing School



Every picture tells a story!

The Bayshore sailing school is in full sail!! 12 mega-enthusiastic, wannabe "rag and Stick" sailors have progressed from "knotty" problems to proficiency at "coming about" around the yellow buoy off Lagoon City. Tacking and gybing, down to Strawberry Island and back, with not too much luffing, or "in irons" instances.

The Bayshore O'Day Sailing Fleet:

- "Astridos Too" (an O'Day 25) owned by instructor Jim Bruce
- "White Pearl" (an O'Day 23) now owned by Gord Smith, has previous owner Bob Bell in charge instructing. (Bob is the Star Pupil of the 2011 Bayshore Sailing School!) Now a skilled lone sailor (and Double Lake Simcoe alone circumnavigator!)
- "Liquid Assets" (an O'Day 22) is owned by BVYC Commodore Doug McPherson. When Doug is unavailable, he is deputized by Murray Bissett as instructor.

So no one is ever left high and dry "on shore"!

And as usual Cap'n Jim (founder) is directing all operations!!

Astrid Bruce



Top Photo: Astridos Too, skippered by Cap'n Jim

Above: Instructors Jim Bruce, Commodore Doug McPherson, Gord Smith, and Bob Bell.



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Paddles Up



photo by Herb Hermans

Our kayak Group now numbering 35, but members are quickly adding up as the pure joy of being in a kayak, on the waters and rivers, is catching on.

Our last trip at the beginning of June was to Lake Kashagawigamog Inn in Haliburton.

The weather was made for our kayak adventure, sunny, warm and upon arrival at our beautiful destination, Bonnie View Inn, with no black flies and a only a few mosquitos to greet us. The cabins were delightful, the lake magnificent, a paddlers dream.

After unloading 28 kayaks, getting set up in our cabins or rooms we took to the waters. Gorgeous paddle, fabulous wild life and so much fun. Nirvana.

As the sun set, we sat on the gorgeous deck overlooking the lake, sipped a few cocktails, and fired up the BBQ, delicious food and much laughter and fun followed. A campfire was started by our pioneer men, and we sat around playing a fun game Rick brought, much kidding and more laughter was heard.

We all gladly sank into our soft mattresses as the stars filled the skies. Another day awaited for a long paddle experience.

Many new paddlers enjoyed this fun filled adventure, September awaits another big excursion, nothing will stop our enthusiasm and love of the silence of a kayak paddle. A pure Zen moment.

Paddles Up,
Lynda Bertrand



photo by Rick Indewey

Big Bike 2018

AN ENORMOUS THANK YOU to all OUR BAYSHORE HEARTBEATS for your energy, and enthusiasm on the windy May 10th ride! You all have warm (RED HOT) hearts, and I am personally grateful for your support of the BEST TEAM IN ORILLIA – AGAIN!!

Although our Heartbeats are beating more faintly now (This year short of ten riders to help!), the other 19 pairs of legs still propelled that Big Bike around Orillia with super speedy enthusiasm. I'm extra proud of you all, because once again we are one of the top teams in Simcoe County!! A special shout out to our ex-Bayshore resident, and faithful founder member of our Heartbeat Team... the ever loyal supremo fundraiser Jack Parker! (what would we do without him?!) We were enthusiastically cheered on again from the Guest Rider Seat, by the 101-year-old ex-Bayshore resident (also a founder member of the Heartbeats) the irrepressible Yogi, Ida Herbert, who looks forward to her "easy ride" Big Bike outing every year. She calls it the "dummy seat," but she is NO dummy in any sense of the word!! Always singing and clapping loudly from her back-seat driver position.

Orillia Teams raised \$14,585 on May 10, and more than half of that was the \$7500 plus of the funds raised by Bayshore Village.

WELL DONE TEAM!!

Astrid Bruce, Bayshore Heartbeats Captain

Photos: Top right: Bayshore Heartbeats on the Big Bike.

Below: Elaine Ney, Astrid Bruce and Patrick Murphy surround irrepressible 101-year-old Yogi, Ida Herbert.



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Meet Mr. and Mrs. L



L25 is her tag number. To those on the shores of Barnstable Bay, she and her mate are affectionately known as Mr. and Mrs. L.

This pair of Trumpeter swans have graced this Bay for approx. 20 years, and have set clear and decisive claim to the Bay as their own. They will not allow any other swans to reside here.

Their priority in life is, without bias, the rearing of their young - chasing off or killing any threat to this goal. As the largest native bird to North America, weighing in at about 28 pounds, and with a powerful set of wings that span in excess of 7 feet, they have the size and muscle to take on any adversaries.

The L's annual cycle begins mid to end January each year when they first return to the frozen Barnstable Bay. For the last few years we've noted that they return around January 24, and what an incredible sight it is to see these beautiful birds walking across the ice! As vegetarians, there is no food available to them without access to shallow open fertile water where they can forage. Therefore, some Barnstable residents assist by drilling water holes in the ice and supplementing their diet with cracked corn to sustain them.

Ice out (when the ice starts breaking up) is an exciting time for the swans, regardless of how crowded the Bay may be with other waterfowl. Usually by the end of March there are a number of open areas on the shallow points and in the back of creeks, once again providing ready access to natural food sources - and plenty of water to swim in!

Mating activity begins for the romantic pair in early May as they complete renovations on the nest site. By mid May the day arrives when only one of the pair flies in for the daily visits. This indicates that they have accumulated their clutch of fertile eggs and have begun sitting on them to incubate. Precisely 42 days later the hatch happens and without hesitation the very young cygnets are hustled into the water to feed. For the last few years we've noticed that Mr. and Mrs. L very proudly show off their new arrivals to Barnstable Bay in early June. What a thrill it is each year to admire the adorable newcomers!

If there was an award offered for the most attentive parents, Mr and Mrs L would be at the top of the list of nominees!

Encouraging their brood to eat as much protein as possible to support their rapid growth, Mom and Dad spend the busy feeding hours actively doing what we refer to as "muddling". Paddling stationary, with their legs pointed straight down and utilizing their huge flipper feet, they create a

large muddy bloom around themselves caused by the stirring up of everything from the bottom to the surface of the water. The cygnets busily pick up every edible morsel before it disappears back down to the bottom of the Bay. Often Mom or Dad will grab an errant morsel and drop it in front of a youngster so as not to waste the prize.

From the time the swans go to nest till the late fall, no Canada geese are permitted in the Bay. Particularly any that show up with goslings in tow! The swans readily chase off any non parenting geese, but those with babies are attacked and forced to leave by land through the backyards or be killed. No exceptions.

The joy of watching the swans teach their young the ways of the swan world is amazing. If we could only clone their habits, raising children would be a breeze! Mom says stay together and together they come. Mom or Dad exercise their wings and although the young ones have only stubs for wings, they quickly copy the action. Dive under water and there they all go. Clean your feathers and it's preening time for everyone!

By late summer, the young swans are the same size as the parents and ready to take flight. They are a little late getting off the water and often overshoot the landings, but mom and dad praise them and themselves after each flight.

As fall arrives and the Canada geese start the migration south, many stay and rest on Barnstable Bay. At this time there are just far too many geese for Mr. and Mrs. L to compete with, and as the geese are no longer considered a threat to the young ones, their presence is tolerated. The L's also use the geese to teach the kids how to battle. Now with their size, they are dominant to the much smaller geese.

A few weeks before ice up (when the ice starts forming on the lakes surface) there is a phenomenal gathering of swan families that meet in Barnstable Bay. Over about a two week period you can view in excess of 70 Trumpeter Swans. And then "poof" one morning they are all gone - including the L's and their family.

Many swans head south, some north west to the Wye Marsh, where the swan society maintains open water and supplements feeding. Others, including The L's and family, go to the north end of Lake Couchiching, at the mouth of the Severn River near Washago where there is always open water available for them due to the current.

And so the cycle continues. Mr. and Mrs. L will be back in January, but their young are expected to be off, creating a life of their own. If the 'kids'



do attempt to return to the familiarity of the Bay, Mr. and Mrs. L will not welcome them back - in fact they will chase them away from Barnstable Bay. They will be busy preparing for their next new brood.

When you are viewing the swan family from shore they are quick to approach you and show off their babies. However if you are In a boat, jet ski, canoe or kayak, please do not approach them. They consider this a threat and will scatter the family to escape. Too close, and you risk the

chance of attack.

Nobody knows how long it will be before we lose one of the L's or a dominant pair remove them. Until then, let's wish them the best, give them a hello when you meet up and give them the respect they are due. We hope that we can continue to have the rare privilege of witnessing the annual cycle of Mr. and Mrs. L for many years to come!

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Pancake Breakfast



Beta Sigma Phi, Mu Eta Chapter would like to thank everyone who supported our Annual Pancake Breakfast on Sunday, May 6th, 2018. With your support and with proceeds from Share the Wealth tickets we raised \$617.10 to donate to Orillia Soldiers' Memorial Hospital to improve Paediatric services.

Everyone enjoyed the pancakes, sausages and fruit kebobs that were tasty and plentiful along with the coffee, tea and juice. It was so wonderful to see so many friends, familiar faces, new faces and children and grandchildren coming together with their families to share their morning together and to greatly contribute to their community.

To relive this breakfast there were many photos taken and can be viewed on the Bayshore website under Events.

Article and photos by Wendy Lucas

Top photo: L to R, Reid Drysdale, Gunther Gratzter, Laurel Dewar-Gratzter, Sally McPherson, Linda Bridges, Fern Kerr, John Waldon, Kristina Frise, Kathi Kerr, Joe Marzano

Kitchen staff: L to R, Marilyn Richardson, Nancy Marzano, Glenn Lucas, Pete Cavers, Cindy Cavers, Wayne Richardson.

Servers: Katie Ecklund, Jacquie Ivory; Jim Bridges, Glenn Downie



Miss Bayshore Village



My name is Franchi Torchia and although I look 8, I am actually a 13 year old, going into grade 8 in September.

My family hasn't lived in Bayshore for very long, but since moving here my life has changed dramatically. For one thing, since the internet is so expensive up here, my parents have really limited my data usage. This has allowed (forced) me to develop hobbies like: baking, crafting and playing the piano, ukulele and saxophone. Now I mostly use the internet for craft ideas, sheet music and recipes (and some Fortnite).

My school in Brechin has less than 10 times the number of students than my old school. I love the small, family feel of my class of 15 students (made up of 3 different grades – 6, 7 and 8.) When my school needed a keyboard, my best friend Shania (also a Bayshorian) and I organized two bake sales and raised over \$300. That success encouraged us to plan a “crafts and cookies” event at the Hayloft to get to know the kids in Bayshore. The low turnout suggested that we go back to the drawing board (pun intended). My dad keeps saying (of school, of Bayshore, and of life), “get involved, join everything, meet people and make friends. It's the best way to feel a connection with your community.” I know he's right because after helping out with the Easter Egg Hunt, the community clean-up and even “crafts and cookies,” I feel happy, I feel welcome, and I feel like I'm home.

Franchi Torchia

Franchi Torchia appeared as “Miss Bayshore” in the Canada Day parade.



Walter And Laura Malarczuk Celebrate Their 50th Anniversary



Walt and Laura Malarczuk of Bayshore Village recently celebrated their 50th wedding anniversary. They were married on June 1, 1968 at St. Gertrude's church in Oshawa. A celebration with their family and friends was hosted by their children Natalie and Todd, daughter-in-law Kathleen, and grandchildren Molly, Katie and James. Seven members of the wedding party were in attendance. Participants were asked to bring donations to the food bank as their gift for this occasion. The Malarczuks will celebrate their anniversary with a 28-day cruise to Hawai'i and the South Pacific this summer. Photo below shows the couple celebrating their 25th anniversary.



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Additives in our Food

We all know that food is essential to live and most of us eat both for nutrition and enjoyment. Much of our social life is geared around food whether it be condiments or partaking in meals with others or just enjoying a snack by ourselves!

Many of us assume that the foods we ingest are both safe and harmless to our bodies. In recent years more and more of our population has become aware of our food sources becoming highly compromised due to the growth of large agri business where production and profit far outweigh the importance of good nutrition.

I am including a list of items to be aware of when purchasing your groceries. This list can assist you in determining whether the product is good for you and your family or not.

BPA this is an industrial agent to make plastics . Research indicates that exposure to this product can lead to increased risks for high blood pressure, ADHD, and obesity among others. Use glass containers for storage and purchase glass or cardboard packaging!

GMO

While the research is not conclusive about dangers from Genetically Modified Organisms, the labels for non-GMO foods on packaging guarantee that they have not been laboratory altered or include organisms that have been genetically manipulated . A great cause for concern are grains which have the roundup ready gene within the seed to control weed growth in the fields. This is passed on to us in refined foods.

Nitrates

This is a harmless essential nutrient that plants and grains absorb from the soils they grow in. Large amounts of nitrates are used in cured meats to act as a preservative. It is advised to reduce your intake of these meats. If you still want your hotdogs and bacon try taking citrus, as it acts as an antioxidant and may neutralize the effects of nitrates.

Natural Salt

These salts such as sea salt or Himalayan salts contain numerous trace minerals such as calcium, magnesium, and iron. Iodized table salt is stripped of these essential minerals and bleached white.

Whole Foods

These are entirely or almost entirely unprocessed and unrefined. They do not contain added sugar, salt, fat or chemical additives.

I have only mentioned a few in the above list. There are many others to consider. It is important for all of us to self educate about the growing use of chemicals and additives in our foods .

Organic foods contain a much higher proportion of nutrients than non-organic. It is important to read your labels and become informed.

Hopefully this will assist you when out shopping for new products or even ones you traditionally purchase.

*Revised from The Nutrition Glossary by Vila Beaumanis
By Marilyn Goulter*

Poet's Corner

Reflections



In solitude
You contemplate
Your thoughts...
Of life
Fragile footsteps
In the mind
Gentle glimpses into the past
Of events unresolved
Of memories
Suddenly brought to mind
Through subtle scent
Or plays on words
To trigger images long dormant
Children's laughter
Old movies shared
With friends beside the fire...
With wine
Starry nights of *déjà vu*
Reminding you of something
Not touched for a long, long while
Images conjured upon a smile
Of a face long gone....
A friend perhaps?
Lost to life so early on...

By Marilyn Goulter

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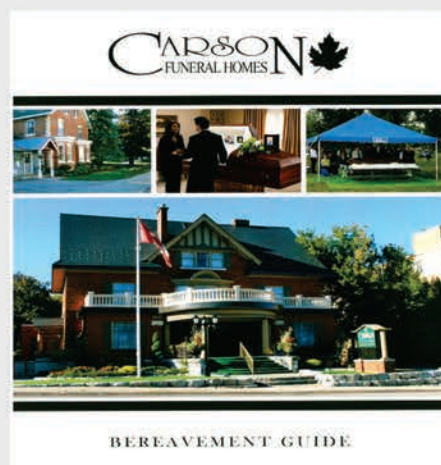


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Ramara Speaks Her Mind



Greetings, Dear Reader. Horror of horrors, I was all set to write my own obituary in this issue of *The Bayshore Banner*. I was ready to extol and naturally exaggerate my innumerable feline virtues all in the past tense, while mopping up my tear-filled whiskers. However, fortunately for *moi*, the rumors of my death are greatly exaggerated. Actually that is a misquote. Mark Twain said, in a speech he was delivering back in 1897, "My death is greatly exaggerated."

Well, my Dear Bayshore Reader (I'm assuming there is at least one), I am ecstatic to report to you that, unlike Mark Twain, I am alive!!! I have chosen life over death. I cheated The Grim Reaper. What happened to incur this potential catastrophe was that I overheard my human mother and favourite human companion besides Glen, announcing that I!, me!, am in Palliative Care!! Being unfamiliar with that particular phrase, I referenced my iPad dictionary, and nearly died in abject fright! She repeated this gloomy pronouncement to her friends and even to my personal vet, Dr. Dawn Adare.

Granted, I could see where Gail could make that error since I had stopped eating... and drinking, for that matter. My paws were dragging; my tail was flagging; my breathing was ragged. My fur was tatty. I got well beyond fashionable skinniness. I was downright emaciated. All I wanted to do was sleep. No food she put before me tempted me. This went on for days. I had her so worried she was considering lethal injection. Euthanizing me. Only, she cautioned, if I were in pain. She cried.

My world overturned. I was horrified by my condition. I determined a new path. What was I doing to myself? Was I anorexic? Do I have undiscovered psychological problems? I resolutely drank a few drops of water and forced a smidgeon of food onto my towel-dry tongue. Gail and Glen got excited that I was making an attempt to save my own life. Gail tore out to the grocery store to buy gourmet cat food. Mmmm. Good. "Maybe it's worth living after all," I said to myself, "as long as she keeps buying that yummy chow."

My favorite padded deck chair beckons me. The lapping water on the lakeshore soothes me. The warm summer breeze gently ruffles my fur. I lie in ease, listening to the comforting sounds of homey conversation interspersed with the clatter of kitchen activities. Existence is Good.

I believe I have, as they say, a new lease on life. Now, when Mark Twain jocularly delivered what became that particular memorable quotation in 1897, he still had thirteen more years to live before his death from natural causes in 1910. This fact instills in me a great deal of hope. Could I? Little Old Me? follow in his footsteps? You DO know what this means, don't you, Dear Reader?

More palaver to follow from this pussycat.

*Your favorite feline,
Ramara (as told to Gail Carter)*

Line Dancing



Bayshore Line Dancers, Spring 2018

Back row, left to right: Artena Hutchison, Marg Sharpe, Karen Dillabaugh, Catherine Plue, Ria Searle, Carol Rosa.

In chair: Carol Spain. Beside her: Diane Stoner.

In front: Terri Papa. Front right: Pat Bellamy (Instructor). Absent: Jane Kelman-Davies, Kate Ecklund, Ruth Holoman, Christa Schmid, Karen Payne.

We have just completed our fourth Spring session of line dancing at the Hayloft.

We started Tuesday April 3rd, 2018 from 10:00-11:30a.m. with four beginners this year to add to last year's dancers.

All had great physical and mental exercise throughout the eleven weeks. Most were very diligent and wanting to learn by coming to each class, making it much easier for me to teach, and making it more fun for them... and fun we did have... lots of laughs (at ourselves). All did extremely well and it was my pleasure to teach them all.

We finished Tuesday June 12th, 2018 with a Pot Luck lunch at my house; spouses were invited as well! Everyone is a great cook as well as dancers. Thanks for the delicious lunch and wine!

Hope to see you all next year. Have a safe and so wonderful summer.

Sincerely and keep dancing...

Pat Bellamy



Bayshore village

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Welcome: Tom & Dorothy Hall



Tom and Dorothy at the Spring Fling

We moved into our new home at 181 Bayshore Drive this past February. When asked where we live by other residents, we have learned it is best to say we purchased the house from Robin and Carole, or we are next door to Steve and Marilyn Goulter. We both really like Bayshore Village, the friendly neighbours who have welcomed us to the community and the numerous activities that are open to all to enjoy. We are

impressed by the organization of the Bayshore Village Association and the superb community support that exists. We had fun at the St. Paddy's day social in March and the Spring Fling.

We moved to Bayshore Village from Aurora where we had lived for 14 years. Prior to moving to Aurora, we lived for 20 years in Mississauga, where our two daughters both grew up. They now reside in Etobicoke and Mississauga. There are no grandchildren just yet but maybe one day. We have a cottage in Muskoka on a beautiful small lake. We are not boaters by Bayshore standards, but we do enjoy kayaking and canoeing.

We are both retired. I retired when we recently moved here and Dorothy has been enjoying retirement for years. My career was in sales and sales management in the telecommunications marketplace. At Bayshore Village Dorothy has played mixed and Ladies Bridge and I have played Men's Wednesday Golf. We took out our new tennis rackets last week to have a whirl on the court. It has been many years since we last played tennis but it was still fun. Dorothy and I will play the Bayshore golf course on the occasional sunny afternoon. We enjoy walking the neighbourhood and admiring the wonderfully maintained properties.

Dorothy and I are both athletic and immediately became members of the Orillia YMCA. Dorothy is a successful Masters swimmer and I am a competitive age group Ironman triathlete. Triathlon is a three sport event: the first part is the swim, second is the bike section and the last part is the run. I have been competing in the sport of Triathlon for 25 years, and raced in many great places like Cozumel, France, Hawaii, and Florida. Amongst all the races done over the years, Ironman Canada at Penticton, BC was one of my personal favorites. Perhaps you have already spotted me running a few laps around the Village or riding my bike in the area.

We look forward to many happy years here at Bayshore Village.

Tom Hall

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Welcome: Les and Victoria Ryczko



The Ryczkos think you might prefer to know them by their home,
and especially by their dog, Fudge.

Hello Bayshore Village Neighbours,

Les and I just recently moved in (May 2017) to our new home built on 11 Fernwood Lane. It has been exciting finally moving back to a place that I consider to be home. Although we may be new to Bayshore Village, we are not new to the area; my family has been cottaging along Lake Simcoe for many years. My grandfather bought his first cottage back in 1936 and many of his siblings purchased along the beaches of Glenrest, Amilia and Southview. My parents along with other siblings have retired and lived in this area for over 30 years. This area has been fundamental to my family and has gifted us with some of the best memories.

One of my fondest memories was when I was the local paper girl and delivered along the beach. I was able to watch as Bayshore grew and saw how it became a supportive community. It was my hope that I could one day come back and call this place my forever home.

Les and I finally reached a time in our lives where we were able to settle, seeing as Les is a recent retiree and my job took me to Barrie. I am a licensed realtor and have been working in the GTA since 2005. I have many years of experience and am very familiar with the area, so I would love to be able to give back to the community that has gifted me with so much. If you need help with any of your real estate needs, please do not hesitate to contact me. I cannot express how thankful we are to have you all as our neighbours.

Sincerely,

Les and Victoria Ryczko



Snowy Owl photo by Ken Jones

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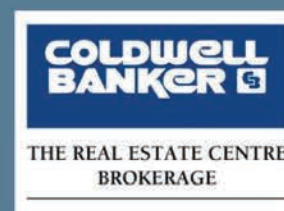


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Travel Tales: Vancouver Island



Neither Sharon nor I have had the pleasure of visiting Vancouver Island before, so we were very excited about our trip.

Our plan was to fly into Victoria and then head up to NanOOSE Bay, which is about two hours north – up the east coast. We chose this location as we thought it would be an ideal, central spot while visiting some of the northern and western communities.

However, we actually drove the Pacific Marine Circle Route when we left the airport so we could experience some of the west coast shoreline while making our way through to Port Renfrew before crossing back around to the east. From there we scooped up and around following Highway 1 up the east side of the island to our home base for the next four days. Okay, so it took us five hours instead of two, but we thoroughly enjoyed the scenic views the whole drive.

From there, we drove up to Campbell River, went hiking by a waterfall, crossed over an awesome suspension bridge, and hiked through some wonderful mature forested areas. We found so many provincial parks on the island that there was no shortage of hiking options.

We also spent time around the waterfront on Saratoga Beach in search of sand dollars, and then pier hopping in Nanaimo. Here, we came across several people crab fishing. We learned that the locals bait their traps with raw chicken. The pieces are set inside the traps and then thrown off the pier where it settles on the ocean floor. Once there, the crabs go after the chicken and *voilà* you have dinner. With a fishing license quota of four per person one could certainly have a good feed.

Our adventure took us west to Tofino, but not without more beautiful old growth forests in Cathedral Grove and snow-capped mountains to ooh and ahh over. This time our west coast destination was Jamie's Whaling Station for a whale watching expedition. The weather was sunny but cool, so we were bundled up in our bright red, full-body suit gear to keep us warm from the elements and super safe as we were informed that it doubled as a flotation device.

We jumped in the open-air zodiac and our captain took us on a 3+ hour tour of the waters in and around Tofino area making sure he stopped to show us lazing harbour seals basking in the sun; an eagle in a nest and a second on the shoreline; and we mustn't forget the stellar sea lions barking away like a pack of dogs.

Of course, the main purpose was to see whales and we were not disappointed. We first saw a grey whale that actually breached twice. It was impressive to see once, but twice even better. Unfortunately, with all of the hype we didn't manage to get a snapshot.



We tracked down a humpback and literally followed him around for a good 1/2 hour or so – always at a safe distance back so as not to disturb him. We witnessed him lunge feeding; he did a sideways breach (only catching a photo of his splash); and he even waved at us a couple of times with his big tail (that photo we got!).

Humpbacks are huge creatures (up to 16 metres long and weighing up to 36,000 kg) and command a lot of respect for the way that they maneuver about in the seas. A full grown humpback can eat up to 1.5 tons of food per day. That's a lot of grub!

We topped off our boat ride with the sighting of another grey whale and her calf feeding and frolicking just outside of the harbour. It was a perfect way to finish our whaling trip.

On the way back to our resort we saw several deer, a black bear, and 2 young eagles. The eagles were along the roadside and were being trained by their mother on how to fly and hunt. We stopped to watch them for a

while and managed to capture a few pics of them in motion. It's truly amazing how large a bird they are – even when not fully grown.

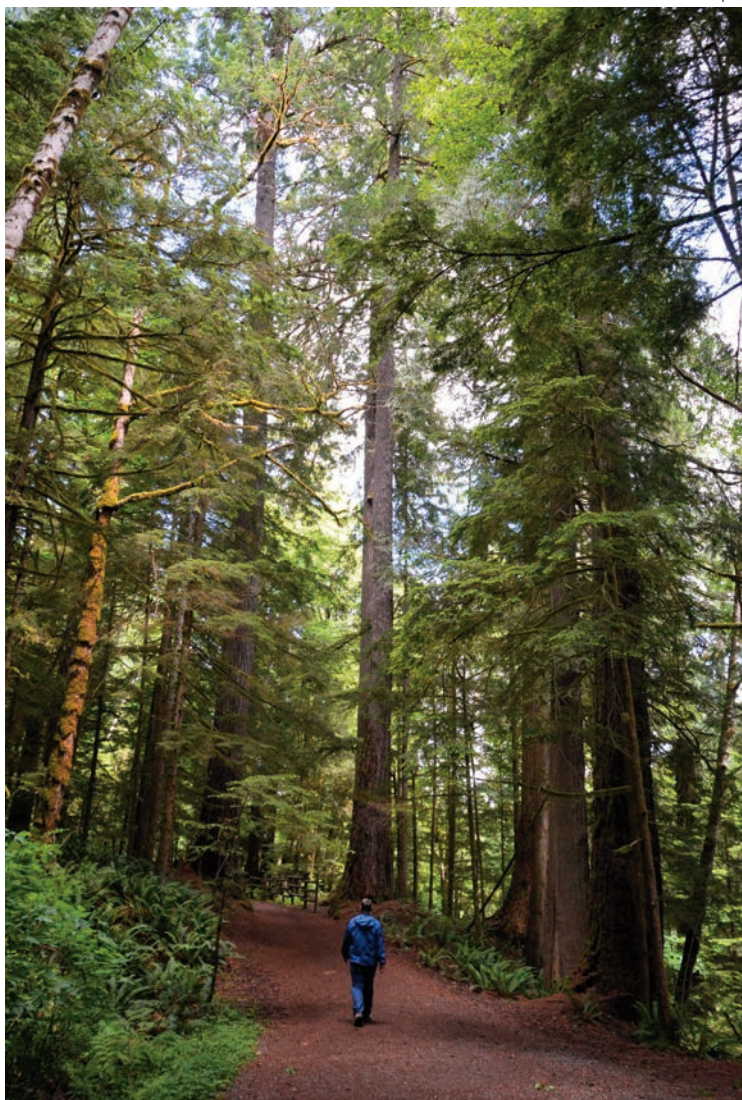
Throughout the island there are museums, art galleries and, in Victoria, the world famous Butchart Gardens. And although we did see a couple of these places we must admit that our trip was primarily about nature and what it had to offer.

We spent our final three days in Victoria where we had a walkabout in ChinaTown for lunch and then found a picturesque walk along the waterfront, which from our perspective was the best way to see the downtown harbour and all of the comings and goings of water taxis, small float planes, ferries and more.

Fisherman's Wharf was where we took a peek at the floating home lifestyle that some people really seem to enjoy. Not sure if it's our thing, but we found the colourful and playful trinkets that were strung around some of the homes rather entertaining. At the wharf we enjoyed fish and chips for dinner before heading back to the hotel for a few pints of local ale and apple-peach cider.

Witty's Lagoon Regional Park was where we spent our last day. We went for some beachcombing and more hiking along yet another beautifully forested trail right down to the water's edge. Fortunately when we got to the shore the tide was out and we had a great walk on the ocean floor checking out the sea birds, seals and did some shelling too. What a beautiful way to spend our last full day on the island.

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Travel Tales: Lake Superior Circle Tour

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You will see interesting sights, spectacular scenery and the real beauty of the Canadian North.

On August 10th, John and I in our Corvette and BFF Betty in her Mercedes headed out on a trip of a lifetime and headed north to our first stop, Sudbury. Next morning we hit the road to Sault Ste. Marie. Located on Highway 17 midway between Sudbury and Sault Ste. Marie is the Serpent River Trading Post. This is a beautiful structure filled with interesting things. Of particular note is the Native Canadian artwork that was on display and for sale. There was even an artist working on a piece.

We planned on two nights in Sault Ste. Marie so we could take in the Agawa Canyon train ride. This was an expensive disappointment when you consider accommodation for an extra night, meals and \$180 for the train. It is an interesting old train, but 10 hours of trees, trees and more trees is much ado about nothing. I don't know what I was expecting, but with all the hype, I was certainly expecting something more than this, something worth the trip. John climbed the 300 stairs to the look-out and this is what he saw:



It really wasn't more than a park. After an hour of walking around, it was back on the same train, down the same track, looking at the same trees. The Emperor has no clothes, folks! Much better scenery going through Rouge Hill on the GO Train, and I can't imagine it is any better in the fall since about 80% of the trees are pine.

Not about to let this negatively impact the holiday, the next morning we headed over the bridge into Michigan to start the circle. Research had suggested that the Circle is best done in a clockwise fashion, so that's what we did.

One interesting stop along the way was at the Dancing Crane Coffee House, Lakeshore Drive, Brimley MI. This is a fascinating little place, clean as a whistle and with great character, run by a very friendly Indian family. They grind, brew and serve great coffee. It is well worth the stop. We thought it was particularly cute that this little place in the middle of, what was to us big-city slickers 'nowhere,' had a drive thru!

It doesn't take long to realize that most of the land we will be



Susan and John Schaeffer spinning around Mosport in their Corvette.

seeing is either on a reservation or is crown land. If you like to gamble, there is always a casino just around the bend.

The next morning we headed to Copper Harbor and Eagle Harbor. We saw some amazing beaches as we headed to the tip of the Keweenaw Peninsula. We traveled up the East shore through places such as Lake Linden and Gay where there is a famous bar, The Gay Bar. The Gay Bar is not what you might think, with not a rainbow in sight. We stopped here for lunch which was mainly hot dogs, such as Coney Island and Sloppy Joe Dogs and burgers. A Miata Club who were doing

The Circle had arrived just before us.

While there we started talking with some bikers who were raving about the Lac La Belle Road. Having done the Tail Of the Dragon, I can honestly say this road is more fun. The turns are multiple but not quite as sharpe and they go up and down like a roller coaster. All the fun of the Dragon but not the work. Fabulous! And to top it off, spectacular views. Jumping back onto Hwy. 41, more twists and turns to enjoy as we headed to the peak of the peninsula and Copper Harbour. Pretty, interesting towns to explore.

We made sure to keep on the roads that hugged the coastline as we made our way through the town of Superior (home of Amsoil products) to Duluth. Looking down from a hillside lookout at the Duluth Harbour, it is plain to see that this is THE major hub for the transportation of goods on to/off of ships heading out into the world as they sailed under the Aerial Lift Bridge.

The next day we headed along the very scenic old Highway 61 into Canada enroute to Thunder Bay. Looking back we all agreed that the scenic portion of this trip really begins at Duluth. The next stop was Split Rock Lighthouse.

This lighthouse is very well maintained and is operated at least twice a month. There is a tour and a film as well as very well informed attendants. The cost is \$8 p.p. and is well worth it. John spoke to an older seaman in uniform (older than us) and asked about the Edmund Fitzgerald. The Edmund Fitzgerald left Superior WI loaded with iron



ore at about 2 p.m. on that fateful day in November 1975, and was clocked into the Split Rock Lighthouse log at approximately 4 p.m., where it was last seen. Headed for Gary IN, near Chicago, it traveled another 300 miles into the open water of Lake Superior, where it sank. (Sing the song, Gordie.)

Our next stop was the town of Grand Marais where there is a donut place called "The World's Best Donuts." Hey, we're from Canada, home of the donut, which is recognized as an essential food group. We have the credentials, so who better to judge? Well, they are very likely the World's Best Donuts! A stop here is not to be missed. This is also a lovely little town to walk around, with many interesting shops and places for lunch if you are not too full of donuts..

There are many scenic lookouts as you travel to Thunder Bay. After breakfast the next morning, we backtracked a little to see Kakabeka Falls.

This was likely the natural highlight of the trip. It is like a miniature Niagara Falls. Really! The amount of water going over it and rushing through the gorge is incredible. The sound as you get out of your car is deafening. (OK, really loud).

All I could think of was that the Agawa Canyon people ought to see this. It didn't appear that they are harnessing any of the water energy for electricity, which would be a shame considering Ontario's hydro fees.

Leaving Thunder Bay, we headed towards Nipigon. The scenery is spectacular with cut rock cliffs, water views that show the expanse of Lake Superior. Arriving at lunch time in Nipigon, we followed the "Business Section" cut-off to find a place to eat. There are only about two places and the first one was packed. A young man cleaning windows was good enough to direct us to what turned out to be a fabulous restaurant. We enjoyed lunch here and went back for dinner.

Off we went the next day towards Wawa. Rugged, remote and dramatic are the words that best describe this section of our route. This was the true Canadian North. The isolation of the wilderness was palatable as we traversed Lake Superior's North Shore. Neys Provincial Park was the site of a former WWII POW camp. Prisoners would be unlikely to escape from here.

Not to be missed is the Wawa Canada Goose. We could see it from the highway so didn't make a special trip to its base. In retrospect, I wish we had because of its Welcome Centre.

That night we stayed at what was my favourite motel of the trip, the Mystic Isle Motel. All the motels were clean and comfortable, but the Mystic Isle had character. As you opened the door of this traditional motel, you were transported into your own log cabin in the woods. To make the experience even better, there were two excellent restaurants literally right across the road. This is where we realized there was a French influence on cooking in Ontario north. For breakfast I had sugar french toast. After the bread had been dipped into the egg mixture, it was dipped in sugar which caramelized as it fried in butter. It was served with warm apple sauce (chunky, homemade), sausages and real maple syrup. I'm going to try this for sure.

The route from Wawa to Sault Ste. Marie is a spectacular experience. The portion that travels through Lake Superior Provincial park was listed as one of the "Top 100 Things to do Before You Die" by Canada's *National Post* newspaper. Many lookouts to enjoy.



On the way we stopped at the Agawa Indian Crafts and Carver Centre. This is a great place packed with things to look at and of course, to buy.

Sault Ste. Marie is home of many things to do. Of particular note is the Canadian Bushplane Heritage Centre where you can get up close and personal with some of this Country's most iconic aircraft. The waterfront is also a pretty place to spend some time.

Following our previous tracks back down to Sudbury, we were itching to get home. Looking for a place for lunch, we were really lucky to stumble upon The Red Top Restaurant in Iron Bridge. Such a nice restaurant right on the highway with really good food.

This was a fantastic trip. The trip of a lifetime. If any of you would consider making this trip there are some terrific web sites dedicated to it. Most are planned for motorcycles, but that worked out just fine for us. <http://ridelakesuperior.com/> This is the one that we based our trip on.

A word to the wise: all of the motels and hotels we stayed at were fully booked. Do not do this trip without making reservations. You could be left out in the wilderness with the bears and wolves. Do not drive at night as there is too much wildlife, and make sure your vehicle is in top shape as gas and service stations are few and far between.

Susan Schaeffer



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Travel Tales: Winter at Sea, in Portugal

No culinary prowess required from me this Xmas!! We were deliciously treated for 21 days on board the Fred Olsen ship "The Balmoral" including Xmas Dinner with the Captain and his family (a renewal of friendship from our World Cruise). This time we cruised from Southampton to La Corunna, Galicia, around the Canary Islands, to Lisbon and Madeira. All places we first knew when sailing our voyaging "Astridos" in 1997. In fact our wall painting in Funchal, is still visible, but a little worse for wear! (It's an obligatory feature of voyaging to leave your painted logo as a good luck icon.)

As we had Haggis as part of our New Year repast, Jim (noticeably Scottish) was commandeered by the Cruise Director to address its fair "saucy face" in the Theatre before both dinner sittings! (Luckily he was professionally "miked-up" and coped wonderfully well, to tumultuous applause (in spite of a bad bout of laryngitis!) To top off our New Year evening we enjoyed the famous Funchal Fireworks display, anchored offshore.

After disembarkation in Southampton, we flew to Portugal and spent the months of January, February and March in the fishing village of Olhas d'Agua, in our rented 2 bed apartment. Other friends from both Canada, and England joined us from time to time. On one occasion Trevor and Angie Bedford (Bayshoreites) drove over from their rental in the Lagoa area, to join us for lunch at our favourite Restaurant La Cigale... and an afternoon of chat and a wee glass or two of Vinho Verde! The weather was extraordinarily stormy, this year (worst in 40 years!!) but exhilarating! (from on land!)

Incredibly, I was able to do my BVA VPs job from afar, courtesy of email and Webex(ed) in to the Board Meetings!

We capped off our winter Sojourn with an injection of English Spring, Daffodils and Lambs (on the hoof!)

Next Winter...South America!

Astrid Bruce



Bridge News

Bayshore has an active and enthusiastic group of Bridge Players. General Bridge meets on Monday nights in the Card Room at 7:00 p.m.; Ladies Bridge meets on Wednesday afternoons in the Great Room at 1:00 p.m. and Men's Bridge meets on Thursday mornings at 9:00 a.m. in the Great Room. If you are interested in joining any of these groups please contact the following people:

General Bridge Pat Beecham-Cooper 705 484 0221

beecoop@cottagecountry.net

Ladies Bridge Lorna Pollard 705 484-0330

ja-lo@cottagecountry.net

Men's Bridge Dave McVie 705 484-5412 david.mcvie@bell.net

If you are interested in learning to play bridge, or brushing up because it's a long time since you played, Pat Beecham-Cooper offers bridge lessons on most Friday mornings from 11:00 -1:00 in the Great Room. Please contact her if you are interested.

Ladies Bridge plays 20 games each session; Men's Bridge and General Bridge each play 24 games each session. Thus, you may see higher scores when more games are played!

Here are the results for General and Ladies Bridge from April 25 to June 20:

LADIES' BRIDGE

Highest score:	Pat Beecham-Cooper	6050 points
Second Highest score:	Claudette Smith	5810 points
Third Highest score:	Maria Saringer	5520 points

We say farewell to Lou Anne Gent who is moving from Bayshore. She has been an enthusiastic member of the group and we will miss her very much. Here is a picture from our farewell lunch of the bridge ladies. Lou Anne is seated in the centre of the photo.



GENERAL BRIDGE

1. Lloyd Lockhart	7270 points
2. Lloyd Lockhart	6140 points
3. Ken Jones	5490 points

There's also a report that Doug Pollard scored 6850 points playing with the men of Bayshore one Thursday morning, but the men don't usually keep detailed statistics.

Pat Beecham-Cooper

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Stanton-Dunlop Breakfast



MP Bruce Stanton and MPP Jill Dunlop

This year's annual meet and greet with our elected representatives is set for Sept. 15 in the Hayloft from 9:00 - 11:00 a.m.

This will be an opportunity to meet our newly elected M.P.P. Jill Dunlop and catch up on all the information from Ottawa and Queen's Park.

This is the same event that is normally held at the end of April, but due to the timing of the Provincial election, it

was decided to delay until September. As usual, guests will be asked to make a donation (suggested \$5.00) to cover costs.

I will be asking for donations of breakfast casseroles and other items.

For further information, contact Pat Beecham-Cooper at 705 484-0221 or at beecoop@cottagecountry.net.

Pat Beecham-Cooper



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Creative Arts in Bayshore Sept. 28-29



Lia de Roeper with her display of art work.

SAVE THE DATES!

Friday Sept. 28 and Saturday Sept. 29 are the dates of Bayshore's tenth annual Creative Arts Show! The show will take place at the Hayloft on Friday evening from 6:30 -9:00 p.m. and on Saturday from 10:00 a.m. to 4:00 p.m.

Although several of our artists have moved away from Bayshore, we have some new artists and crafters that will be joining us as well as many of your favourites!

In keeping with Bayshore's policy, 10% of each artist's total sales is donated to charity. Last year we donated to the Mariposa Hospice. We will determine which charity to donate to, once all the artists have committed to the show.

It's a great time to start your Christmas shopping and help others!

**CALLING ALL ARTISTS, ARTISANS,
CRAFTERS AND AUTHORS!!!**

We are looking for artists, artisans, authors, photographers and crafters to take part in the the show.... especially if you are a new resident of Bayshore and have any of these talents. Beginning artists are welcome also.

Each year the show attracts more visitors, from both in the Village, and from the outside. This is a great opportunity to show your creations, and give visitors the opportunity to purchase items and gifts

We have been fortunate to obtain sponsors to cover the costs of promotion and other incidentals, so there was no cost to the artist. We hope we can do the same this year, but if this doesn't happen, the cost per artist is usually only about \$10.00.

If anyone's business would like to help sponsor the Art Show, please contact Pat Beecham-Cooper at beecoop@cottagecountry.net or 705 484-0221. Your company logo will go in the brochure handed out at the show, as well as on a display board during the show, and on flyers that are posted around the area advertising the show.

So, we are looking for you!!! If you would like to take part, please call Pat Beecham-Cooper at addresses above.

Let's make the 10th annual Creative Arts Show at Bayshore a memorable one!

We will set up on Friday Sept. 28, from about one o'clock on, so everything is ready to go Friday night at 6:30 p.m

Mark September 29 and 30 on your calendar for the Art Show!

Pat Beecham-Cooper

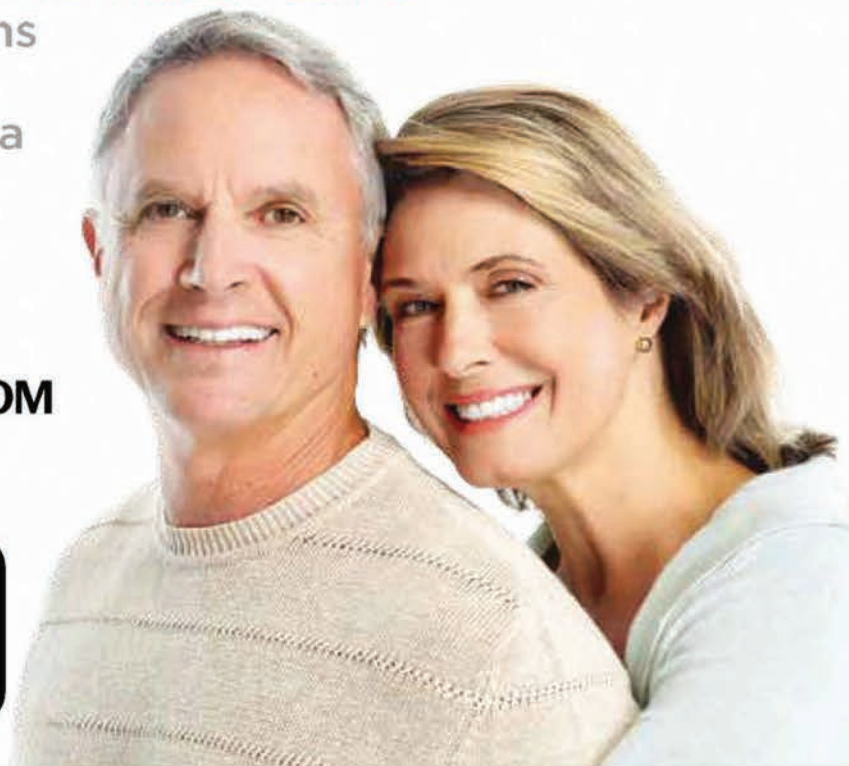


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All About Acupuncture and How It Works

Used for thousands of years, this therapeutic technique involves inserting ultrafine needles into the surface of your skin at specific points along your body's defined energy pathways, which are also known as meridians.

Acupuncture needles are either stimulated by hand or electrically as a means of safely and effectively relieving common health complaints such as back and neck pain, fibromyalgia, headaches, osteoarthritis, shoulder pain and more.

The main aspect of acupuncture that sets it apart from conventional, symptom-based medicine is the fact it seeks to eliminate the root cause of your problem by uncovering dysfunction in your body's energetic meridian system. Keep reading for all you need to know about acupuncture and how it works.

What Is Acupuncture?

The main goal of acupuncture is to rebalance your body so its energy flow, also called the *qi* (pronounced "chee"), is able to circulate freely and harmoniously. In layperson terms, acupuncture stimulates the flow of oxygen, nutrients and blood throughout your body in a way that supports your body's natural ability to heal itself. *Encyclopedia Britannica* offers the following additional information about acupuncture:

- The practice of acupuncture centers around the inserting of ultrafine, metal needles into your skin at specific points on your body along energy pathways, or meridians, that run from the top of your head to the bottom of your feet.
- This ancient medical technique, which many believe originated with the Chinese, has been used in Asian cultures for thousands of years to cure disease, relieve pain and improve general health.
- Acupuncture is believed to have developed out of the ancient Chinese theory of the *yin* — characterized as female, passive, dark and represented by earth — and the *yang* — male, active, light and represented by the heavens
- Chinese tradition suggests disease or physical disharmony is caused by a *yin-yang* imbalance and only by balancing the *yin* and the *yang* can you experience good health
- *Yin-yang* imbalances block your body's *qi*, which is significant because your *qi* flows through 12 basic meridians that are associated with

your major visceral organs and each functional body system.

Acupuncture Interacts With Your Body's Energy System

At a basic level, your body is an energy system. Your cells are always communicating with each other via chemical signals. These chemical signals require a spark of energy to move throughout your body. When properly energized, your cells support your every movement, thought and bodily function.

Even though you cannot see it, an invisible web of energy connects each part of your body in an orderly way to promote proper function and growth and, when necessary, healing and restoration. In Traditional Chinese Medicine (TCM) your body's energy moves along meridians and they are the foundation of how acupuncture works. About your body's meridians, TCM practitioner Angela Warburton, writing for *The Hearty Soul*, says:

"The fluid in these fascial planes, are rich in ions and an excellent conductor of electricity. When we are healthy, they are free of any obstructions which makes flow in these channels easy. When we are ill or in pain,

this space or these channels get compromised or blocked. Where there is a blockage, cells do not flow or communicate as well and the body starts to show signs or symptoms.

When they are blocked, things can't get through. This is where disease sets in. The body usually sends a sign when something is off or blocked. Pain or discomfort is the body's way of letting us know something needs attention. Energy disturbance is the root of all diseases. When something is wrong with this flow of energy, our nervous system brings us a message [in the form of] pain, discomfort or disease."

Warburton notes your body signals problems in the energy flow well before any long-term damage has occurred. "Pain is simply the messenger, not the problem," she says. "If we simply medicate to make the pain go away, we're missing the problem — and just shooting the messenger!"

Rather than ignore the signs and symptoms your body uses to alert you to underlying issues, Warburton validates the usefulness of acupuncture to look at "every little ache, pain, sign and symptom" as a means of not only listening to your body, but also as a means of improving energy flow and clearing up any energy blockages.



Steve Goulter

Conditions for Which Acupuncture Has Been Shown Effective

In 2003, the World Health Organization (WHO) published a report based on its review of 255 clinical studies involving acupuncture as a treatment modality. Based on that analysis, the WHO asserts acupuncture has been proven through controlled clinical trials to be an effective treatment for the following conditions:

Adverse reactions to chemotherapy and/or radiotherapy	Leukopenia
Allergic rhinitis, including hay fever	Menstrual-related aches and pain
Blood pressure issue	Morning sickness
Chronic pain, including back pain, headache (including migraines), neck pain, osteoarthritis, and shoulder pain	Nausea and vomiting, including postoperatively
Dental pain, including temporomandibular dysfunction	Rheumatoid arthritis
Depression, including depressive neurosis and depression following stroke	Sciatica
Epigastralgia as in acute and chronic gastritis, gastrospasm and peptic ulcers	Sprains
Facial pain, including craniomandibular disorders	Stroke
Fibromyalgia	Tennis elbow

As you may have noticed, acupuncture is rarely used to treat specific diseases such as cancer or diabetes. That is because most practitioners focus on using acupuncture as a complementary medicine treatment and few, if any, studies have pursued its usefulness for preventing or directly treating major diseases.

Trying Acupuncture for the First Time? Here's What to Expect

If you are trying acupuncture for the first time, below are some tips to make your first appointment more comfortable and successful:

- **What to wear:** Because acupuncture points are located throughout your body and may be far removed from the area where you are experiencing pain or other symptoms, it's best to wear loose-fitting clothing. Depending on your situation, you may need to slip into a gown or be draped with a sheet or towel. Very often, you will receive the treatment while lying down on a massage table or other padded surface.
- **Inserting the needles:** Acupuncture needles are extremely thin, sterile and single-use. The ultrafine tips are easily inserted into the surface of your skin, resulting in minimal discomfort. Instances of bleeding and bruising are rare. You may experience a mild aching or tingling sensation. A typical treatment involves the insertion of between five and twenty needles.
- **Manipulating the needles:** Once the needles are in position, your practitioner may manipulate them either by hand, using heat or with a device that generates mild electrical pulses. These methods are used to stimulate your body's meridians to help restore energy flow.
- **Relaxing with the needles:** In most cases, the needles will remain in place for 10 to 30 minutes to promote a period of relaxation while the treatment achieves its desired effects. Most people find the relaxation period to be calming and beneficial because it usually takes place in a darkened room. You may even fall asleep.
- **Removing the needles:** When the treatment is complete, your practitioner will return to remove the needles, which he or she will safely discard as medical waste. Each insertion point may be dabbed with rubbing alcohol, marking the completion of the treatment.

In terms of how you will feel after an acupuncture session, some report feeling very relaxed, whereas others feel completely energized. It will take more than one session for your body to experience relief from any troubling symptoms. While an acupuncture practitioner is the best one to estimate the length of your treatment, you should plan on having multiple sessions over a period of weeks or months to fully address most conditions.



If your symptoms do not begin to improve after a series of sessions, acupuncture may not be an effective treatment for your issue. Or, at the least, it may not be a suitable treatment for you at this particular time. You can discuss other possible treatment options with your practitioner.

Want the Benefits of Acupuncture Without the Needles? Try EFT

If you are interested in receiving some of the benefits of acupuncture without the

prick of needles, you might want to try the Emotional Freedom Techniques (EFT). EFT is a painless psychological acupressure technique I highly recommend to help optimize your emotional health. While often overlooked, your emotional health is connected to and has a great deal of influence over your physical health and well-being.

Irrespective of how devoted you are to eating well and living a healthy lifestyle, your success will be somewhat limited until you deal with your emotional baggage, much of which, believe it or not, very likely has been following you since childhood. EFT works because it is based on the same energy meridians used in acupuncture to treat physical and emotional ailments. Rather than inserting needles into specific points along your body's energy meridians, however, you will simply tap over some of those areas using your fingertips.

As you tap, you'll be thinking about and talking through your specific problem, whether it be an addiction, anxiety, physical pain or a traumatic event. Along the way, you'll voice positive affirmations. Search for a video on the web by EFT practitioner Julie Schiffman to demonstrate how to tap to gain relief from physical pain. This is just one of the many areas that have been shown to respond well to EFT.

As you'll discover, the combination of tapping the energy meridians and voicing positive affirmation works to clear any emotional blocks, thereby restoring and balancing the connection between your mind and body. Because the results are quick and painless, EFT is sure to become one of your "go-to" healing tools. To learn more about EFT and how it works, as well as the many conditions and situations to which it can be applied, check out the EFT home page on www.mercola.com.

This article originally appeared on the www.mercola.com website. It has been condensed by Steve Goulter for use in the Banner.

This article expresses the point of view of the author. Readers are encouraged to consult their health professional for a further opinion.

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Recipe Corner: Summertime Fun for the Little Ones

Watermelon Rice Krispie Treats

Ingredients

Rind

- 1/2 Tbsp salted butter
- 2 1/2 cups miniature marshmallows
- Green food coloring (I used gel coloring)
- 2 cups rice krispies cereal

Center

- 2 Tbsp salted butter
- 3 1/2 cups miniature marshmallows
- 3 cups rice krispies cereal
- Pink or red food coloring
- 2 tsp mini chocolate chips



Instructions

1. Spray a 9-inch round cake pan with non-stick cooking spray, set aside. For the rind portion, melt 1 1/2 tbsp butter in a medium non-stick saucepan over medium-low heat. Add in 2 1/2 cups marshmallows and green food coloring and cook and stir just until marshmallows have melted.

Remove from heat; add 2 cups rice krispies; stir until evenly coated. Pour into prepared baking dish and let cool just slightly (so it's not too hot to the touch), spray hands with non-stick cooking spray and spread and press mixture around outer edge to create a rind that is no more than one inch wide (don't over-press, so they stay nice and chewy).

2. Rinse and dry saucepan. Then for the center portion, melt 2 tbsp butter in saucepan over medium-low heat. Add 3 1/2 cups marshmallows and pink or red food coloring and cook and stir just until fully melted.

Remove from heat and stir in 3 cups rice krispies. Pour into center of cake pan and, once cool enough to handle, spray hands with non-stick cooking spray and spread into an even layer. Let cool; then sprinkle and press chocolate chips randomly over pink portion. Cut into 6 - 8 wedges. Store in an airtight container.

Next Issue : A Cornucopia of Fall Favourites



Do you have a favourite recipe you would like to share with us in the next issue of our Banner?

If so, please send them to:
Jill Pignatelli jlpignatelli@gmail.com

Deadline: September 21, 2018

Recipe corner created by Jill Pignatelli

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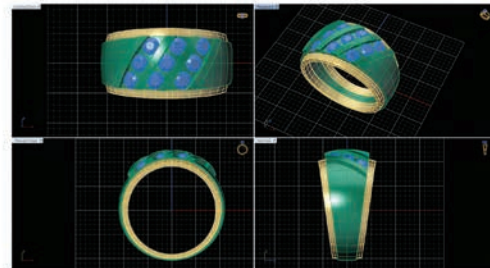
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Our Library; Ramara Book Club

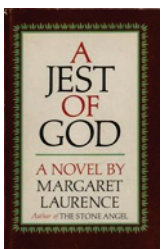
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If you have read a great book and want to share it, please drop it off at the Hayloft on the "Return Books Here" table in the Library. Our supply of books is maintained by your contributions and all books in good condition are welcome. From time to time our shelves can be at capacity and we ask that you hold off on any contributions but this is only temporary for a few weeks until our shelves can accommodate more books.

RAMARA PUBLIC LIBRARY – BOOK CLUB

The Ramara Library Book Club is a group of avid readers who gather together to share their thoughts monthly at 1:30 pm on the last Wednesday of each month, at the Ramara Centre branch. Titles are chosen in advance, and each month a different member facilitates the discussion. Our Interlibrary Loan service is able to obtain most of the reading selections for library members. New members are always welcome!



The July Book Club selection is *A Jest of God*, a novel by Canadian author Margaret Laurence. The novel follows schoolteacher Rachel Cameron through a summer affair and its consequences on her life. Although Rachel is in her 30's, the book serves to document a second adolescence as she comes to recognize herself as the adult to her aging mother.

2018 Upcoming Book Club Selections

July – *A Jest of God*, by Margaret Laurence
 August – *A Piece of the World*, by Christina Baker Kline
 September – *Crossing to Safety*, by Wallace Stegner
 October – *The Orphan's Tale*, by Pam Jenoff
 November – *A Gentleman in Moscow*, by Amor Towles

For more information, contact:

Ramara Township Public Library
 705-325-5776
info@ramarapubliclibrary.org

Catherine Downie



Dawn and Greg Smith, formerly of 91 Bayshore Drive, are settling into their new home in Frankford ON.

The best wishes of their many friends in Bayshore go with them.

Photo by Laura Malarczuck

In Our Extended Community

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Summer is here! Bring on sunny days and great memories! Our adult programming may be wrapping up for a busy summer with our children's programming, but we do still have this exciting event coming up:

Star Party, with the Royal Astronomical Society of Canada

Tuesday, July 19th @ 7 PM – Registration required.

Have you recently acquired the observing habit? Or the even more addictive astro-imaging bug? If yes, then join our very own local "Star Party". This is a great way to enjoy observing the sky with other amateurs, networking and learning from professionals. What could be more fun on a warm summer's eve? Join us for a presentation to introduce you to astronomy and then move onto the night sky. It's a rain or shine event, so we'll use either the real sky or virtual planetarium software to show the night sky!

Do you have your grandchildren during the summer or are are visiting the cottage for the summer? Be sure to sign up for our FREE daily programs or summer reading clubs where they can win cool prizes. For more information, please visit either library branch or our website.

We also welcome children's author TINA POWELL to the Ramara Centre branch on Saturday, August 11th for two FREE and exciting programs:

@ 10 am - Story Time with Tina Powell (Ages 0-8):

Join us as bestselling author Tina Powell reads one of her popular children's books and shares the inspiration behind her stories. Through fun, interactive games, children discover the important part imagination plays in creating stories. They'll also learn about the parts of a story and the roles of the author, illustrator, editor and publisher.

@ 11 am - Create Your Own Storybook (Ages 8+):

Discover the author within, and learn how to create your own storybook.

Learn the DOs and DON'Ts of writing picture books, the five keys to descriptive writing, and how to illustrate, edit and publish your book.

To register for the above-mentioned programs, please register on our website, www.ramarapubliclibrary.org or call 705-325-5776. Sign up for our weekly eNewsletter (including new fiction and movies)! Memberships are FREE and allow access to materials and computers in both branches, including eBooks! As always, your library card is available for use at BOTH our Brechin and Atherley branches and is your passport to FREE education, information and recreation!

Rebecca Taylor



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VILLAGE SERVICE DIRECTORY

Milestones: In Memoriam

Edna Mae Taylor

1933 – 2018

104 Bayshore Dr.



Edna Taylor passed away on Wednesday, May 23, 2018.

Edna was the loving wife of Douglas Edward Taylor for over 65 years, mother of two daughters – Rosalyn and Carolyn, grandmother of four – Christopher, Patrick, Andrew and Taylor, and great-grandmother of two – James and Liam.

Edna, Doug, and their daughters moved to Canada from the United Kingdom in 1968.

Edna discovered Bayshore Village over 30 years ago, in 1987.

Edna made some true friends during that time. Anyone who knew Edna loved her. She was a kind, warm-hearted person who will be truly missed by all, especially her family.

Franz Wieser

1929-2018

formerly of 16 Thicketwood Place



Franz Wieser was a long-time resident of Bayshore Village. He and his deceased wife, Sandra, built the home on Thicketwood Place in approximately 1978. They used it as a cottage until he retired. Franz and Sandra were members of the Bayshore community for more than 30 years.

Franz was a Culinary Professor and Teacher. He will be remembered for the many Bayshore parties that he catered to in the then 'barn' (now known as the Hayloft) in the late seventies and early eighties. He was quiet, kind and a friendly man and he will be missed by all who knew him.

*With input from Mary Andrews,
Laura Malarczuk and Lloyd Lockhart*



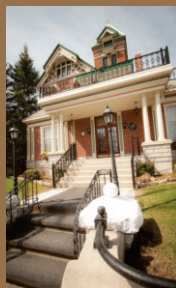
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