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# The Bayshore Banner

The Official Newsmagazine of the Bayshore Village Association  
Volume 13 Number 2 Spring 2019



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Common Grounds  
Emerald Ash Borer



p. 12:  
Recipes



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Costa Rica



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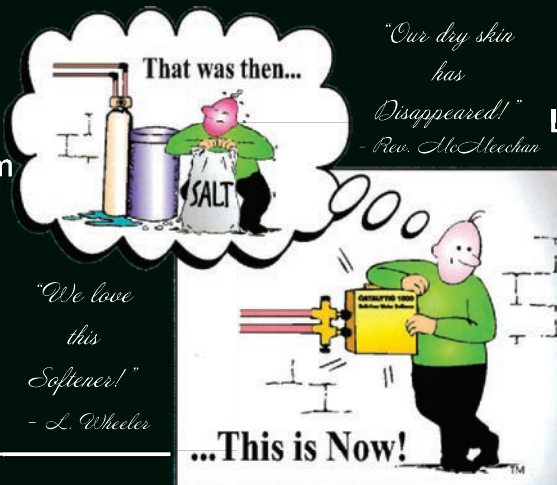
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<sup>1</sup>The Best Kept Secret in the water industry is the high level of sodium that salt-softeners add to tap water.



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and as a full-colour book to be picked up at the Hayloft.

The Banner and the BVA members are very grateful to everyone who contributed articles to this issue.

The next issue will be published in July 2019.  
Contribute anytime to [noelc@cottagecountry.net](mailto:noelc@cottagecountry.net)

# The Bayshore Banner

## The President's Article



Rick Matthews  
President, BVA

Several Directors will be returning to Bayshore as spring approaches. We have continued to conduct Board Meetings throughout the winter months utilizing WEBEX technology. Directors participated in meetings while they were vacationing in Florida, Portugal and South America.

I encourage the membership to read the Directors' monthly reports moving forward so you understand the Board's priorities and

the magnitude of the volunteer work managed by the Board's Directors.

The following initiatives remain my focus as President for the coming year:

### Spray Field – Sewage Treatment Plant:

On January 14, 2019 I attended, at our MPP Jill Dunlop's request, a roundtable meeting on Lake Simcoe Protection in Barrie, Ontario. The session was led by MPPs Caroline Mulrony and Doug Downey. The theme of the roundtable meeting was to act not plan. They indicated budget funds would be appropriated to effect change. The current Provincial government and MPPs are committed to improving Lake Simcoe. The majority of the participants that I spoke to strongly supported the amendment of the Lake Simcoe Protection Plan (LSPP) which will enable Ramara to replace our spray fields with a tertiary sewage treatment plant. We are at a critical point given this is the ten-year anniversary of the plan and the only time an amendment will be considered. Jill Dunlop is clearly behind this initiative and will support an application for the amendment.

On March 11, 2019 I made a deputation to Ramara Council at the Committee of the Whole meeting in support of focusing their efforts on amending the LSPP. The amendment, if approved, will allow Ramara to proceed with the construction of a new sewage treatment plant to replace our spray fields as recommended by C.C. Tatham in their Environmental Assessment. More importantly, it will eliminate further work efforts on a short term plan to expand the spray fields. Council agreed the expansion of the spray fields was not an economically viable solution and did not meet the needs of our long term sewage treatment.

Based on my deputation, the Mayor will take the lead on this initiative moving forward and will engage local members of Provincial Parliament, Lake Simcoe Conservation Authority, and Bayshore Village Association to support our application to the Ministry of the Environment, Conservation and Parks (MOECP) to amend the LSPP.

This first step is amending the LSPP and is a positive and critical milestone. We finally have a focused political and environmental solution to replace our aging spray field which is supported by many parties. While there is much work to complete the amendment, we are clearly aligned to make that happen. We will call on

the membership for support when required throughout the coming year.

### Conduct an Annual Real Estate Industry Luncheon:

Our first annual Real Estate luncheon will be April 15, 2019. We will meet with local real estate brokers and agents to improve relations and make the industry aware of our bylaws, volunteer structure and fees. The ultimate objective of this annual session is to ensure real estate professionals and our potential new neighbours are fully aware of Bayshore's bylaws, fees and its amenities as a unique community. This activity will support the registered letter process we have implemented utilizing real estate agents, under Ontario regulations, to fully communicate our bylaws and fees to prospective home purchasers.

### Long Range Plan:

Jeff Zammit and I are on schedule to present the Long Range Plan to the membership at the May meeting, which outlines cost estimates for larger expenditures expected in a one to ten year time frame to ensure we have sufficient Capital Reserves. As stated earlier, we intend to introduce a bylaw to ensure future Boards will be required to review this Long Range Plan annually and present the findings to the membership along with existing annual budgets. At this point we can report that we clearly have sufficient Reserves for these major expenditures, and that our investments continue to yield satisfactory returns.

### New Volunteerism:

We need to track donations as an option to providing volunteer time. I will establish a framework for this initiative and present it to the Board for their consideration before the May General Meeting.

Finally, we have managed to have Bayshore Village included in the Ramara Noise Bylaw which is a critical tool in policing short term rental properties. You can read the Directors' reports to understand the invaluable work Astrid Bruce and Kathi Kerr have completed to support the Ramara Interim Control Bylaw banning this use while they develop a more permanent solution to this problem.

With winter months behind us, I am looking forward to implementing the many initiatives, plans and programs which are being managed by the Directors. Come to our May meetings to review our budget and the current and forward plans for the Village. I am sure you will be pleasantly surprised with their progress.

*Rick Matthews*  
President, BVA

## Vice President



Jim and Astrid Bruce at Machu Picchu

### By-Law Revision

The By-Law Committees of 2017/2018 and 2018/2019 have both worked tirelessly on this revision process, in answer to the many comments in both membership surveys, that our BVA by-laws are so unnecessarily long, repetitive, and complicated that many of their provisions have been either unread, misunderstood, or unnoticed.

The aim of the current process is to refine the work of the 2016 conversion of covenants to by-laws, and to shorten and simplify our “Rules and Regulations” so they are readable, understandable and non-repetitive, with less “legalese,” but yet maintain the intent of control and discipline for the good of our Bayshore Community, and our status as a non-profit corporation.

Our timeline commitment was to be in a position to present a first draft revision for Board review in March, and for the Committee to subsequently incorporate the Board’s recommendations, before re-presentation to the April Board Meeting, in preparation for publication to the Membership at the May Town Hall and the following General Meeting for input and/or approval.

The timeline has been met to date, and the Board reviewed the amendments at the March Board meeting.

Cathy Sheldon, the Board’s Process Advisor, and an invaluable resource to the By-law Committee, was in attendance to field questions and receive the Board’s recommendations on my behalf and that of the By-law Committee.

### Short Term Rental status (aka Airbnb)

It is hoped that all Members read my February update “In case you weren’t aware,” which reported in detail on the Ramara Council approval of the Interim Control By-Law (ICBL) and the next steps.

It is worth my repeating that we still have to keep pressure on the Township and Council, that rules and regulations are critical in the final solution to manage and control STRs in Ramara. This ICBL will be largely complaint driven and will rely on residents to report violations to the Township Office. So remain vigilant!! I understand that there are already properties in Bayshore being advertised on the Airbnb website. Please report any problems to the Township Office and also make me aware by email.

Coming to you directly from Machu Picchu,

*Astrid Bruce, BVA Vice President*

## Corporate Secretary



Kathi Kerr  
Corporate Secretary

As part of our ambitious mandate and with the help of WebEx, the Board met monthly throughout the winter months. Many of you were involved in a letter writing campaign and attended Ramara Township meetings, voicing our community concerns regarding Short Term Rentals that are infiltrating Ramara Township.

Council heard our concerns and responded by voting on and passing a Short Term Rental Interim Control Bylaw. This allows Council the time needed to make necessary changes to the Official Plan, in order to manage Short Term Rentals effectively.

On March 18, 2019, at the Committee-of-the Whole (COW) meeting at Ramara Council, our President, Rick Matthews, made a well researched and convincing deputation to Council in support of amending the Lake Simcoe Protection Plan (LSPP). Amendments to the Act can only be considered every ten years and this year is an anniversary year.

Amending the LSPP would allow the Spray Fields to be recognized as a treatment plant, which was overlooked in the past.

Rick has successfully gained support and respect from our MP (Bruce Stanton), MPP (Jill Dunlop), and our local Council. Our Ward 2 Councillor, Joe Gough has been attending our Board Meetings and fully appreciates Bayshore’s issues.

Our Administrative Assistant, Kat, has been working on updating office procedures. She has worked hard with the Directors to ensure a smooth transition for her replacement while on maternity leave.

Each Director has implemented improvements to their portfolios with the assistance of their committees in preparation for the busy months ahead.

*Respectfully submitted,  
Kathi Kerr, Corporate Secretary*

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## New Year's Eve 2018

**New Years Eve 2018** was a great success. 107 guests were entertained by D.J. "Steve". We enjoyed great food catered by Bayshore's own Donna Scarbeau, assisted by her husband, Gary. A fabulous evening!



This page, clockwise from top right: Caterers Donna and Gary Scarbeau, Astrid and Jim Bruce, Social Director Dawn Kelly, Kathy Hutchinson and Leslie Fielding; table group: Dave Travis, Lia De Roeper, guests, Jackie and Tom Thompson; Betty Gow and Doug Sellery.

Identifiable on the facing page:

Left column, second row:  
Betty Gow; Dave and Fran McVie.

Right column:  
Second row: Astrid Bruce, friend Jenny.

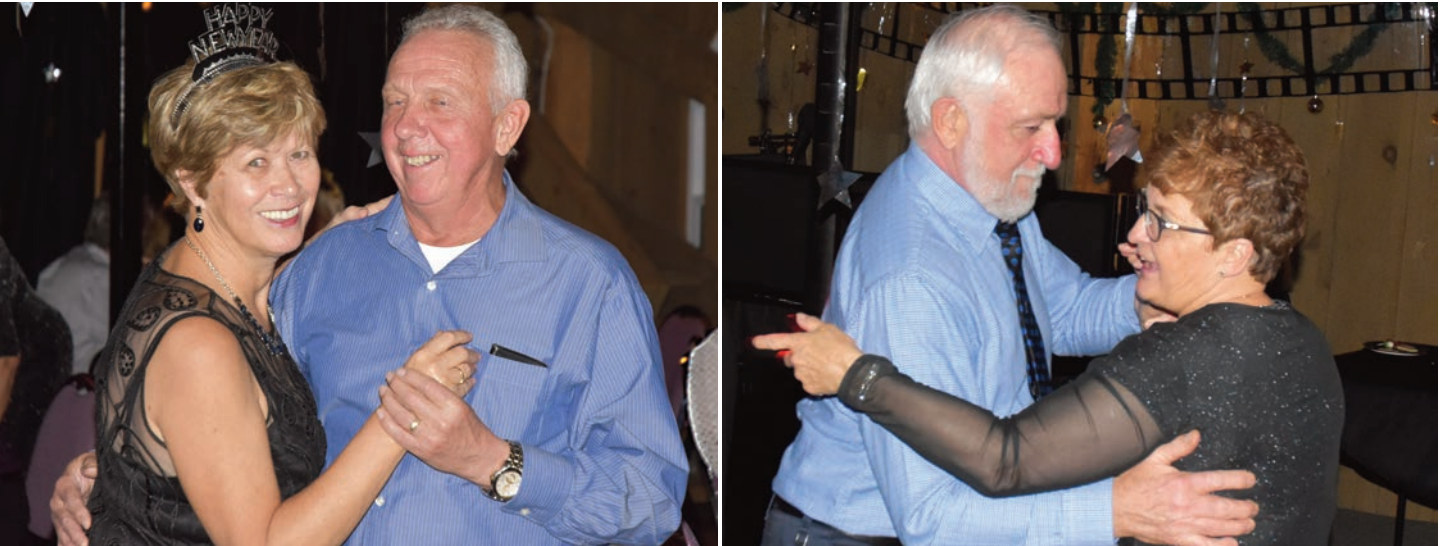
Third row: Kathi Kerr and John Waldon, with Cheryl and Jeff Drayton in the background.

Fourth row: guest Debbie Martin and Fern Kerr.

## New Years Eve Dance (cont'd)



## Social Committee Newsletter for Spring 2019 (cont'd)



Donna Wilson and Wayne Perzel; Eugene and Iris Storozinski

**January 18** We held our first **Happy Hour** of the 2019 season. This event was well attended and there was lots of conversation. Bayshore residents love to talk almost as much as they like to eat!!

**February 9** We held our **Valentine's Dance/Stew Night**. We had 10 crockpots of stew prepared by our very own Bayshore cooks. We had chicken, venison, and several different beef stews, all delicious!!!! Everyone loved the Tuxedo cake, chocolate, chocolate and more chocolate. Photos on next page.

**Friday March 15, 4-6 pm** Great turnout for our **St. Patrick's Day** themed **Happy Hour** in the Hayloft Library Room. Noel entertained us with some tunes on the piano and we had a lively sing along. The \$1.00 per person admission goes towards the purchase of snacks. Bring your own beverage is the norm, but this year a small sample of green beer was provided free of charge for the occasion. No sign up is ever required for Happy Hour, just show up and enjoy meeting up with current friends or getting to know new ones!

### Upcoming Events:

We will be sending out reminders about these events. However, mark your calendars now so you don't miss out.

**Friday April 26, 4-6 pm** Our April **Happy Hour** will be held upstairs. Entry fee will be one appetizer (per couple) that will serve 8 people. Last year this happy hour was really well attended, so this year we thought we would spread out upstairs and give everyone lots of room to move around, chat, get caught up and enjoy some appetizers.

**May 25 "The Spring Fling Hawaiian Luau and Dance"** promises to be a fabulous event. The food will be catered by Big Doug's catering (the same fellow who provided us with a fabulous meal last year in June for our Western BBQ). We are still working out the details of the menu. We have booked Steve as our DJ again for this event so there will be lots of dancing. Watch for the Spring Fling flyer detailing dates for ticket sales for this event. Last year we sold out, so get your tickets early.

Plans for the rest of the year are in the works and we will keep you up to date as they unfold.

For those new to Bayshore there are so many activities to enjoy. Check the Bayshore Village website under **BVA activities** for details and contact information.

*Donna Wilson  
Your Social Committee*



## Valentine's Day



Clockwise from top left: Jackie and Tom Thompson, Viktor and Marika Relvas, Lia de Roeper and Dave Travis, George and Sharon Miller, Dave Travis and Jackie Thompson, Tom and Dorothy Hall, Lynn and Bruce McWilliams, Catherine and Herb Hermans.

## Director, Common Lands



Steve Goulter  
Common Lands

### EMERALD ASH BORER (EAB) OVERVIEW

We know that the EAB has arrived in Bayshore. I will cover the highlights of our plan as follows:

#### 1. Remove infected trees ASAP

There are a handful of trees that should come down by mid May. These will be taken to Marina 99, cut up and burnt. This will kill the adults before they can emerge and fly to another tree to lay more eggs. Some of these trees are on Township property so we will be working with them to coordinate this activity.

#### 2. Complete the inventory ASAP

We have completed the ash tree inventory on Common Lands, Golf Course, Parks, Marinas and many private properties. In order to complete the inventory on the remainder of private properties, we have sent out a final notice by e-mail that asks anyone who has not yet given us a signed permission form to NOTIFY US IN WRITING IF YOU DO NOT WANT US TO COME ONTO YOUR PROPERTY FOR THIS REASON. NOTE THAT THIS MUST INCLUDE ALL BAYSHORE PROPERTIES, NOT JUST ASSOCIATION MEMBERS. It is imperative that we consider every single ash tree on the Bayshore peninsula if this plan is to succeed. We estimate that we have approximately 1000 ash trees and we plan to save 75% to 90% of them after six years. The plan will be reassessed after six years to see if we need to extend the treatment period. WE NEED EVERYONE TO COOPERATE, please.

#### 3. Purchase the material to treat the trees

We have already purchased some of what we require. The remainder is being shipped this week. The final cost estimates are not in yet, but we expect the materials will cost well under the \$50 per tree that we estimated earlier – perhaps as little as \$20 to \$25 for the average sized tree.

#### 4. Conduct Educational Sessions

We are planning educational sessions in late April and throughout May to teach how to treat your trees. At these sessions we will have the material separated into appropriate bottles and each property owner will be able to purchase the amount needed for his/her trees (reference to inventory).

#### 5. Treat the trees

The treatment will be applied every other year by volunteers in the case of Common Lands and by the home owner in the case of private properties (simple “watering process around base of tree). This will take place in late April and throughout May (prior to adults emerging), depending somewhat on weather.

#### 6. Install the “Green Traps” again

We will install five traps again by May 1 so that we can “see” if there are adults in the area.

#### 7. Monitor all trees and remove infected ones ASAP

We will have training sessions throughout the six years to teach our residents (including *new* residents) about our ash trees and our plans. Any tree with signs of distress should be removed and disposed of properly (BVA volunteers, BVA contractor for difficult trees, Township staff if on Township property, home owner expense if on private properties). We will negotiate bulk pricing and select one contractor in order to keep the cost of removal as low as possible. NOTE THAT NO TREE (ASH OR OTHERWISE) IN BAYSHORE IS TO BE REMOVED

## Director, Architecture



Craig Child  
Director, Architecture

The architectural committee has been fairly quiet so far this month but will be busy in the near future as we have two approvals in the process of preparing their presentations. The presentations to the architectural committee are an essential part of keeping Bayshore looking the way it does and the reason we buy here. Recently we have had issues with residents and/or designers not adhering to the Bayshore architectural bylaws, either through lack of knowledge of the bylaws, or by challenging our bylaws and following Ramara's, which are set to an urban landscape.

This summer should prove to be busy for building in Bayshore with the projects on all streets in varying degree of size, shape, and scope.

Projects on Southview and Maple Gate will be wrapping up this summer, on two very different homes. These homes tell of the variance under which builders and designers can still build a reasonable size home within Bayshore's set-back bylaws.

The Bayshore road sign name change sounds promising. This initiative which was suggested to me by Bill Ecklund, which I moved on immediately, makes total sense. The premise of having Bayshore Drive divided into North, South, East, and West components is a simple way of relieving the address confusion, both for visitors and emergency people. I have forwarded a request to the town for their action on this and received a reply from Kathy Sipos saying the request has been forwarded to the fire chief for their consideration and action.

Property address signs are ongoing with Jeff and myself, at the fire department who expressed their frustrations trying to find addresses on the houses and the new signage would be a definite positive.

*Craig Child*

*Director of Architecture*

---

WITHOUT PERMISSION FROM THE BVA. We anticipate that tree maintenance companies will be inundating Bayshore looking for business – telling property owners that their trees are infected and should be removed. This may be the case, but we encourage everyone to get a second expert opinion from Bayshore approved arborists (e.g. Eugene Storozinski) before removal. For the health of Bayshore and Lake Simcoe, we simply MUST retain as many trees as possible. Anyone with permission to remove any tree must display a lawn sign – all others will be monitored by all residents, please.

#### 8. Removal process

To prevent the spread of the EAB, we strongly suggest that any infected tree be cut down right away, taken to Harbour 99, cut up, split and piled to dry. This will prevent the adults from emerging and laying more eggs. The upper limbs will be burned at appropriate times to kill any larvae or adults, depending on the time of year. The remaining wood will be available for residents to burn as fire wood (free) as this will save disposal fees at the landfill.

Thank you for your support and participation in this plan.

If anyone has questions, comments or suggestions with regard to this plan, please contact me.

*Steve Goulter,*

*Director of Common Lands, 705 826 8826*

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- 1 Lemon Pie Filling (instant)
- 2 cups whipping cream
- Any kind of fresh or canned fruits

1 3-quart glass bowl or dish



Make up pie filling and let cool.

Whip cream and add filling.

Break up sponge cake and put about 1/3 in bottom of bowl.

Add a layer of cream.

Add a layer of berries.

Repeat and finish with cream on top. Garnish with berries.

*Eva Marie Stosch*

### Spicy Devilled Egg Bites



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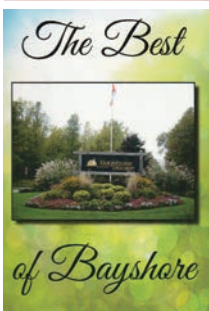
- 1 mini sweet pepper, cut lengthwise in half

*For each stuffed pepper (2 halves):*

- 2 tsp flavoured cream cheese (Garden Vegetable or Herb & Garlic)
- 1 tbsp chopped hard-boiled egg mixed with mayonnaise
- ¼ tsp hot pepper sauce

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## Wednesday Golf at Cedarhurst



The Bayshore Village Men's Wednesday Golf will commence as soon as the weather permits. Any Bayshore Village resident interested in joining this group is welcome. We play every Wednesday morning. Tee off times generally commence around 9:00 a.m. This year we will be returning to our long-time favourite course, Cedarhurst near Beaverton.

We are provided preferred rates for golf and power carts.

All levels of golfer are welcome. The only prerequisite is that you are familiar with the etiquette and rules of the game and are willing to play with your fellow residents. You would also be expected to schedule discretionary dental appointments, shopping trips (and equivalents) on days other than Wednesday.

You can indicate your interest (and be added to the distribution list) by contacting the following email address: [bswednesdaygolf@gmail.com](mailto:bswednesdaygolf@gmail.com)

*Joe Sokolowski*

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## Bella's Rant



Here I am, making sure that everybody is obeying the law out on Lake Simcoe. *Bella*

Hey, everybody, I just received my ESA designation, along with a really neat medal to hang on my collar. It will go nicely with my ID, Rabies Vaccine, and "Get Me Home" medals.

The ESA stands for: "Emotional Support Animal". Now maybe I can get the support I need to be able to deal with the other dogs on the morning walk without attacking them like a savage Tasmanian She-Devil.

Like, I mean, everybody gets on my case because I'm trying to keep my people in line. I know they're only dogs, but surely they can follow procedure for a measly one hour walk without losing focus.

The big dogs are the worst. They seem to think that the walk is some kind of lark and they drive me crazy, clowning around and baiting me. Then, I have to straighten them out and the walkers give me grief, because I'm *hurting their feelings*. Feelings, shmeelings! What about me? I could just scream!

The small dogs are a bit easier to get along with, but I lay the law down with them, too, just so that no one feels centred out or picked on. Morale, you know.

And... what's the deal with all those sheds on the lake and noisy and smelly snow-mobiles? It was bad enough with all the water machines in the summer. Can't we have a little peace and quiet around here? I'm in danger of losing my voice with all the barking I have to do for the strangers walking on my ice and the machines

screaming by incessantly. Also... by the way, I thought sheds were banned in Bayshore!

Then, there's the snow. What the heck is going on? My master had to shovel a path down the stairs of our back deck so I could get to the backyard to look after business (and police the lake, of course).



*as told to John Waldon*

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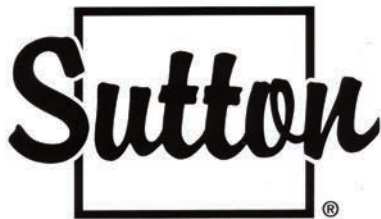
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## Fashion: The Joy of Spring

As we look forward to the arrival of spring, the young green leaves, warmer days and nights and nature all around us exploding in bright arrays of fabulous colour, we feel the joy that comes with each new day.

Let us look at the joy our fashions have brought us. I am sure every one has that favorite item that reminds them of a special day in our lives, perhaps it is the dress for a son or daughter's wedding, something we wore and received many compliments, that perfect suit when you got that promotion, the prom dress you wore when you graduated, that sexy little black dress you felt so naughty in, what you wore on your first date, and of course, your wedding gown when you married the man you would spend your life with.



Brenda James

Fashions and styles come and go, each year some new trends, some classic looks and always the changes in colour and textures.

This year is bringing in some of the prettiest clothing I have seen in years – soft flowing fabrics, semi-sheer in plain or soft florals. Cotton lace done by itself or added as a touch on a sleeve or neckline is feminine and attractive. Straight sheath dresses in small floral prints, bold bright geometric lines and black and white with a splash of colour are figure-shaping, accentuating the female form. If form fitting is not for you, try a dress in an A-line style in soft fabrics that move with you.

Easy-going denim with cut outs, appliques, beading and lace are available in jeans, capris, shorts and jackets, and are not just for everyday. Pick out the perfect outfit that goes from lunch to boat, whatever the occasion.

With fabrics containing lycra or latex, you can find pants that give tummy and thigh control.

Colours this year: oh my, what an array of a gorgeous palette there is: from the softest blush, lavender, baby blue, periwinkle, butter yellow, vanilla and cafe au lait. Bolder brights in orange, fire engine red, daffodil yellow, racing green and deep purple. Then the sea colours – think of all the ranges of aquas, turquoises and azures and you have an idea. Always on my spring forecast is navy and black. Team up with white and red and you have a classic winner.

I believe what you wear can make you feel better about yourself.

So, this year, find joy in treating yourself  
 find joy in colour  
 find joy in getting older  
 find joy in being you.

“If the shoe fits, buy them in every colour!”

Brenda James  
 V.P. Fashion Marketing

## Distant Friends

Come sit a spell, relax with me  
 Let's enjoy a favorite cup of tea  
 We haven't talked in such a long time  
 Stories to share, both yours and mine  
 Time has quickly passed, children are grown  
 They all have families of their own  
 The sexy figures we once had  
 Are old and saggy, but not too bad  
 But lucky for us the memories are flowing  
 We laugh and joke, our sides exploding  
 A great day was shared between two friends  
 Sorry when it had to come to an end  
 We will keep in touch, we always say  
 Time and distance won't keep us away

Brenda James

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## An Adventure in Costa Rica

On March 1st, our intrepid travel group headed for Costa Rica for two weeks. This year we were joined by five others: Bob Bell's son and his wife, a friend, and two of Marc and Lynda's long time friends. Ten of us opted to travel by limousine with some fine drinks to warm us on a very early, very frosty morning. We all met up at the airport, boarded the plane, ready for our next exciting adventure. As we flew over the Rincon de la Vieja Volcano on our approach to Liberia it was a little bumpy but okay; then with the tarmac within a few feet, the pilot suddenly aborted and took off up into the sky. Seems the Papagayo winds created a wind shear and the pilot reacted on the side of caution, thank goodness. That was our first bit of excitement.

Next came duty free where we were told the liquor was very cheap. Some of us, who will remain nameless, got a bit carried away. Then, off to the final baggage screening where one of our bags went missing. Great, now try to explain this to airport security who do not speak English. In all fairness, security was probably still reeling from the cocaine drug bust earlier that day. After some delay, we boarded our bus to Casa Melray, the boutique hotel on the beach in Portrero, Guanacaste, which our group had entirely to ourselves. Since we knew it would be a long first day we had hired Fresia, a local caterer, to prepare our first Costa Rican meal. It was delicious with more than enough for the next day's dinner.

Over the next two weeks, many activities and local restaurants were enjoyed. Some of us went zip lining and volcano viewing, while others went horseback riding on the beach. Some body surfed in the waves and I do mean "body;" others fished or did yoga on the beach. But perhaps the most enjoyable and definitely most memorable event was our day of sailing. All fourteen



Here we are, on the beach, enjoying our last fantastic sunset at Casa Melray. Tomorrow, we make the long and arduous trek back home to Bayshore Village.

Front row: Rich Boyne, Janet Boyne (friends of Marc & Linda), Lynda Bertrand, Kay Beacham, Irene Heinz, Maura Hughson, Carol Parrott Back Row: John Waldon, Kathi Kerr, Janice Bell, Rob Bell (Bob Bell's son and daughter-in-law), Marc Bertrand, Lorne McCaig, Bob Bell



Above: When the barber isn't plying his craft in his outdoor shop, he's driving his taxi. All you have to do is call the number on that tree.

Below: Lorne McCaig shows his flamenco licks to the locals, who were selling shrimp and veggies from the back of their truck.



Rica where the local taxi driver also has his barber's chair on the front porch. The Brahma cattle, which in the dry season, are free to roam the roads and the beaches, which are next to deserted except for the local fishermen. All in all a wonderful, perhaps "best ever" vacation living the *Pura Vida en Costa Rica*.

of us boarded the 52 foot Serendipity to be wine and dined for the day. The ship anchored twice so snorkelling and swimming could be enjoyed. Those Papagayo winds that greeted us at the airport, kindly gave us some truly wonderful sailing. Local restaurants were all within walking distance along the beach. Las Brisas and the Beach House were two of our favourites. Perla's in town is owned by our

hosts where karaoke night was a huge hit. Just ask Irene and Kathi! Perhaps best of all were the Tico sodas, family owned restaurants serving Costa Rican food – fish, chicken, beans, rice, fresh salads and fruits. Mahi-mahi is caught locally and was usually the fish served. The local beer, Imperial, became a favourite.

Now I wouldn't want you to think with all this activity that we didn't have time to relax. Fun time was spent watching amazing sunsets and lazing around the pool landscaped with lush foliage providing us a tropical setting even though it was the dry season. We had our mishaps as well, broken toes, cracked ribs, sunburns, "Montezuma's Revenge," now all just distant memories. What we will remember is the wonderful people of Costa Rica, our amazing hosts, fellow Canadians from Calgary, Mel and Ray, the staff Ligia and Nelson, and Max and Soma our dogs away from home. And the weather, warm 35C, always sunny and those Papagayo winds to keep us refreshed. Casa Melray and its location allowed us to glimpse the real Costa

*Kay Beacham*



Nothing but *la pura vida*:

**Beach Riders:** Maura Hughson, Kay Beacham, Lynda Bertrand, Kathi Kerr, Irene Heinz, Rob Bell, Janice Bell

**Zipliners:** Back row: Janice Bell, Marc Bertrand, Irene Heinz  
Front: Rob Bell, Kathi Kerr, Lynda Bertrand, Maura Hughson, Carol Parrott, Bob Bell  
**Yoga on the Beach** directed by Irene, monitored by Max the dog.

**LETTER TO ED. FROM HAS-BEEN PICKLEBALL COMMISH**

I just came across the pickleball article in the winter edition of the BSV Banner. Words cannot describe the sadness, the feelings of dejection and rejection that came over me when I read, "Move over tennis and golf. A new favorite pastime is taking over North America for people in their 50s, 60s and 70s." As I've hit 81, I'm wondering, am I excluded since I am no longer in my 50s, 60, or 70s?? Do I need to go to the BVA board to see if I need to get a variance that will allow me to play with you kids? I realize that the elderly, such as myself, employ devious and cunning tactics which generally defeat you young wipper-snappers but, even though it probably means a lot fewer wins for you young 'uns, I would hope that you would like to learn from us, rather than exclude us.

Watch for Pickleball news  
via BVA e-mail!

*kindest Regards,  
John Alden*



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## Travel Adventures: Paris to the Beaches of Normandy

In August 2018, my wife Pat and I took a Viking river cruise on the Seine, from Paris to Juno Beach, where Canadian forces came ashore on D-Day in 1944. If you've ever taken a Viking cruise, you know exactly what you're in for: the routines, and even the menu, are pretty much the same every time. We enjoyed the trip very much. Here are some highlights: We chose the optional

three days in Paris before morning, we stopped in the village of Bayeux, where a famous tapestry chronicles the victory of William the Conqueror, who invaded England from Normandy and took over the English crown in 1066. The tapestry is about one metre tall, and 75 metres long – it's sometimes described as the original comic strip or graphic novel, with about 60 images showing the invasion and battle. It's in a curving glass display case, that you can walk alongside while listening to an audio tape telling you what you're seeing.



The Bayeux tapestry shows a crucial moment in the battle of Hastings: English King Harold takes an arrow in the eye. Latin words mean "King Harold is Killed." Game over.

There is a fairly new Canadian memorial museum at Juno Beach; we weren't really given enough time to see all the exhibits, but we did go right down to the water and imagine the horror and heroism of D-Day. A frightening concrete bunker about 75m onshore gave us all we needed to imagine the scene. We also visited a Canadian and a British cemetery, where thousands of young soldiers are buried. A realization struck me as we drove through the villages

and farms of Normandy: peaceful before the war; peaceful now; but destroyed during the days of battle. One can only wish that the world would learn. The return trip by boat to Paris had a couple of other stops, including at Château Gaillard, a fortification built in the late 1100s by Richard the Lion Heart who was both Duke of Normandy and King of England.



At the Louvre, which used to be a palace for French royals.

boarding the ship, and used them well for day-long visits to the Louvre and the Musée d'Orsay (Pat is a watercolour artist, as many of you know), and pleasant meals at moderately-priced patio restaurants on the Boulevard Haussmann. I was pleasantly surprised at the friendly interactions with restaurant staff and storekeepers – I had been expecting the well-known Parisian *hauteur*, but sensed none of it, even when I tried a few words in French. The first day downriver featured a stop at Claude Monet's home and gardens in the village of Giverny. That founding father of the Impressionist movement, unlike most artists, was able to support himself and a large family by selling his paintings, and died a wealthy man. His hundreds of paintings of water lilies on the pond on his property are found in museums and private collections around the world. He often had six or eight paintings of the same place, going at the same time; for instance, he made 28 paintings of the façade of the cathedral in Rouen during various seasons of the year, often jumping from one canvas to another as the light changed during the course of a day.



Monet's lily pond with "Japanese bridge"

Our cruise ship could go no further than the city of Rouen, which is about 75 km inland. In Rouen, we were most impressed with the age of the buildings: some of them were almost 1000 years old, and still being used. The city's other claim to fame is that Joan of Arc was executed there in 1431.

The highlight of our trip was the bus trip for "Commonwealth" travellers, from Rouen to Juno Beach. The tour company offered separate tours (Omaha Beach etc.) to American customers. During the



Cruise ships docked at the town of Andelys on the Seine, with chalk cliffs in the background. Photo taken from Château Gaillard.

and farms of Normandy: peaceful before the war; peaceful now; but destroyed during the days of battle. One can only wish that the world would learn.

The return trip by boat to Paris had a couple of other stops, including at Château Gaillard, a fortification built in the late 1100s by Richard the Lion Heart who was both Duke of Normandy and King of England.

One other feature that wasn't so pleasant: our luggage didn't make it when we switched planes in Montreal. Hoping had no result for two days, so we went shopping in Paris for some rags to keep us going; the ship offered us (and several others with a similar fate) free laundry, so we rotated our clothes on a three-day cycle. Pat's baggage arrived at our Paris hotel when we were in Rouen; we arranged to have it brought by taxi to our boat at a cost of 250 euros (\$400+ CDN)! My luggage arrived in Paris a day or two later, but I decided to avoid taxi fees, and wait until the end of the voyage. The good news came a few weeks later, when Air France agreed to pay the entire cost of our shopping and the suitcase's taxi trip – more than \$600. All's well.

Not long after our trip, riots broke out in Paris, and they have continued for many weeks. It made me sad to think of that great city in turmoil. We certainly recommend this trip to anyone who is interested in a river cruise that is not on the Danube/Rhine – but not until calm is restored!

Noel Cooper

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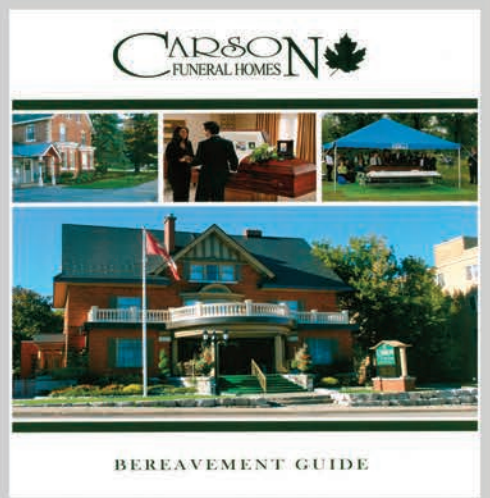


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## Travel Adventures: Sunrise, FL



Six "Bayshoridians" at the hockey game in Sunrise Florida on January 18th.  
The Leafs were there playing the Panthers and they lost 3-1. Actually the Leafs never showed up.

l-r: Bill Pasel, Deborah May, Karen Dillabaugh, Bill Merkley, Anne Pike, Bill Pike (photo and caption contributed by Bill Pike)

## Travel Adventures: High Point, FL



Back Row: Bill Ecklund, Craig Child, Scot Cherry, Doug Payne, Karen Payne.  
Front: Simpson Cherry, Sandra Cherry, Katie Ecklund, Jeanette Cherry, Sylvia Child, Dave Meharg, Liz Meharg.

### Winter in High Point (Bayshore South)

While Bayshore is locked in a winter wonderland, some of us are enjoying winter in a golf community. High Point is in Brooksville Florida approximately 45 minutes north of Tampa near Florida's Nature Coast.

We recently gathered with Doug and Karen Payne, Simpson and Sandra Cherry, Scot and Jeanette Cherry and Dave and Liz Meharg to welcome Craig and Sylvia Child and Bill and Katie Ecklund to our group. High Point is a 55 plus golf community of manufactured homes on spacious lots where we own our land. Our 18 hole par 72 golf course winds through the community. Members enjoy a proshop, restaurant and full bar.

The community has many amenities: thermal heated pool, pickleball courts, bocce courts, horseshoes, shuffle board, tennis and many other activities in our community centre. All of this with low HOA fees.

High Point is a wonderful community to spend winters and sharpen your golf game.

If you are interested in more information check out [highpointbrooksville.net](http://highpointbrooksville.net) or call anyone in our group.

*Dave Meharg*

## The Basics of Essential Oils

I have recently been delving into the topic of Essential Oils. There seems to be an upswing of interest as people search for ways to use natural products, lessen their load of toxins and get into the enjoyable abundance of what nature has to offer.

Essential Oils (“EO’s”) have been around for thousands of years, are referred to many times in the Bible, and enjoy a similar deep respect as do acupuncture, reflexology, reiki, and energy healing in our culture. In fact, these topics are more connected to each other than at first meets the eye – they are all about energy, electrical connections, brain stimulation, mood enhancement and frequency alignments – all with the objective of feeling better in some way. It seems that the human condition has a wide variety of ailments, emotions and challenges to overcome. EO’s have a part to play in this ongoing search to understand our complex nature. In fact, there are specialized clinics (funded by EO Co’s) opening in the US right now that will conduct treatment of many situations using natural solutions. As many in the population become frustrated with mainstream medical, more and more of us are seeking alternatives. I am told that these new clinics have line-ups at the door and down the block!

So, lets go back to basics and investigate natural products and try to understand what they are, and, equally important, what they are not. I do not want to portray them as a replacement of our main stream medical system as it exists today. Having said that, a medical system that treats all humans as identical and as entirely physical will have only limited success. No two of us are the same, even physically, not to mention the multitude of emotional, mental and spiritual differences layered upon the human body – many of which can and do alter the state of the physical! Throw on top of all that our many belief system differences, our unique thoughts and our stubborn Egos and I can assure you, no two of us on this entire planet bear much resemblance to one another! Doctors of conventional medicine the world over do not know how to compensate for such a wide diversity of parameters. As a result, there are a wide range of responses possible from any one individual to external stimulation. Many of the natural health products, modalities and techniques work on this principle. In other words, “try it and observe the result, if any.” One person’s back pain will respond to magnetic therapy, another’s will not, etc.

In the case of essential oils, since there is a unique vibrational frequency associated with each one, they can stimulate an individual to respond in a variety of ways. Yes, there are some standard correlations that apply to most people, but there is also wide variability in responses just like some prescription drugs cause variable results. Unlike prescription drugs which can cause a lot of nasty side effects, however, natural products seldom have dire consequences. This encourages people to study up and try things on their own without much risk. This, in my opinion, is why Essential Oils are popular right now

Further to the article about Waste Management in the winter issue of the Banner, the following notice appeared in Orillia Matters last week, and taught me something I didn’t know:

### **Pet Waste in Your Green Bin:**

Midhurst/ September 27, 2018 – Starting October 1, 2018, the County of Simcoe is expanding its green bin program to accept pet waste, kitty litter and small animal cage bedding. The addition of these organic materials aligns with the County’s efforts to help residents grow their green bin, not their garbage.

NC

– a good result is possible without undue risk.

Using Essential Oils is enjoyable and can even be fun! There are many different ones to experiment with. They can be combined, giving yet another unique scent, resulting in almost infinite combinations. They can be used in four different ways.

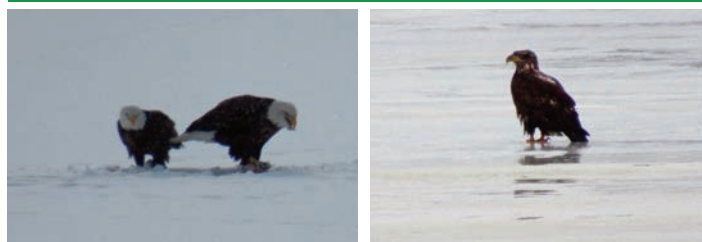
1. Put a drop in the palm of your hand – rub two hands together and cup your nose and breathe in with five or six deep breaths. The molecules of the oil will be sensed by your brain which can trigger memories, alter your mood, reduce headaches, uplift your spirit, etc.
2. They can be put in a diffuser which slowly transfers the oil to the air in the room, cancels odours, makes your house smell nice, and purifies toxins, pathogens and viruses. Most oils have these characteristics, but some smell nicer than others and, again, each person may have their personal favourites. Some are particularly good at killing pathogens and these are often used in office and hospital environments or in your house to help fight off a cold.
3. They can be put directly on the skin – used neat (undiluted), diluted with a carrier oil or massaged into the skin. Your skin is very permeable, and the oil will pass into your blood stream within seconds. Some oils are very good at easing pain (apply where it hurts), others are good for digestion (apply on stomach), etc. Many times, people are using EO’s as cologne – find one you like! Oils like Tea Tree make an excellent deodorant.
4. Some oils can be ingested. We have used Oil of Oregano – one drop under the tongue every half hour – when you feel a cold or sore throat coming on. The taste is not nice, but it works very well. Do not ingest oils unless you know what you are doing, as some are harmful.

There is much more to the story of Essential Oils. I will go into more detail in subsequent articles.

*Steve Goulter*

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

## A Happy Springtime Sight

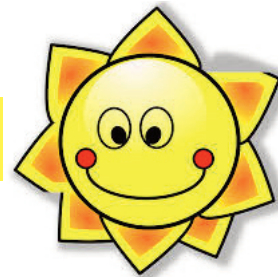


Strolling on the icy surface of Barnstable Bay a couple of weeks ago was the juvenile eagle seen in the photo at right. He may look bedraggled, but he is proudly showing everyone that he survived the winter.

No doubt that was because of the attention of his parents, who were photographed foraging.

Bayshore kayakers knew the baby was in the nest last fall, but couldn’t get a good glimpse to take a picture. They worried whether he could live through a Canadian winter.

Maria Saringer spied him last month out on the melting ice, and photographed him through a narrow opening in her patio door.



## It's Always Sunny in Bayshore

Q: What kinds of exercises do lazy people do?

A: Diddly-squats.



The village blacksmith hired an enthusiastic new apprentice willing to work long, hard hours. He instructed the boy, "When I take the shoe out of the fire, I'll lay it on the anvil. When I nod my head, you hit it with the hammer."

The apprentice did exactly as he was told, and now he's the new village blacksmith.



Hello Bayshore. I have been spending this winter as I spend all my winters... hibernating.

Hypocritically, I do this as I force my kids outdoors to get the health benefits of fresh air and exercise. "Go make a snowman... It'll be fun. I'll watch from the window."

I spend most of each day rotating between a hot bath, a sauna and a heated blanket. For the health of my marriage though, I abstain from 5-7 pm... higher electricity prices and all that. Apparently, money does not grow on trees (unless you are in the pulp and paper business – I think, but wisely do not say).

This winter, my skin has become so dry that I've desperately started using Crisco shortening as a moisturizer. It works brilliantly but my hair has become quite flaky. On the plus side, my husband has become much more affectionate. He calls me "sweetie pie."



To keep cabin fever at bay, I've been doing a lot of reading. I'd like to share some new words with you that I've recently learned.

- Artery – the study of paintings
- Counterfeiters – kitchen contractors
- Dilate – a long life
- Morbid – a higher offer
- Cauterize – made eye contact with a woman
- Caesarean section – a high rent area in Rome
- Buccaneer – a high price to pay for corn
- Relief – what trees do in spring



With all the sitting around I've been doing, I've been worried about the health of my bones. When I asked my doctor about preventing osteoporosis, he told me to increase my dairy intake. I asked him if cheesy jokes would work, he said no. Here are some anyway:

A farmer counted 196 cows in the field. But when he rounded them up, he had 200.

There needs to be a 12-step program for compulsive talkers. They could call it Anon Anon.

I went out to buy some camouflage pants yesterday. I couldn't find any.

A termite walks into a bar and says, "Where is the bar tender?"



Last fall, the yearly yard clean-up was underway and as usual, Joey and I had delegated all the heavy jobs to the kids.

My son, Joseph, was to store all our outdoor chairs in the enclosed space underneath the deck. Always one to ask a million questions before undertaking a task, we weren't surprised when he soon came inside. We quickly turned off the TV (uh...I mean... I put down my squeegee and Joey put down his paint roller) and listened as he explained that there was a raccoon underneath the deck.

My stomach sank. We were no strangers to critters making their home too close to (or inside of) our home.

My husband wanted to calmly gather all the facts first: "How big is he?", "Where exactly is he?", "How did he get in there?", "Does he look aggressive?" Conversely, like a chicken without a head, I raced around to find a weapon to face the beast head on. (To highlight my history of acting-without-thinking, I once caught a flaming marshmallow with my bare hands after it fell from my sister's roasting stick.) I grabbed the squeegee pole and extended it to its maximum length. When I couldn't get it through the door, I had to shrink it back down. I heard the raccoon laugh.

I bravely yelled instructions to my family, "Franchi, you go in first and find the target with your flashlight." (I am a terrible mother.) I followed behind, awkwardly manoeuvring my way in with the fully retracted but still-long, pole. Joseph, not wanting to be left out of the action, squeezed himself in behind me. I was shaking even before I saw the masked mammal. He was large... and round... and perfectly still... and... not a raccoon. I'm no animal expert but I'm pretty sure it was a coconut fiber insert for a hanging wire planter.

Joey promptly made the kids appointments for the eye doctor, shaking his head and rolling his eyes all the while. Relieved from having dodged a big hairy bullet, I quickly checked the clock before celebrating with a hot bath.



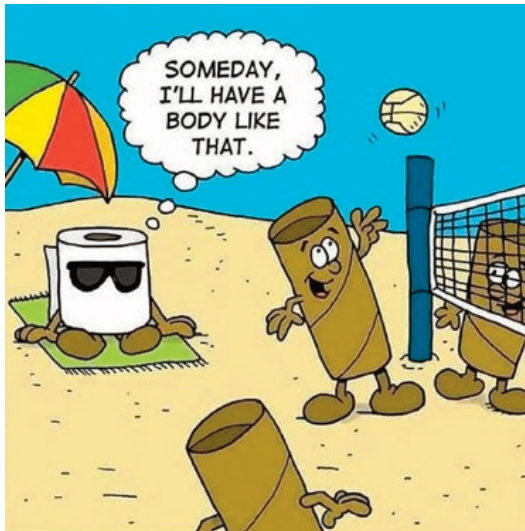
Let me leave you with a famous quote: "If at first you don't succeed, skydiving is not for you."



Hope your smiles last all day!

By Lauren Torchia

Jokes from: [Rd.com](http://Rd.com), [Paula Poundstone](http://Paula Poundstone), [alphadictionary.com](http://alphadictionary.com), [azquotes.com](http://azquotes.com), [upjoke.com](http://upjoke.com), [jokes.boyslife.org](http://jokes.boyslife.org), cartoon uncredited.







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## Introducing Kevin and Lisa Fox

Warm greetings to our neighbors in Bayshore. We are Kevin and Lisa Fox of 7 Fernwood Lane. Kevin and I moved to this beautiful community during the summer of 2017. We feel terrible that it has taken us this long to officially introduce ourselves and I can assure you each time the Banner issues are published we say to ourselves where the heck is the time going!

The decision to make a move from our family home was not made lightly and we toyed with the idea for a few years before we finally decided the timing was right. Our good friend and my work colleague Len Skok was super helpful in answering all those millions of questions we continued to have about the community and what he and Cathy loved so much about living here. I am sure you can appreciate that when you leave a community of belonging and comfort there will be the fear of the unknown and you wonder if that feeling can ever be duplicated.

It was love at first sight when we viewed 7 Fernwood Lane. It was exactly what we had envisioned to be our forever home. A small world story to share and what felt like we were meant to live here was when I arranged for a second viewing of 7 Fernwood Lane and the owner Paul Thomas was home. Paul opened the door and Kevin and Paul both quickly realized that they knew each other but hadn't connected in 25 years. Kevin knew how meticulous Paul could be and instantly felt a sense of ease and comfort with the home. We instantly fell in love with the lifestyle this community offers as well as the rural setting which offers the peace and tranquility we were so badly seeking. It has been such a welcoming community and we look forward to connecting with more of our neighbors.

We haven't had the opportunity to fully take in the wonderful social calendar Dawn and her committee prepare for our village. We have been to the Spring cleanup which we enjoyed meeting other members (other than the snake encounter...lol), and the Arts and Craft show. I have golfed on the course with some family members and we also briefly attended the Welcome party for new members and were able to enjoy some great conversations. By the time this is published I will be attending the line dancing mornings with some Bayshore friends. As we continue to settle in here in Bayshore Village we are looking forward to enjoying many more social events.

A little more about Kevin and Lisa...

We are parents to six children ranging from 23 – 32 years. We are also doggie parents to our "one and only" Harley Bum. We are very grateful for our Brady Bunch Family and cherish them every day. They all love our new community and take every opportunity to visit when they can. The summer we moved here we celebrated the wedding of our eldest daughter Nicole in our very own backyard. The wedding was absolutely perfect and we couldn't have asked for a more beautiful setting. I think that was the exact moment we both expressed that this was HOME.

Together we enjoy a love and passion for the water and boating. We



are both water babies (hence why we love waterfront living so much!), boating on and off most of our lives. Our current boat "Turn the Page" has travelled many nautical miles on Georgian Bay and we will continue to keep this part of our life for years to come. Last year, we were lucky enough to have a good friend of ours decide to sell their pontoon boat to us and we will be looking forward to celebrating sunsets and family time aboard it this summer. Name to be determined. We also enjoy travel during the off seasons and have recently come back from a trip of "our" lifetime in Hawaii. What a ZEN trip that was and well worth the bucket list wait!

Our careers are very important to us both!

Kevin started his career in 1984 selling Heavy Construction Equipment including Toromont CAT. After a corporate restructure in 2011 he started his own business DeWitt Equipment Co Inc., focusing on buying and selling used equipment. He held the title of President of the IEDA (Independent Equipment Dealers Association) for a 3-year term and currently holds title of Past President. Throughout the decades Kevin has always had a passion for renovating homes from a "new build" in 1986 to creating legalized secondary suites over the several years to interior finishes of all types and everything in between. In 2018 Kevin started a company, FOXCON contracting with our eldest son Dan which focuses on professional contracting services for your indoor and outdoor home improvements. Following in his dad's footsteps and having his dad mentor him through the years, Dan has developed a passion for creating residential hardscape primarily with Armour Stone and together they have successfully completed several jobs within Bayshore and area.

Realtor Lisa Fox: After decades in a corporate marketing career, and once the children were somewhat self-sufficient, I decided to fuel my energy and passion into a Real Estate career which was my #1 career love. I have now completed my 12th year as a successful leader in the Real Estate industry and continue to love what I do every single day! I have been blessed and am very grateful to have built a business in a profession that I love so much. I have immense gratitude to my clients, friends and family that have always believed in my dedicated work ethic, integrity, and pure honesty and am honored to work in their best interests. Outside of my career and homelife, I have enjoyed various volunteer roles as I enjoy giving back to the community that has supported me and my family. The last role I held was a substantial role with Barrie Minor Hockey Association and after five very fulfilling years I was extremely honored to have been awarded Volunteer of the Year in 2017. Since moving to Bayshore in 2017 I have been exploring other opportunities and currently hold a committee member position with the Lakelands Real Estate Board.

We have had a lot of transition over the past year and a half, and really do look forward to fully embracing this beautiful community and getting to know our neighbours better. Our door is always open and there will always be wine in the fridge!

*Lisa Fox*



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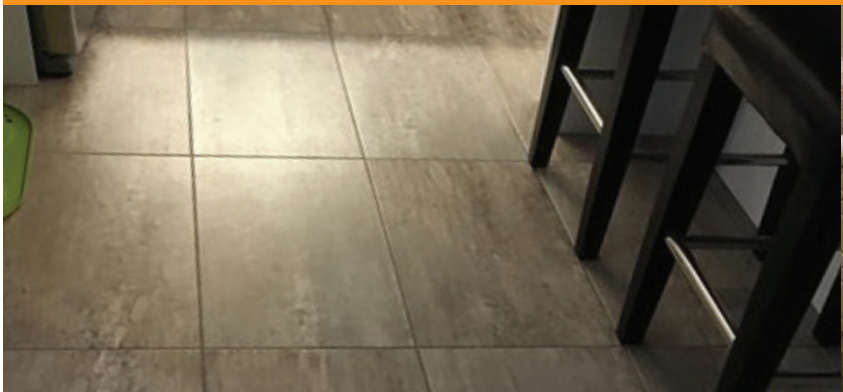


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## Invasive Species in Lake Simcoe

As residents of Bayshore we enjoy our lakeside view of Lake Simcoe and many of us don't realize how the water quality has changed over time.

In the past 200 years close to 150 species of foreign plants and animals have established themselves in all of our Great Lakes.

The first introduced species to Lake Simcoe was the Common Carp in 1896 and since then about 15 species (foreign invaders) have successfully colonized our lake. Because they have no natural predators their success has led to the extinction of over 12 species of native freshwater mussels and clams. Specifically this is due to both the Zebra mussel and the Quagga mussel's rapid



Common Carp

growth rate and their superior ability to filter large amounts of water thereby consuming food more quickly than our native

species.

One can ask... How does this happen?

Well this can happen intentionally when people dump imported aquarium plants and animals into rivers and lakes, as well as unintentionally, when they are carried by contaminated fishing gear, on the bottom of trailers and boats not cleaned properly, or by using illegal live bait and then transferring these from one lake or river to another.

Common invasive species in lake Simcoe are Round Goby, Common Carp, and Eurasian Watermilfoil.

Probably the most recognized invaders are the Zebra mussel and the Quagga mussel.

Both these mussels are native to the Caspian-Black Sea region of Eurasia.

They came to the Great Lakes in 1988, carried in the holds of container ships through the St. Lawrence Seaway.

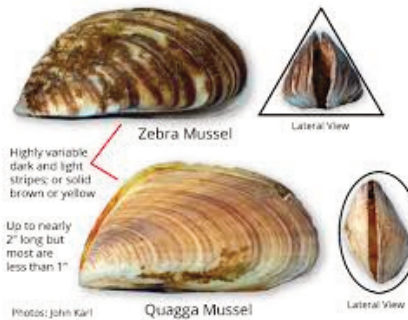
By 1995 Zebra mussels were established in Lake Simcoe and Quagga mussels followed in 2004. Zebra mussels are found in shallow warm water while Quagga mussels are found in deeper

colder water. They both live about 3-5 years and reproduce around 6 months old, laying up to one million eggs in a season. Because they are such good waters filters, Lake Simcoe's water clarity has gone from a "cloudy, greenish murky colour" to clear water. This is caused by decreased nutrients in the water. Lake Simcoe has changed from a nutrient-rich lake (full of algae) to a plant-dominated lake.



Eurasian Watermilfoil

The filtering of algae by these mussels has imperilled our native species and promoted the huge growth in aquatic plant growth throughout our lake system.



Zebra Mussel  
Highly variable dark and light stripes; or solid brown or yellow

Up to nearly 2" long but most are less than 1"

Photos: John Karl

Quagga Mussel

Lateral View

The animal community in our lake has changed with only four species of native mussels left and two of those are in danger of extinction.

As the lake's water quality has

altered, plants can now grow at depths of 10 meters very successfully, clogging boat channels, dockage, etc.

Unfortunately the invasive species are here to stay and residences around the Lake Simcoe shore line will have to deal with the plant growth to the best of their ability. Many of us can enjoy the clearer water while others will lament the extra work involved trying to remove unwanted plants.

The simple fact is human interference has changed our lake for the worse, and it's a little late now to bemoan the fact.


*Summarized by Marilyn Goulter  
from Lake Simcoe Science,  
Lake Simcoe Region Conservation Authority*

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## Quinoa – A Salt-Tolerant Grain

In the past few years my family has been enjoying the taste of quinoa instead of rice as a side dish. We also enjoy it in salads too.

This crop has been gaining popularity recently, due to it being a gluten-free, protein-rich grain which can be used to reduce your carb intake when eating a meal.

Scientists in Dubai are developing crops like quinoa at the International Center for Biosaline Agriculture. They are trying to develop new crops that can grow successfully in salty soil conditions. This is due to the growing problem of encroaching salt levels in agricultural crop lands all over the world.

Halophytes are plants such as quinoa which can grow in areas of land where the soil has increased salt levels. These lands are heavily used by agriculture to produce many crops annually. Irrigation is necessary to produce these crops and the high evaporation rates are leading to the problem of increased salt levels in the soils.

As the concern about climate change intensifies, because of increased population growth and the degradation of our soils, it is important that alternative crops can be developed as temperatures rise. Scientists are worried that higher temperatures are causing staples such as rice and wheat to wither resulting in reduced yields or outright crop failure.

The United Nations states that food production must increase 60% in the next 30 years to meet international demands and yet crop yields are currently slowing down. Possible factors for this are climate extremes, weather unpredictability and the decreasing fertility of soils due to intensive agricultural practices.

In addition to quinoa, the ICBM is currently developing salt tolerant sorghum and pearl millet as well as salicornis (sea asparagus or glasswort). Salicornis can be used in salads, as animal fodder and even biofuel.

At the moment quinoa remains a niche market, as the population is very

slow at accepting this grain. It takes a long time to change the eating habits of people that have used wheat and rice for generations.

Farmers in Pakistan are now starting to grow this crop in areas that are infertile for their traditional crops and this grain can earn them 20% more profit than wheat.

Researchers in Dubai, through selective breeding, have developed about 5 different varieties of quinoa so far. They cultivate their seeds on small plots near the desert edge. They have accumulated enough seeds for trial use but need governments and private corporations to fund increased further development of large-scale halophyte production.

Currently they have projects in 28 countries with the United States, Sweden and the United Arab Emirates the principal funders. They need greater support to translate their laboratory successes into large scale commercial ventures from other world organizations.

One of their many difficulties is the resistance of both farmers to grow the crops and housewives to cook with the new grains. But with persistence, patience and innovative techniques to encourage their use, we will continue to see new grains on our grocery shelves in the future that are delicious, nutritious and hardy. These will be halophyte crops that will thrive in poor soil conditions and tolerate increasing temperatures in a period of global warming.

So, if you haven't tried quinoa yet, take a chance on this hardy delicious grain. You won't be disappointed.

*Written by Marilyn Goulter  
with reference to an article in the Toronto Star*



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## Bruce Stanton, MP

### Cannabis Update – Travel Advisory

I, along with my colleagues from the Conservative Caucus, was opposed to the legislation that has legalized marijuana in Canada. That being said, as of October 17, 2018, marijuana became legal, and provincial and municipal governments are actively working to resolve many of the health and legal problems still at play. Our party will be taking note of the consequences of the Liberal government's passage of these laws and will be prepared to propose amendments and programs that will help address them when we form a government.

If elected in 2019, our party would not recriminalize its use, but we will address the consequences of Justin Trudeau's legalization plan regarding its implementation – especially for reducing access to it by children, the perils of its use on road safety, and other concerns that may, and likely will, arise regarding the regulation of its production. We'd be prepared to work with provincial and territorial governments to fix the implementation issues that have become more apparent in the months that have followed its legalization.

I wanted to take this opportunity to remind constituents about some of the serious issues related to cannabis they may face while traveling. As a traveler, it is important to be informed about the drug laws of the country you're visiting. This includes the legal status of cannabis use and possession in any country you may travel to. Despite the fact that cannabis is now legal and regulated for adults in Canada, it remains illegal to transport cannabis across the Canadian border.

In the US, this prohibition applies:

- even if you are authorized to use cannabis for medical purposes,
- no matter how much cannabis you have with you,
- even if you are travelling to or from an area where cannabis has been legalized or decriminalized.

To be clear, it is illegal to take cannabis across the Canadian border. You could be subject to criminal charges if you try to travel to other countries with any amount of cannabis in your possession. This applies to all countries, whether cannabis is legal there or not.

- Cannabis is illegal in most countries. If you try to travel internationally with any amount of cannabis in your possession, you could be subject to serious criminal penalties both at home and abroad. You could also be denied entry at your destination country if you have previously used cannabis or any substance prohibited by local laws.

- Canadians travelling to the U.S. for reasons related to the cannabis industry may be deemed inadmissible.

I hope this information is helpful. Hoping you and your family have enjoyed the winter season. Heather and I join you in welcoming the longer hours.

*Best wishes,*

*Bruce Stanton, M.P. Simcoe North*



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**bruce.stanton@parl.gc.ca**  
**www.BruceStantonMP.ca**

## Stanton-Dunlop Breakfast: **April 27**

Our annual Breakfast Meeting with our elected representatives, MP Bruce Stanton and MPP Jill Dunlop, will take place on Saturday Morning, April 27, from 9:00 a.m. to 11:00 a.m. in the Party room at the Hayloft. Doors will open at 8:30 a.m.

Here is your chance to find out what is happening in Ottawa and on our doorstep!

There will be a signup sheet in the Hayloft lobby. If you are coming, please sign it so I know how many are coming for breakfast and there will be enough food!!!

I'm also asking for some of our wonderful Bayshore cooks to make some breakfast casseroles to serve. Please contact me if you can bring something, also if you can help set up on Friday afternoon and on Saturday morning.

To help cover the costs of breakfast, each person is asked to make a donation of \$5.00 to cover the costs. Those bringing dishes will be reimbursed for the cost of the ingredients.

If you have any questions, please don't hesitate to contact me: [beecoop@cottagecountry.net](mailto:beecoop@cottagecountry.net) or 705 484-0221

*Thanks, Pat Beecham-Cooper.*

## The Spirits of St Columbkille's



*Ken Jones writes:* As many Bayshore residents are aware, there are various "spirits" stories about St. Columbkille's church, up on the hill across from Muley Point Road. Here's one that happened to Karen and me and Karen's sister, Elaine, and her husband,

Bill. Would have been the summer of 1970, I'd guess, a year before we were married. (We had a double marriage, by the way.) We were staying at my parents' cottage on Oaklawn Beach.

On a Saturday afternoon we'd gone to a little carnival at St. Columbkille's and after wandering around a bit, spending a little money, we came to the rectory, the house next to the church and saw a sign advertising tickets for the spirits tour. We all knew some of the stories and so decided it might be fun to see what was what. As it turned out, Karen wasn't feeling well, a headache or something, so she and I stayed in the car while Bill and Elaine went on the spirits tour. A half hour or so later they came walking down the hill to the car laughing and insisting that, regardless of how Karen felt, we had to go on the tour. So, off we went.

We bought our tickets and went into the entrance hall of the rectory. There was a living room and dining room to the left and a staircase to the right. A sign for the spirit tour pointed up the staircase. Up we went. A couple of bedrooms to the left and voices coming from a room at the end of the hall. We headed for the voices and stood, with enquiring looks, at the doorway to the room. A fellow looked up. "Looking for the spirits?" he said. "Right over there." He pointed.

There was rum, scotch, rye, gin, vodka and various mixes.

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*Kate White has been a member of  
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As I write this, it is the first day of spring! I don't know about you but with the sunshine and blue skies, I can feel it coming. Goodbye, winter! Spring has sprung as well at your library: register for any of these great programs. Spaces are limited!

### iPad Training for Beginners Wednesday, April 3rd, 10th, 17th & 24th @ 2:00 pm Cost: \$30.00

Do you own an Apple iPad and want to put it to better use? These lessons are designed for beginners and will cover the very basics from what that round button at the bottom of the iPad does to how you can move or delete an app.

### Twelve Teas of Inspiration Thursdays, April 11 & May 9 @ 2:00 pm

Did you know that a steaming cup of tea can bring people together and provides a way to give, receive and create a community wherever we are and with whomever is near. Afternoon tea is like a retreat for your body and soul; it can be an occasion for great conversation and loads of fun.

### The Milky Way is Gigantic! Tuesday, April 23rd @ 6:45 pm

Join Ian Wheelband from the Royal Astronomical Society of Canada as he discusses and shows you more about the Milky Way - it isn't just a chocolate bar!

### Heads Up for Healthier Brains – Alzheimer's Society of Simcoe County Wednesday, May 1st, 8th, 15th & 22nd @ 1:00 pm Cost: \$5/workbook

These 2-hour sessions will provide information that everyone should know about brain health. It's never too soon, or too late to make changes that will maintain or improve your brain health; changes that may also help reduce your risk of developing Alzheimer's disease or other dementias. This 4-week session is based on dialogue so there will be sharing. The workbook is not required to participate in this series.

### PD DAY: FRIDAY MAY 3RD

#### 10:30 AM – Make Music @ Your Library™ Ages 0-8

Today is International Tuba Day so if you are into music or just want to have some fun with friends, come to the library for an awesome time (we're not your usual quiet library!).

#### 2 PM – Garden Meditation Day Ages 6-13

Come and get ZEN by creating your own fairy/creature garden! You won't want to be afraid to get messy during this fun workshop.

#### 3 PM – Agilec Youth Employment Workshop Ages 16+

Today's job search has changed. It requires a strategy and an effective resume. Learn to create a resume to land that awesome job.



## Bridge News

Bayshore has an active and enthusiastic group of bridge players. During the winter months, Ladies and General Bridge combine to play on Wednesday afternoons at 1:00 in the Great Room. Men's bridge meets on Thursday mornings at 9:00 a.m. in the Great Room. In April, the Combined Bridge will split: General Bridge will meet on Monday nights in the Card Room at 7:00 p.m. and Ladies' Bridge will continue to play on Wednesday afternoons in the Great Room at 1:00 p.m.

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](mailto:beecoop@cottagecountry.net)  
Ladies' Bridge: Lorna Pollard 705 484-0330  
[ja-lo@cottagecountry.net](mailto:ja-lo@cottagecountry.net)  
Men's Bridge: Dave McVie 705 484-5412  
[david.mcvie@bell.net](mailto: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 at [beecoop@cottagecountry.net](mailto:beecoop@cottagecountry.net) or 705 484-0221 if you are interested.

Here are the results for Combined Bridge from December 19 to March 13:

1. Noel Cooper 5990
2. Anne Belanger (guest) 5660
3. Pat Beecham-Cooper 5500
4. Ken Jones 5260

*Pat Beecham-Cooper*



### Passwords and Beyond - Cyber Security Tuesday, May 7th @ 6:30 pm

During this session, you will learn the pros and cons of various Anti-Virus or Computer Security Software and how to choose the best. Emphasis will be on the need for secure passwords, but also suggest tips for easily creating and manually storing them. You will also learn about Password Manager Software, choices for Two Step Verification and the dangers of Public Wifi, the need for creating backups and methods of storing them.

### PD DAY: FRIDAY MAY 31ST

#### 10:30 AM – Endangered Animals Story Time Ages 0-8

Did you know that there are many animals that are almost extinct? This means that if we don't help our planet or these animals, they will not be around much longer! Join us to learn more.

#### 2 PM – DIY Stained Glass Art Ages 8-16

Make a beautiful piece of artwork (choose from different designs to suit anyone – or talk to us about an idea) to show off to friends and family and showcase in your room. Materials provided.

*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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## Creative Arts in Bayshore Sept. 27-28



Maria Saringer shows her work to Kathy Alden (note the plates on the shelf!)  
Another table displays works by Eva Stosch, Carol Rosa, and others

### CREATIVE ARTS AT BAYSHORE – ELEVENTH ANNUAL SHOW & SALE

*Calling all artists, artisans, authors, photographers and crafters!*

Bayshore's eleventh annual Creative Arts show will take place on Friday, Sept. 27 from 6:30-9:30 p.m. and on Saturday Sept. 28 from 10:00 a.m. to 4:00 p.m. at the Hayloft.

This year again it is on for two days. This gives you lots of time to come and browse, think about what you like and then come back the following day!

These dates coincide with Culture Days Canada, so we have the opportunity to do demos and mini workshops during the show, and we will be enrolled in Culture Days Orillia, so we will be promoted through that organization.

If you have a hobby making something: handicrafts, woodworking, jewelry making, pottery, sculpture, visual arts etc. please consider joining the Bayshore Creative Arts show and making our eleventh annual show the best yet!

Each year the show attracts more visitors, both from 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. Christmas is coming soon!

Even if you are a beginning artist, join us. We are happy to offer shared tables or booths, so several people could share a space together. The Bayshore Art group had a great display last year and we expect to see much more this year!

We have been fortunate to obtain sponsors which covered 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 any one's business would like to help sponsor the Art Show, please contact Pat Beecham-Cooper at 705 484-0221, or [beecoop@cottagecountry.net](mailto:beecoop@cottagecountry.net). Your company logo will go on all advertising and promotion material, as well as on a display board during the show, and on flyers that are posted around the area advertising the show.

In keeping with Bayshore's policy, 10% of each artist's total sales is donated to charity. Last year we gave over \$350.00 to the Lighthouse Soup Kitchen. We can determine which charity to donate to once all the artists have committed to the show.

So, we are looking for you!!! If you would like to take part, please call Pat Beecham-Cooper at 705 484-0221, or email at [beecoop@cottagecountry.net](mailto:beecoop@cottagecountry.net).

We will set up on Friday Sept. 27, from about noon on, so everything is ready to go Friday evening at 6:30.

**Mark September 27 and 28 on your calendar for the Art Show!**

**EVERYONE!! SAVE THOSE DATES!! SEPT. 27 AND 28/2019!!**

*Pat Beecham-Cooper*

## Bayshore Arts Report

Welcome to a new feature in the Bayshore Banner. Bayshore Village has a thriving arts and crafts community and we want to keep you informed of people and events involved in the arts and crafts in Bayshore Village.

There are two major yearly events in the Bayshore's arts community: the annual Creative Arts show, and the ongoing acrylic Landscape Painting classes offered by Doug Cooper on Wednesday mornings in the card room of the Hayloft. Each course is comprised of ten two-hour lessons. Right now the Spring session is taking place. If you would be interested in exploring or renewing your artistic abilities please contact Lia de Roeper at 705 484-1146 or email [liaderoeper@yahoo.ca](mailto:liaderoeper@yahoo.ca). Many members of the classes have shown their paintings in our yearly Creative Arts Show.

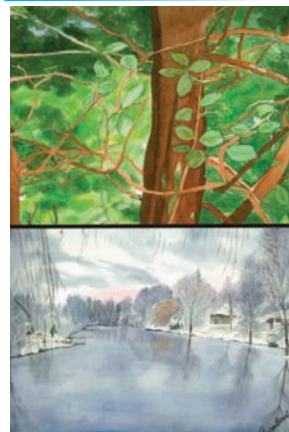
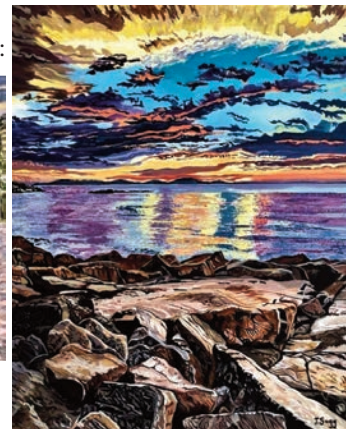
We plan to post a biography or two and show some of their works in



each issue of the Banner. In this issue we are profiling Judy Fontyn Sugg, of 160 Bayshore Drive. Judy is a self-taught artist, originally from Toronto, who has painted for over 40 years. She moved to Bayshore Villae with her husband Don four years ago. They opened the Coach House Gallery in Orillia in 2016, and closed it recently so they could enjoy more time together!

Painting is Judy's passion, and nature is her main inspiration, which is evident in her work. Her mediums are acrylic, watercolours, glass painting, alcohol ink, and mixed media. You will be able to see Judy's work at the Bayshore Art show in September. She has many interesting pieces to see from her lovely painted glassworks to her large canvases.

Here are two of Judy's latest works:



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by Patricia Beecham*

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## Milestones: In Memoriam

### John Tye Rigby

**November 29, 1931 – January 31, 2019**  
**153 Bayshore Drive**



It is with profound sadness we announce Tye's passing on January 31, 2019.

Tye was husband to Shirley Rigby for 61 years, father of Judy, Steven, Vincent and Johnny. Proud Poppa of five grandchildren. Uncle to Heather, Christine, Nancy, Patti and Paul Rigby of 11 Park Lane.

Tye was an alumnus of Malvern Collegiate in the

Beach in Toronto where he spent his youth. Tye was an athlete par excellence playing football and baseball with his brother Bud for Malvern. After high school Tye attended University of Toronto, and later became General Manager of Bobrick Washroom Supplies Canada Division.

After retirement, Tye and Shirley moved to Bayshore in 1995. Shirley passed in 2015. Tye once again found happiness with a fellow Bayshore resident, Mary Waller, and they eventually enjoyed life together at 153 Bayshore Drive. They had only three happy years together before Tye succumbed to cancer.

Tye left the following poem for us to reflect on:

#### *Miss Me But Let Me Go*

When I come to the end of the road  
 and the sun has set for me,  
 I want no rites in a gloom filled room.  
 Why cry for a soul set free?  
 Miss me a little but not too long  
 and not with your head bowed low.  
 Remember the love that we once shared.  
 Miss me but let me go.  
 For this is a journey that we all must take  
 and each must go alone.  
 It's all a part of the master plan,  
 a step on the road to home.  
 When you are lonely and sick at heart,  
 go to the friends we know  
 And bury your sorrows in doing good deeds.  
 Miss me but let me go.

*Christina Rossetti*

### Wayne Sharpe

**February 21, 1938 to December 17, 2018**  
**135 Bayshore Drive**

*Lovingly Remembering Wayne*



*We will forever miss you being with us  
 We will hold your memory forever in our hearts  
 We will love you always  
 We will never forget you*

*Margaret, Rob (Jannine), Russ (Michele)  
 Grandchildren: Ryan, Mathew, Meaghan,  
 Mitchell, Justin (Samantha)*

Wayne will be laid to rest in Canada's wonderful Northland that he loved and enjoyed so much over his lifetime.

Our heartfelt thanks go out to everyone for your condolences. Beautiful cards, visits, phone calls, food. Your thoughtfulness was so appreciated.

*Marg Sharpe*

### Doug Thurgood

**1947 – 2019**  
**137 Bayshore Dr.**

Doug passed away on March 3rd, 2019. He was married to Barbara for 48 years and was proud Dad/Grandpa of Melanie, Lindsay, Dan, Zakary and Nicole. As a car enthusiast, Doug started work as an auto mechanic, became a gas fitter and retired as a Millwright from Reynolds Extrusion. He was an avid golfer, loved playing euchre and canasta, motorcycles, boating, snowmobiling, building trailers and restoring old Chevys. Doug loved Bayshore and everyone he met here. Tim Horton's is going to miss one of their biggest customers.



Doug Thurgood



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## Milestones: In Memoriam

### John Lievonen

**April 24, 1930 – February 24, 2019**  
**formerly of 7 Thicketwood Place**



After facing some health challenges for the last couple of years, John passed away peacefully at Spencer House in Orillia on the evening of Sunday, February 24, following recent visits from his loving family.

He is survived by his son John Mark (Lori), daughter Lynn, grandson Jeffrey John (Hazel), granddaughter Holly Beth and great grandson Jonah John Lievonen.

John is predeceased by his first wife, Patricia (Sue), who passed away in March of 1995, following 42 wonderful years of marriage and raising a family together, and his sister Sirkka Hyponen.

He spent the last 23 years of his life married to his devoted wife Mamie. They enjoyed some fabulous trips and adventures, including three 100-day cruises around the world.

A Celebration of Life will be held on his 89th birthday – Wednesday, April 24, 2019 – from 1:00 p.m. to 4:00 p.m. at Carson Funeral Home in Orillia.

### Ron Harding

**1937-2019**  
**formerly of 31 Maple Gate**



Ron Harding passed in March 2019 during his return home from Florida with his wife Judy. He was a Bayshore resident for about 10 years.

Ron and a few others in the village ran the first of many pub nights for the enjoyment of everyone. He was a member of the Bayshore men's golf at Cedarhurst, and continued his love for golf after he left Bayshore, by working at the Cardinal course in Newmarket, where a memorial service was held in his honour on March 31.

Friends and family will miss Ron's enthusiastic personality.

*Guy Montemurro*

### James Creighton Bradford

**1937 – 2019**  
**formerly of 16 Maple Gate**



James, loving husband to Karleen, will be sadly missed by his children Donald (Kimberley), Kathleen, and Christopher (Kim) and by five grandchildren.

Jim was a Trade Commissioner and Consul General with Canada's Department of Foreign Affairs for thirty-four years. During that time our family lived in eight different countries. Our first child, Donald, was born in Ottawa, then Kathy was born in Bogota, Colombia, and

Chris was our Englishman, born in London. At one time we also had an American dog and a Brazilian cat, so our family formed our own United Nations.

Jim and I enjoyed eleven great years in Bayshore. We made so many good friends there; we'll always remember them. Thinking about it now, I realize that's the longest we've ever lived in one place. Bayshore was truly home for us. Luckily, Leacock Retirement Lodge is just a hop, skip and a jump away, so it won't be hard to keep in touch. Thank you so much for your warm wishes and expressions of sympathy.

*Karleen Bradford*

Jim's wife Karleen is an author of children's books, and has participated in the Bayshore Art Show. [www.karleenbradford.com/about.html](http://www.karleenbradford.com/about.html)



Photo by Sally McPherson

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