

The **Bayshore Banner**

The Official News Magazine of the Bayshore Village Association

Volume 10 Issue 2 April 2016

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New Years Eve social - p.6



Sump pump pain - pg 10



Pickleball begins again - pg 14



Kundalini Yoga - pg 20

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The President's Article

BVA MEMBERSHIP – 2016 RENEWAL STATUS REPORT

The deadline for renewal of memberships in the Association was December 31, 2015.

Members will recall that the board had approved a “one time – 30 day extension” for membership renewal beyond the date that was set out in the new 2016 Bylaws.



Doug Colling,
President, BVA

During the month of January a series of reminder letters was sent to a members who had not renewed their memberships, along with follow up reminder phone calls and personal visits and then a “Final Notice” registered letter was sent to any member that had not renewed their membership.

I am pleased to report to the membership that:

- Only three homeowners and eight empty lot owners in Bayshore did not renew their membership in the Association.
- Homeowners that did not renew their membership:
Stanley – 2 Misty Court
Dawe – 212 Bayshore Drive
McGivern – 114 Bayshore Drive
- Empty Lot owners that did not renew their membership:
Bayshore Drive – 1
Southview Drive – 6
Maple Gate – 1 (currently under Sherriff's Power of Sale)

Registered letters were sent to all of the eleven owners indicating that their membership in the Association has now been cancelled and they have been asked to return keys and other Association items – golf and fishing tags.

The board also received confirmation from the owner of the ten lots at the entrance to Bayshore that have agreed to join the Association if and when the lots are registered with Ramara Township.

On behalf of the board of directors I want to thank all those members that renewed their membership in the Association and who believe in and support the future of the Bayshore Village Association.

SUMP PUMP ISSUE

The recent Ramara Township Committee of the Whole meeting dealt with the issue of the current township bylaw concerning sump pump discharge into municipal ditches across the township.

The Committee has decided not to proceed with action against those homeowners whose sump pump discharge is closer than the required five metres from the ditches.

Bayshore residents should consider adjusting the location of their discharge line if it is currently closer than the five meters required under the bylaw, to prevent the ponding of water and any related health issues and potential damage to culverts in the future.

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of the Bayshore Village Association

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The Banner and the BVA members are very grateful
to everyone who contributed articles for this issue.
The next issue will be published in July 2016.

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

Cover photo: “The Colours of Spring” by Carol Marshall

The Banner welcomes letters to the editor.
Please send your comments
on any article that appears in these pages to
noelc@cottagecountry.net

The President's Article (cont'd)

SCHOOL SAFETY:

FLASHING LIGHTS, UPTERGROVE SCHOOL

There has been a concern for some time with regard to the parking and speeding on Muley Point road in the area of the Uptergrove School.

The township will be implementing "No Parking" on both sides of the road.

In addition, we have suggested to the Works Department for some time, to consider the installation of "Flashing" speed notice signs before, during and after school hours, similar to other locations throughout Simcoe and other adjacent counties. The township is prepared to install the signs to improve safety and allow the road to be used as designed during non-school hours and especially during the summer months. There appears to be some reluctance from the staff at the school as they would have to adjust the sign during special school events.

MUNICIPAL TAXES – 2016

The township is going through some very detailed reviews of municipal expenditures and the operation of all department budgets as they finalize the taxes for 2016.

Some members of Council, especially Councillor Sharpe and Deputy Mayor O'Donnell understand that tough decisions must be made with regard to expenditures given the limited revenue projections for the township, other than large pending increases in our taxes.

The township is struggling with "past decisions" of previous Councils that have created an almost unmanageable review process, reduced reserve funds, and left the township in an unstable financial situation.

Doug Colling, President BVA

STANTON-BROWN BREAKFAST

This year's annual meet and greet with our elected representatives is set for April 30 in the Hayloft from 9:00 -11:00 a.m. Keep this date aside. More information will be forthcoming.

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

Submitted by Pat Beecham-Cooper

Hand-Crafted Wood Products

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Vice President's Report



Kathi Kerr,
Vice President, BVA

It's another beautiful day in Bayshore as I write this article. The sun is shining and the forecasted high for today is 17°C. This wouldn't be unusual for late Spring or early Summer, but it's only mid-March.

We didn't need to go south this year because Mother Nature has been gentle and the currency exchange was wicked.

Despite the quietness on the outside, your volunteer committees have been busy and productive.

Thanks to our **Communications Committee**, Noel, Glen, and Lorna, who have worked diligently to produce another wonderful publication of the Banner. Glen has some fresh ideas for the Bayshore Website and if you haven't visited the web site lately, check it out. I'm sure you'll be impressed. www.bayshorevillage.ca

The **Long Range Planning Committee**, formed in 2012, was pretty dormant until recently. With Board approval, we have been developing a Bayshore Village Community Survey. We hope that results of this survey will assist the committee in making recommendations for future planning. We want to know from the membership what's important to you, and surveys can be an effective, inexpensive way to accomplish this. Once passed by the Board, we hope to move forward in a timely manner so that you, the members, have a direct say in shaping your community. The results of the survey will help to determine what's important to you and where you want to direct your Board.

The **Architectural Committee** has some new faces. Steve Edwards has resigned as Chair and the Committee members have unanimously voted in Lorne McCaig as Chair. Thanks to Steve for his service, and to Lorne for taking on this new position. Remember to seek this Committee's approval for any exterior projects, renovations or additions. They work hard for us to keep our community pristine.

I've had the opportunity to meet many Bayshore residents to help them with Bylaw concerns. We do get complaints of By-law infractions from time to time and having knowledge about the By-laws can alleviate frustrations for you and your neighbours.

When a written complaint is received, a paper trail is kept secured in the office. This is to protect confidentiality of the parties. The record is kept on file for fifteen (15) years after closure. For more information regarding the Complaints Process, please refer to By-law 2016.001 Section 24.

I hope that this keeps you informed and confident that your community is the best place to live in Ontario.

*Kathi Kerr
Vice President, Bayshore Village Association*



Director of Harbours, Storage Yard



Dave Meharg
Director

WELCOME SPRING!

For those of you who may have wandered into the storage yard and seen empty spaces, rest assured those spots have been assigned to members. Often these items are out for maintenance or other reasons.

All Bayshore members are allowed one item in the RV, trailered boat or blocked boat category and it seems that most new members are arriving with items for the yard.

We are able to accommodate some "excess items" in the summer after the blocked boats are removed, at a cost of \$50. These items must then be removed by mid to end September when the space is needed for blocked boats.

With an early "ice out," the perch may be running early. Fishing from the docks is allowed until May 15. After this, fishing is allowed in the harbours from the land.

Members and guests are reminded to wear their fishing tags. If additional or new tags are required, please see Dee in the office.

In the past we have had a resident member take care of recycling shrink wrap. This is no longer available so we are looking for a volunteer to manage this, rather than have this material end up in land fill. Please contact Dave Meharg if you can help.

Looking forward to an early spring and a safe boating season.

Dave Meharg, Director, Harbours and Storage Yard

"THE BEST OF BAYSHORE" COOKBOOK

Our new cookbook "The Best of Bayshore" is at the publisher's and will be launched in May. We are just getting the final proofs to go over. As soon as we get the final costs from the publishers, we will be able to announce the price for the book. This is not a fund-raising project, we are trying to keep the costs down so it's affordable for everyone.

Many thanks to our hardworking committee who entered, organized and checked over 200 new recipes for the book: Sue Latham, Catherine Hermans, Kay Beacham, Pat Cooke, Nori Drysdale, Mary LaMantia, Carol Marshall, Nancy Marzano, Fran McVie, Marielle Montemurro, Dawn Smith, Claudette Smith, Eva-Maria Stosch and me.

We have retained approximately 100 recipes from the original book, "Century's Best" produced in 1999.

We will keep you posted as to the launch date.

Pat Beecham-Cooper

HIGH BRIDGE SCORES: Jan. 6-Mar. 16

For the winter months we have amalgamated the general bridge and ladies bridge and played on Wed. afternoons. We anticipate returning to the two groups sometime in April.

Congratulations to the following players who scored the highest bridge scores from Jan. 6, 2016 to Mar. 2016:

The highest score was made by Noel Cooper with 6670 points

In second place was Pat Beecham-Cooper with 5870 points

followed by Doug Sellery in third place with 5800 points.

Congratulations to all. Well done!

If you would be interested in joining us for a very friendly game of bridge on Wednesday afternoons in the Hayloft's great room, please call Lorna Pollard at 705 484-0330.

If you would really like to play, but feel you need a bit of a refresher, please call Pat Beecham-Cooper to arrange for some "brush-up" lessons.

Submitted by Pat Beecham-Cooper

Spring Fling!

A Night AT THE OSCARS Meet us on the red carpet!

Saturday, May 28, 2016

Tickets \$20 per person

Come as your favourite movie or
television character.

Oscar apparel is optional.

MENU: Chicken parmesan, fried
potatoes, garden salad, mixed
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Doors open 6pm.
Cocktails at 6, dinner 6:30.
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Social Happenings At The Hayloft



NEW YEAR'S EVE DECEMBER 31, 2015

Winter was busy in Bayshore; our great community enjoyed a lively New Year's Eve Party and brought in 2016 with dancing to our own PT and the Cruisers.

Spring is on the way and with the days getting longer, a **Pub Night** with a focus on our favourite games is a fun way to pass the evening. Lots of laughter and no experience is all that's required for a good time. Eight to ten tables, each with a different game & prizes going to the top scorers and as a bonus, assorted snacks and Pizza from Tops: what more can you ask for at the Hayloft?

The Social Committee is working on our annual **Spring Fling**, which will take place on May 28. We're planning an exciting "Night at the Oscars." You won't know which glamorous movie star will honour us with their appearance unless you're there. Be sure to get your tickets, which will be on sale at the Hayloft on Wednesday, May 4th at 7 pm. See the poster in this edition of the Banner.

Beta Sigma Phi's Mu Eta Chapter will be hosting a fabulous **Pancake Breakfast** on Sunday May 15th. As in the past, all proceeds from this event will be donated to charity. Watch for more information to be posted.

The Hayloft Party Room is booking fast for rentals over the summer. If you're interested in renting, contact Dee McLeod or Catherine Downie to make arrangements.

Catherine Downie, Social Director

ALZHEIMER'S SOCIETY

The Alzheimer's Society reports that Bayshore raised the most funds in Simcoe North with our Coffee Break fund raiser back in Sept. 2015. They will be here on April 12th to do a presentation. More information to follow.



PT and the Cruisers in action: Mike Davies, Paul Thomas, Jack Pignatelli, Warren Watson. Drummer K.C. Planting is almost invisible behind Warren. Photos by Gunther Gratzner

LAUGH-IN PUB NIGHT FEBRUARY 6, 2016

The Laugh-In Pub Night turned out to be one of those hardy Canadian experiences, as temperatures outside fell to minus 30 and the Hayloft furnace decided to quit. Not to be dissuaded by a little weather, guests donned their parkas and gloves to enjoy Happy Hour.

A big thank you to Doug Davies who spent a considerable amount of time coaxing the furnace back to life. By the time dinner was served we could comfortably take off our coats. Dinner offered a variety of delicious stews made by our wonderful stew chefs.

Following dinner we were entertained by some hilarious comedians (we have some very funny people living here) with prizes going to Fran McVie, Glenn Downie and Lorne McCaig.

The evening was hosted by the always entertaining Bob Bell and the great dance music was provided by Jack Pignatelli. Even the set-up and clean-up were a lot of fun and little work with so many volunteers helping. Thanks to everyone who helped make the Laugh-In Pub Night so enjoyable.

Joanne Morehouse

We Listen We Care We Sell



Welcome to our team

Tom and Suzanne Morton are pleased to welcome a new team member.

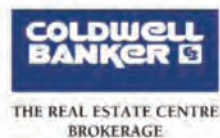
Cassandra Morton has joined Coldwell Banker The Real Estate Centre as a Sales Representative. She is a member of the Toronto Real Estate Board. Cassandra graduated from Brock University with an Honours Degree in Kinesiology and is registered with the College of Kinesiologists of Ontario. Cassandra lives in Bayshore Village and she looks forward to working with our Bayshore Clients.

Bayshore Village Residents, are you interested in a real estate information night to learn more about the real estate market? Meet our team, a real estate lawyer, a financial planner and a bank representative to explain bridge financing. If interested please email Suzanne.

Tom Morton
Suzanne Morton, M.A.Ed, CHRL
Cassandra Morton, B.Kin.
Sales Representatives
Coldwell Banker The Real Estate Centre, Brokerage
(705) 722-8191\Toll Free 1-877-722-8191

Tom-morton@coldwellbanker.ca or
Suzanne-morton@coldwellbanker.ca
Cassandra-morton@coldwellbanker.ca
<http://www.youronlineagents.com/tomandsuzanne/>

*This is not intended to solicit properties currently listed for sale**





Marg Sharpe, Councillor, Ramara Township Ward 2

Carol James was appointed Manager of Treasury Service/Treasurer for the Corporation of the Township of Ramara. Start date: March 11.

2016 Pay raises

Council will NOT get a pay raise for 2016.

Staff Bonus will NOT be given out for 2016.

Staff will receive a pay raise of 0.9% for 2016. Councillors Sharpe and Johnson voted against this raise but were defeated. We voted against giving out raises this year because of the Township's Financial situation. The Staff work hard, do a great job and we really do appreciate them. I must add that they have been supportive and understanding about why we voted against a raise this year.

2016 Budget

At the March 14th Council, the budget was ratified.

Township rate: 10.54%. Blended with County: 10%. Township does not have the Education rate yet, but it should change very little either way. Your tax bill for 2016 will go up approximately \$41.10 per \$100,000.00 of your property assessment.

Ramara Township is in a serious financial situation! This has been happening for many years. Council and Staff must make some hard decisions to get us back on track. It didn't happen overnight to get us to this point, but steps are being taken to move forward to a financially stable township. Department Managers were asked to cut down their expenditures to bare bones, which they have. This budget had to be a NEED ONLY, not want.

Councillors Sharpe and Johnson voted against this budget, wanting to wait until the new Treasurer had an opportunity to provide us with more accurate information (hopefully mid-April), get into the books and get a better idea of where the township is going into 2016, what do we have in reserves, what is our debt, how much do we need to raise taxes this year to begin the journey back.

Council and Staff have had meetings under the guidance of Dr. Whitesell. We now have a plan for the future, we set a Vision for the Township and set strategic plans to meet that Vision. Everyone will work hard to implement these plans.

Ramara Township is under RENOVATION!!

Doctor in the Medical Centre in Brechin

We are supposed to get one doctor for one day a week sometime this summer. Once Council has confirmation I will update.

NEW to Ramara! County of Simcoe Rapid Response Unit located in Fire Hall Station #1 in Brechin

Began Jan 1, 2016. Hours of Service 9:30 – 7:30.

This is great news for our residents. This allows a trained paramedic to be on scene with a patient in a more timely manner.

Sump Pump ByLaw 2205-65 – Section 6.6

Discharge of water from Sump Pump/Eavestroughs onto Township property (ditches). The township will enforce this bylaw if/when plans are submitted for a permit for a new home build or renovations.

Advanced Green light at Hwy 12 & 47 in Brechin was investigated but will not go forward as it was determined that there is not enough backup of traffic when trying to turn onto 47 to warrant the advanced green. No news yet on the roundabout at Hwy 12 and 169.

NRK Holdings – Contaminated Waste Disposal/Processing Site

An Environmental Compliance Approval (Waste Disposal Processing Site) was issued for a Soil Bio-Remediation Facility located at 7406 Concession Road B-C, Township of Ramara.

Solar Projects supported by Ramara township

The Development companies had to bid to the Provincial Government and win that bid in order for these projects to move forward. None of the Ramara bids were accepted.

Strawberry Island

The owner of the Development Co. has passed away. The new owners have requested Simcoe County defer OPA18 until they review the plans and meet with our Planning Department.

Community Information System – NEW

Visit our website www.ramara.ca or call 705-484-5374 ext. 253 for more information about how it works.

Sign up to keep informed about events or notices impacting our community.

Please do not hesitate to call me with any questions.



Marg Sharpe

Councillor Ward 2, Township of Ramara

sharpe@ramara.ca

705-484-5786



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Much Ado About Not Very Much (with apologies to William Shakespeare)

As the play begins, we have residents of Bayshore Village objecting to an obscure bylaw that seems to make little sense when applied to their situation. While making a major renovation they have run afoul of an old bylaw that has been infrequently applied, if ever.

The bylaw reads, "Piped stormwater (sic) and piped discharge water shall not be discharged directly into or within 5 meters (sic) of a municipal road ditch." No one at Ramara knows when the bylaw was enacted, but 1996 and 2006 have been proffered as possible creation years. It seems pretty straightforward, until we are told that no one in this community has encountered it previously, despite many new builds and major renovations in recent years.

This topic was addressed by Council in the Committee of the Whole meeting on March 7, 2016. Mayor Basil Clarke supported the bylaw vigorously, stating that it was needed to prevent abuse and to protect the ditches. Deputy-Mayor John O'Donnell spoke passionately against the bylaw, particularly in this application, eventually proposing a modified version. Ward 2 Councillor Marg Sharpe also argued vigorously that the bylaw sought to control a problem that didn't exist.

The Manager of Public Works, Kathy Sipos, justified application of the seldom used bylaw in Bayshore Village with a list of reasons why sump pumps should not discharge into roadside ditches and a table of complaints collected over the past year. Most of the claims of possible effects are easily dismissed as opinion or speculation, with the stated costs attached perhaps questionable. Additionally, Deputy-Mayor John O'Donnell declared, "That's what the ditches are for, to take away excess water."

More than the possible ramifications of enforcement of this bylaw, I am concerned by the "them and us" attitude displayed by some council members and some township staff. Words were spoken to the effect, "The ditches are there to support our roads. They should not be pumping their water into our ditches." No one should have to point out the obvious, that home owners pay the taxes that pay for the roads and ditches and pay the salaries of all members of Township staff and Council. We know that this adversarial attitude is not widely shared by our hard-working Ramara staff and councillors, but it is disturbing that it even exists.

A particularly disputable claim put forward is that sump pump discharged water leads to heaved culverts. Since culverts are open at both ends, any wet ground around them will freeze before the surrounding soil and the culverts will follow the path of least resistance, up. This will happen with or without sump pump water discharge, as it is always wet at the bottom of our ditches and under culvert pipes.

The table of complaints used to support the position of the Works Department was a list of 29 calls requiring attendance by staff titled, "Bayshore Village Complaints, Ditches and Culverts."

This document is intended to indicate how costly the sump pump discharge issue is for Ramara. Unfortunately for that argument, only three of the 29 calls mention sump pumps as part of the problem and one of those should not have been included, as the sump discharge outlet at that home is more than 20 metres from the roadside ditch. Of the other addresses, one is on the south side of Southview, not in Bayshore Village, and another is on Old Indian Trail in Lagoon City. That leaves two stated sump pump issues, not twenty nine. Two. In a year.

Unfortunately, input from the public was not invited, so possible misinformation could not be challenged. When it came to a vote, only Councillor Marg Sharpe and Councillor Kal Johnson, Ward 5, supported the Deputy-Mayor's modified version of the bylaw and the motion was defeated.

After a very long morning meeting covering a variety of topics, at 1:15 pm the media and public were allowed some questions. Your correspondent took advantage of the opportunity to point out the previously mentioned errors in the documents supplied by Municipal Works, but of course this was too late to influence the process. However,

after it was pointed out how important the issue was to affected residents, Mayor Clarke assured the room that the Township had no intention of searching out properties not in compliance and that the bylaw would only be applied with new builds and major renovations.

Since that simple statement would have defused the situation many weeks ago, it seems that the Township could have handled this better. As a neighbour asked in a note last week, "Should a disagreement with one resident lead to so much turmoil..." A few encouraging words from the Township, when this issue first raised its ugly head, would have prevented a lot of angst and wasted time.

Glen Morehouse

Glen Morehouse's property was not one of those affected under the Ramara bylaw referred to in this article. Glen deserves a sincere vote of thanks from all of us for his work on this issue. — Editor



Committee of the Whole meeting, from left: Marg Sharpe, Ward 2; Marilyn Brooks, Ward 1; Deputy Mayor John O'Donnell, Jennifer Connor, secretary; Mayor Basil Clarke.

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Elizabeth Vizlay

Former owner from Muley Point Lane, Orillia.

"I had listed my property fronting on Lake Simcoe, Beaverton with a few reputed realtors of the area but the house did not sell. A friend of mine referred Asmita to me. I found her promising and decided to list with her. She wowed me with her hard work, efficiency and negotiation skills and SOLD my property in two months to her own client at a price I was very happy with. She made sure the entire process went smooth and to my satisfaction. I am very content with the results."

Janet Ko

Former owner of a Bungalow on Thorah Park Blvd.



Your home could be next. Please contact me at 416-414-5799 or 705-955-TEAM

The Winter of 2015-2016 – Panama City Beach, Florida



Our winter holiday this year wasn't all we had hoped for. The weather wasn't great, and the dollar value was brutal. It might have been better to stay home, except that at least there was no snow where we were.

What we DID have, was one tornado watch, one tornado warning, and lots of high winds and rain.

We took the edge off by shopping and eating. We had some meals with other Bayshore-ites. As you can see from the pictures, there were some sunny days, but the locals (longer visiting snowbirds) said it was an abnormally cool winter this year.

It was so nice to get back home. The first day I went out walking in March after returning, I was struck by the "sound" of peace and quiet, even though there was all that snow from the storm at the end of February. I hadn't been in a gale-free environment for quite a while.

John Waldon

Top left photo, at Bud and Alley's: Fern Kerr, Cindy and Peter Cavers, Bob Finlay, John Waldon, Myrna Finlay, and Kathi Kerr.

Top right selfie, outside the Shrimp Basket: back row: Lorne McCaig, John Waldon; middle: Kathi Kerr, Myrna Finlay, Bob Finlay (foreground); front row: Kay Beacham, Fern Kerr.



Left,
Shopping in
Seaside:
Bob and Myrna
Finlay, Kathi Kerr
and John Waldon.



Right, at McGuire's Pub:
Jim and Astrid Bruce,
Kathi Kerr and John Waldon,
Fern Kerr.

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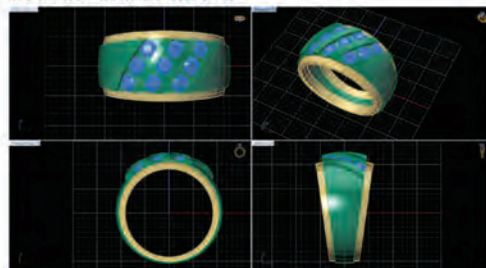
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Players in the foreground: Glen Morehouse, Artena Hutchinson, Joanne Morehouse, Julie Murray. Players and spectators in the background, left to right: Ria Searle, Brian Murray, Wayne Sharpe, almost visible John Halliday, Tyler Morehouse.

Pickleball: Yes, It's a Silly Name

A picture's worth a thousand words. It's been stated in previous articles for the Bayshore Banner that Pickleball is the fastest growing sport in North America, and nothing can illustrate that fact better than the picture (right) taken at "The Villages" in Florida. They have 168 courts there and still the lineups grow. And why is that? Because no other sport offers the enjoyment, inclusivity, accessibility (more so in Bayshore) and health benefits that PickleBall does.

Yes, it's a silly name – get over it. As a relatively new game, it has no traditional socio-economic, cultural or age barriers, requires a relatively basic skill set and is governed by simple rules.

A former tennis player considers the game to be 50 percent mental, it is age and gender-neutral, and, to quote a professional racquetball player, "As you get older, your joints can't handle what they used to. Pickleball is really easy on the body."

So there you have it. As the picture above shows, the lineups at Bayshore are considerably shorter. So once again and for the last time, this spring we will be running PickleBall 101, a brief introduction for beginners or a refresher for others.

Date(s) and time(s) will be announced by email and notices when the Bayshore courts become usable. Contact John Alden (the Commish) at 705-242-9293 if you can't wait to learn more.

The Commish and Photographer, John Alden



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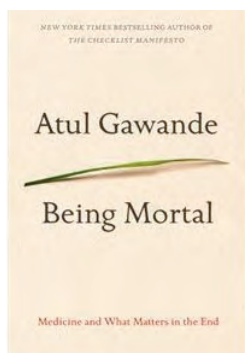


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Book Review: *Being Mortal*

Being Mortal, by Atul Gawande
(Doubleday Canada, 2014)



Being Mortal was recommended to me by a former colleague and his wife who said that retired people should give a copy of this book to each of their children – and that’s what I’m planning to do.

Dr. Atul Gawande lives in Massachusetts; besides being an author, he works as a physician and surgeon and professor at Harvard Medical School. *Being Mortal* faces the inescapable realities of aging and death from the point of view

of a member of the medical profession. The author tells many stories of patients and family members dealing with declining health. The ultimate goal, says Gawande, is not a good death, but a good life – all the way to the very end.

Early in the book, he lists the eight “Activities of Daily Living” (such as eat, dress, use the toilet) and the eight “Independent Activities of Daily Living” (such as shop, prepare food, do laundry). In contemporary North America, if you can’t do all of those activities without assistance, you lack the capacity to live safely on your own. Gawande disagrees with this basic mindset, saying that the medical profession should reduce its

exclusive emphasis on specific health problems, and focus more on helping people to avoid loneliness and depression, and to maintain independence and the abilities that matter most in people’s lives.

When people are no longer able to be completely independent, they may enter society’s system of support services, many of which are dedicated to rules for patients’ safety, at the cost of patients’ freedom.

One of the most entertaining passages in the book tells about the innovations made by a man named Bill Thomas when he was employed by a nursing home in upstate New York. Proposing to management that they apply for a government grant for innovations in such homes, he suggested bringing green plants into every room, and vegetable and flower gardens outdoors instead of lawns. That was no problem. Then he suggested bringing animals into the home. State regulations allowed one dog or one cat in each building. Thomas proposed two dogs. Management said, “That’s not allowed by the code.” Thomas said, “Let’s just write it on the grant application and see what happens.” When the management committee agreed to ask for two dogs on the grant application, Thomas immediately proposed adding four cats. Then he asked about birds. “No birds allowed.” He asked, “What sounds do you hear in the hallways of this nursing home?” You can imagine what kind of sounds prevailed. Thomas persuaded them to try for 100 birds. They won the grant with all the necessary regulatory waivers, and transformed the atmosphere of the nursing home. Bill Thomas went on to found “The Eden Alternative” and “The Green House Project” to radically transform assisted living and long-term care facilities for the elderly in North America.

Being Mortal goes on to discuss the most important issues that need to be dealt with by people whose health is declining, and by their families. Such people usually have priorities besides simply prolonging their lives. Their top concerns include avoiding suffering, strengthening relationships with family and friends, being mentally aware, not being a burden on others, and achieving a sense that their life is complete. Gawande believes that a quality health care system should deal with those questions with patients and their families. The book tells several stories about “the art of dying,” concluding with a narrative about the last days of the author’s father, who was also a physician. When he was asked about his biggest concerns, he said he wanted to stay strong as long as he could; he wanted to be able to type so that he could communicate with family and friends around the world; he didn’t want pain; he wanted to be happy. His family did what they could to achieve his final wishes, until “no more breaths came.”

Few of us would ask for anything more.

If you are older, and aren’t sure that your family knows your priorities and concerns, I’d suggest that you get this book and then talk.

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The Bayshore Bikers who travelled to Midland, October 8, 2015
Randy Hutchison, Rob Thompson, Peter Cavers, Joanne Morehouse, Dave Meharg, Artena Hutchison, Kathy Alden, Glenn Lucas, Glen Morehouse.

Bayshore Bikers

With the warm weather just around the corner, we are gearing up for a new season of cycling. The Bayshore Biking group rides each Thursday starting in April through to November if the weather cooperates. We have a great group of riders at various levels who enjoy a day of fresh air, and exercise interspersed with lunch and ice cream stops.

We explore a number of local trails including the beautiful Tay trail from Waubashene to Midland, the trail from Orillia to Coldwater and the ride from Bayshore to Orillia. Most of our riding is off-road and at a relaxing pace. There are usually a variety of entry points to help accommodate riders of different fitness levels.

If you would like to join the Bayshore Bikers or get more information please contact Joanne Morehouse at morehousejoanne@gmail.com

Joanne Morehouse

Milestones: Neighbours New & Older

We welcome Keith Meadows and his partner Debbie Rautinns to Bayshore. They just purchased a home at 16 Sandalwood Dr.

Keith is retiring from MPAC after 30 years as a property inspector and Debbie was a Professor of Nursing at Durham College who just retired this year. They are looking forward to living in Bayshore. Brenda (Keith's sister) and Norm James are looking forward to fun times with our family.

Brenda James

"Buddy" James celebrated his 12th doggie birthday on Sunday March 13.

Pictured here with Norm James' daughter Amanda.



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Car Club Corner: Model A and 1966 F150

In the spring of 1988, on a cloudy afternoon, there was a knock at the door. When I answered there was an elderly gentleman outside with an old 1930 model A Ford on a flat-bed trailer. He announced that it looked like rain and we had better hurry and get this beauty into the garage before she gets wet. This was the beginning of a new hobby my husband forgot to mention he was immersing himself into. He spent many hours, and I mean many hours taking this car apart, sanding it down to bare metal, and searching for the custom parts he would need to put it back together.

If you know my husband you would realize this was a daunting task for a man who was raised in an apartment in Montreal with no background for mechanical “things” and had never been behind the wheel of a car until he applied for his driver’s license.

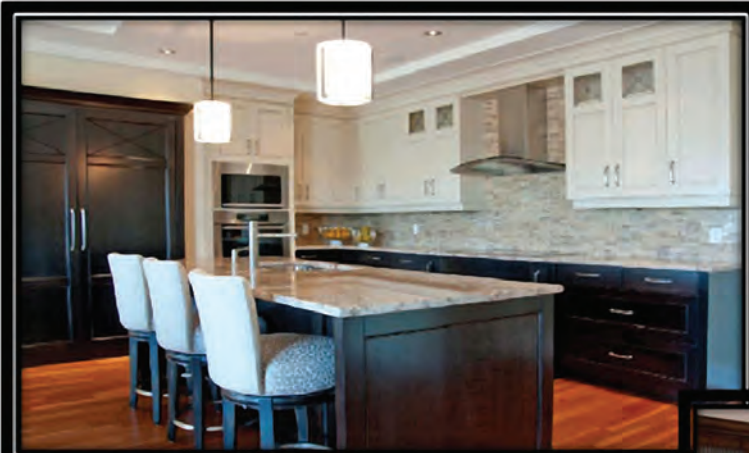


We have enjoyed many years taking this 1930 Model A hot rod to car shows in central Ontario and to shows in the states. Kevin achieved his dream to drive his car to Louisville Kentucky for a car show. We needed two cars (just in case the old girl wouldn’t make it) and to take everyone and all of the luggage. I had air conditioning and one son, and he took our other son and lots of water. The model A has no air conditioning and we drove down in the heat of the summer.

Several years ago the bug bit again and Kevin wanted an old pick-up truck this time around. My husband sure knows how to charm his wife. I am now the proud owner of a blue 1966 Ford F100. To date no restoration has taken place on this vehicle we are just enjoying driving around in it. Perhaps you may have seen it already at the car show in Orillia.

Dee MacLeod

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Milestone: Shirley Linton, Kundalini Yoga Instructor

Shirley Linton has achieved accreditation as a Level One KRI Aquarian Kundalini teacher in Dec. 2015. She teaches the Yoga class in the Hayloft on Wednesday from 10-11 a.m. from May to October when she is in residence at Bayshore. She achieved accreditation as a Hatha Yoga teacher in 2014.

At the graduation ceremony, Shirley listens as Sat Dharam reads the comments about her qualities they admire that other students have written on a sheet fastened to her back, as course assistant, Daya Kaur (left), looks on. Kundalini students are not required to wear white clothing and head coverings but such garb is believed to increase the effectiveness of their activities.

Kundalini Yoga, as taught by Yogi Bhajan includes asanas (postures) of Hatha Yoga, but also utilizes mudras (hand positions to guide energy flow to the brain), mantras (repetition of words or phrases generating sound vibrations), drishti (eye focus to stimulate glands secreting hormones), and pranayama (breathing to provide focus for meditation).

The course was taught by Sat Dharam Kaur, who is an accredited Kundalini Yoga trainer as well as a full-time naturopath in Owen Sound ON. The class met for a long weekend every month in 2015 except January and July. The classes were held in Toronto, except for the September one at Sat Dharam's farm in Owen Sound.

The course entailed 200 hours of lectures, Kundalini postures and meditation, and practice teaching. In the past two years, then, she has

taken over 400 hours of yoga teacher training. Students were also required to take 20 additional hours of Kundalini Yoga classes given by other accredited instructors (which Shirley had to take in Naples FL since there were none in the Orillia area). The students also had to participate in five Sadhanas, a practice consisting of exercise, meditation and prayer in the 3:30-5:30 a.m. period before sunrise. There was also written homework that had to be handed in at each class, and was based on required reading. The work was more difficulty in spelling and pronunciation for someone with a traditional Western background, since much of the terminology is in Gurmukhi, a Punjabi language. The final hurdle was a 3-hour in-class written exam. Shirley scored 97.5% (but as my mother would have inquired, "What happened to the other 2.5%?").

Kundalini yoga is a spiritual, not a religious practice. Shirley is also known to people in the Kundalini community by her spiritual name, Sahejpal (pronounced saj-paul), meaning a natural individual with relaxed spontaneity who connects easily with her spiritual side, and is a friend, supporter and protector. Anyone who knows Shirley would appreciate how apt a description of her character this is.

Unable to teach Kundalini classes in Naples due to US tax considerations, Shirley will be investigating the possibility of teaching classes at Orillia-area yoga studios in the May-October period of the year. And in the spirit of rock 'n' roll Van Halen vocalist David Lee Roth's philosophy ("A little ain't enough," or "too much is never enough!"), Shirley is considering undertaking level 2 of the Kundalini Yoga teacher training. At least once she's more accomplished in the Latin American Spanish she has started studying!

Jim Linton

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From the Fashion Desk



I have seen the robins, so Spring must be just around the corner. Time to put away the heavy coats and sweaters and anticipate wearing the softer fabrics and colours of Spring

Trending this Spring, ladies: romantic soft feminine colours and styles. Butter yellow, Serenity Blues, Rose Quartz (Blush)

Peach, Lilac Grey, Iced Coffee and Seafoam (pale aqua). Bolder brights in emerald green and vibrant reds. Definitely this year is a more feminine look with Spanish influences. Think Flamenco Ruffles in tops and blouses, worn off the shoulder. Pretty flowing slip dresses long, mid-calf or short in silky satins or chiffons. We are goddesses after all. For casual wear, the fringed denim jeans have been on all the runways. Wear with bold stripes or with a new white shirt or blouse with draping and unique detailing and design again in softer flowing fabrics. Wrap skirts are in this year with tie closures and grommet details. Now, think the 60's: tie-dyed designs are back in tops, dresses and accessories. If you are tired of always wearing capris, try culottes for a change of pace. Again, softer fabrics will move when you walk. To top off your new Spring wardrobe, a bomber jacket in some of the new pastel colours is a pretty alternative to a structured jacket.

Now I don't want our menfolk to think I have forgotten you (and your lady) so here are some tips for you. As with the ladies, bomber jackets are versatile for casual wear. In denim or deep colour tones or try a pastel tone of pink, lilac or blue, now not just for the ladies. Keep the look relaxed with over-sized shirts and polos. Balance the look with a tailored pant in darker tones or try something bold like stripes for a change. White chinos and trousers are incredibly complimentary worn with deep navy blues or bright colours like emerald green. Team with cable knit cotton sweaters for a casual weekend look.

I will be back with our look at Summer Fashions in the next issue. If anyone would like to have any questions answered about body type and/or style please feel free to call me. I will also take a look at your wardrobe and help you weed out what you don't need. There is no charge for this. I look forward to seeing you in all your new spring fashions.

Think Spring!

Brenda James
VP Fashion Marketing & Merchandising (ret.)
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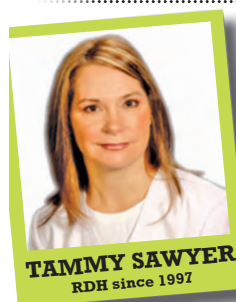
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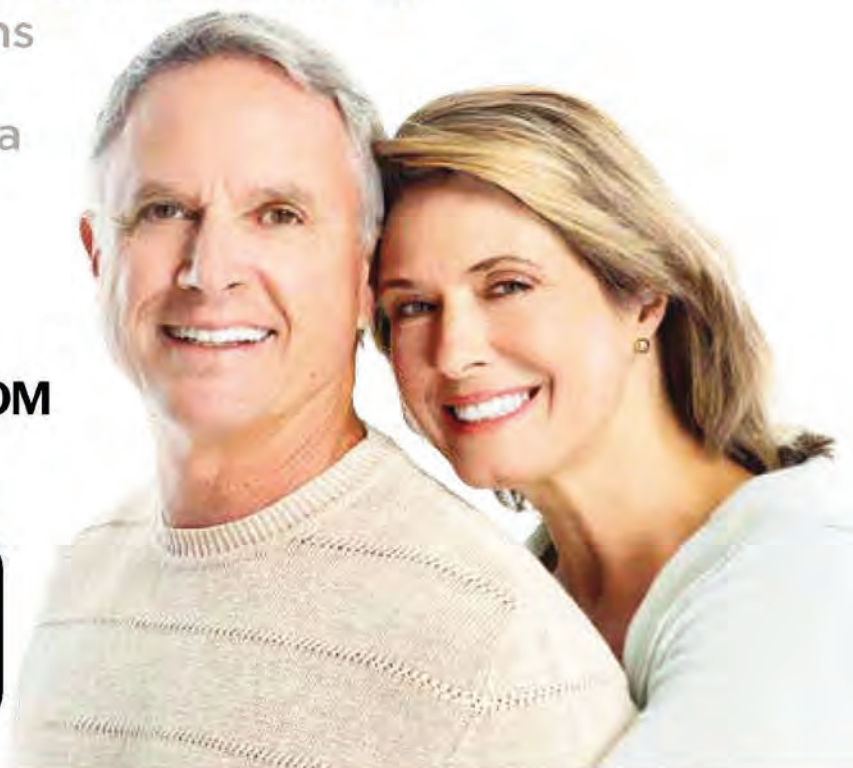


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Traditional Andrews Easter Celebration

Here is a photo from a past Easter celebrations with our grandchildren at "North Haven" – our beautiful home in Bayshore Village.

Since 1999, Easter was always so special for Fred and for me, as we got to have ALL my family together, without having to "share" them, with in-laws etc. (like at Christmas)!

They often will arrive Thursday night, so that they can participate in all our Easter traditions: hanging eggs and decorating the garden (children-style!), blowing out and then painting eggs inside the house, and playing and interacting with each other! We have beautiful photo album records of each year ... many still with snow and ice on the ground.

Each Easter Sunday morning our tradition is, that we all – toddlers, tweeners, young adults AND parents too (!) – don the same home-made ears (cut-up stocking-cards with added pink inserts, on elastic to go around our heads - created 15 years ago), then they line up, youngest to oldest, each with a bow-decorated basket, just inside back patio door.

The children each get and read little rhymes (e.g., "You've got on your ears, your coat and your shoes, Hop out the door to find the next clues") and then they ALL bunny-hop, one at a time, out the door into garden! It's so cute to watch!

Then the first child gets a card, with a "clue." and the next and next child reads that etc., hidden all around the back garden – until the last "clue", which takes them all around to the front garden ... where all the treats are!

There is a bag for each child, scattered around the garden – plus they dash around and gather up as many as they can of the 400+ plastic eggs, each with something inside — a chocolate, a quarter, a few with a loonie.

Phew – this part only takes about 10 minutes to have all those eggs picked up! We take family photos outside, complete with our ears and eggs, and then back inside for breakfast.

And here is the interesting part: as the adults make the breakfast, the children empty their baskets into large bowls, and then equally divide up the "loot" with each other!! This makes sure that the younger ones get their fair share.

Another interesting thing: as they empty each egg of its contents, **THEY CONNECT THE EGGS BACK TOGETHER**, before returning them to a big box for next year!

We have been doing this every year for the past 16 years and surprisingly, even the university-going kids still want to participate, coming back to us from London and Guelph! We will continue the tradition this year - without my beloved Fred, but will have all our happy, loving memories of and with him. Fred was such a good sport – so enjoying everything we all did together; hmmm, maybe for the next issue of the Bayshore Banner, I'll send photos and description of our Bayshore Village Canada Day Parade efforts – something else that Fred so enjoyed!

Mary Andrews' husband Fred passed away on October 31, 2015



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Continued on page 27

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How To Test For Stroke: Three Simple Things

I recently came across this article about how to immediately tell if someone in your presence is experiencing stroke – three simple tests anyone can do. Many of you probably have read this before, but it is probably worth making sure that we are all reminded. I quote the entire article here, complete with references. The **highlights in red** tell the whole story at a glance.



Talk, Wave, Smile

A team of stroke researchers has devised a one-minute test that can be used by ordinary people to diagnose stroke – and the test is so simple that even a child can use it. Such an easy, quick test could potentially save thousands of stroke sufferers from the disabling effects, by allowing faster treatment.

"It is just three simple steps," says Jane Brice, MD, assistant professor of emergency medicine at the University of North Carolina-Chapel Hill School of Medicine. Brice tells WebMD that the test is based on a scale developed by researchers at the University of Cincinnati. The three-part test, called the Cincinnati Pre-Hospital Stroke Scale (CPSS), can be used to diagnose most strokes, says Brice.

Brice and her colleagues measured the accuracy of the test by first teaching it to 100 healthy bystanders. The bystanders then performed the test on stroke survivors. To diagnose a stroke, the bystanders performed the following three steps:

1. Bystander told the patient, **"Show me your teeth."** The "smile" test is used to check for one-sided facial weakness -- a classic sign of stroke.

2. Then the patients were told to **close their eyes and raise their arms**. Stroke patients usually cannot raise both arms to the same height, a sign of arm weakness.

- 3, Finally, the patients were asked to repeat a simple sentence to check for slurring of speech, which is another classic sign of stroke. "In Cincinnati, the researchers asked patients to say, 'The sky is blue in Cincinnati,' " says Brice. But in the study, the researchers varied four simple phrases such as **"Don't cry over spilled milk."**

Overall, 97% of the bystanders were able to accurately follow the directions for giving the test, says Amy S. Hurwitz, a medical student at UNC who helped design the study.

The bystanders were 96% accurate at detecting speech problems and 97% accurate at spotting one-sided arm weakness. They were less accurate at detecting facial weakness -- with only a 72% accuracy rate for this test. But Hurwitz says, "It is difficult to detect differences in the smile of a stranger. We are hoping that in most cases the 'bystander' will actually be someone who knows the patient and so an unusual smile will be apparent."

"This is all about time," says Edgar J. Kenton III, professor of clinical neurology at Thomas Jefferson University in Wynnewood, PA. Kenton, who wasn't involved in the study, says that clot-busting drugs used to treat most strokes can only be given within the first three hours after a stroke.

Thus, he and other stroke specialists constantly seek ways to speed treatment: "This is so simple that even a child could use it. Look at how many children have saved their parents by doing CPR, and this is so much simpler," says Kenton. He says he thinks the test should be promoted for use by the general public.

Brice agrees with this assessment, saying that it could be like the Stop, Drop and Roll campaign to avoid burn injuries. "We call it: **"Talk, Wave, Smile."**

Steve Goulter

Original article by Peggy Beck, WebMD Health News, Feb. 13, 2003

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

Creative Arts at Bayshore: October 1-2, 2016

Bayshore's eighth annual Creative Arts show will take place on Saturday, October 1, 2016 from 10:00 a.m. to 4:00 p.m. and Sunday October 2, from noon to 4:00 p.m. at the Hayloft. Yes, 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!

This year we are moving the show to the weekend before Thanksgiving. This will enable some of our snowbirds a chance to view the arts in Bayshore in a more leisurely fashion before fleeing south.

We are looking at having some added features at the show this year, so stay tuned.

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

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

We are looking for you!!! If you would like to take part, please email Pat Beecham-Cooper at beecoop@cottagecountry.net or call 705 484 0221. Even if you are a beginning artist, please 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!

In keeping with Bayshore's policy, 10% of each artist's total sales is donated to charity. Last year we gave \$440.00 to CIM. We can determine which charity to donate to once all the artists have committed to the show.

We have been fortunate to obtain sponsors to cover the costs of promotion and other incidentals, so there was no cost to the artist. If anyone's business would like to help sponsor the Art Show, please contact Pat Beecham-Cooper (contact info above). 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.

Mark October 1 and 2 on your calendar for the Art Show!



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Ramara Community Centre, 5482 Hwy 12 S., Ramara, ON

If you need to obtain a new passport, or to renew your expired or about-to-expire passport, we are hosting a passport clinic at the Ramara Centre. There will be a photographer on site to take your photos. For more information, contact Bruce Stanton's office or for supporting documents.

*Ken Scruton, Howard Raper, Marilyn Wilson
Brechin-Mara Legion*

RAMARA WALL OF FAME

The Wall of Fame Committee is again looking for nominations of eligible inductees into the Wall of Fame in September. Nominations close June 21, 2016.

The criteria for this award are:

The Inductee(s) should have received regional, national and/or international recognition in his/her field of endeavour and should have resided in Ramara, prior to the recognition. The recognition may have been a special award, prominent position, dissemination of work, philanthropy, etc. And the inductee(s) must have made a substantial impact on, or brought recognition to any community within the boundaries of Ramara Township and its citizens.

Nomination forms are available at the Township Administration Office in Brechin, The Ramara Recreation/Library Centre in Uptergrove, and at The Sign Guys in Atherley.

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Spring is around the corner and we have new and exciting programs available at your library! Until May 31st, we are receiving your favourite recipes to put together our first Ramara Library Cookbook! The winner will receive a beautiful cookie jar. Books will be put together and for sale at a future time as a fundraiser for the library.

An hour long seminar about Perennial Gardens will occur on April 20th at 6 pm, including how to grow your plants in a shady or full sun garden. This program requires pre-registration and will be held at the Ramara Centre branch.

We also have numerous clubs that you are more than welcome to join! Our Fibre Friends meet Wednesdays at 10 am and will be knitting or crocheting different items to donate to Green Haven Shelter in Orillia. The Ramara Library Quilting Club meets Tuesdays at 10 am and is already working on this year's quilt for the annual draw. We also have copies of books available for the Lagoon City book club available at our Brechin branch, or our Ramara Public Library Book Club meets the last Wednesday of each month at 1:30 p.m. Books for this club are available at the Atherley branch. We are also welcoming volunteers for our Friends of the Library, a great social time while bettering your library and community.

To register for any of these programs, please call us at the above numbers, like us on Facebook, visit our website, or sign up for our weekly e-newsletter (including new fiction and movies that have been added to our collection!). Memberships are free and allow access to materials and computers in both branches, as well as online materials including eBooks and audiobooks. As always, your library card is available to use at BOTH our Brechin and Atherley branches.

*Stay tuned for
our TD Summer Reading program for children this summer!*

Rebecca Taylor

Reminder for Emergency Situations

During the recent extended Bell outage, some BVA members realized that you can go online at the Hayloft using the free CottageCountry service, and access your email at the sympatico/hotmail/gmail web sites, as long as you remember your sign-on info. (CottageCountry service doesn't work in a power outage.) Let's hope Bell will never experience such an interruption again.

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Milestones

Arthur Lloyd Jackson

November 15, 1920 – February 21, 2016

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Arthur Lloyd Jackson was born on November 15, 1920. He attended Upper Canada College as a young child, where he was also a choir boy. After graduation, he joined the Armed Forces and was stationed in Newfoundland until he returned to Toronto to attend Law School at the University of Toronto. During law school he met his wife Gladys, and after graduation they married and had three children – Janice, Pamela and Peter.

Arthur practiced law, took care of his family, and was a member at Thornhill Golf and Country Club, where he enjoyed golfing and curling. In his 40s Arthur and Gladys separated, and years later he met the love of his life, Dee Disheau, who had three children of her own – Allen, David and Tanya. The families were close, and between the two of them, they had 21 grandchildren and 11 great-grandchildren.

The family enjoyed the farm in Creemore, where he planted a huge vegetable garden and stocked a trout pond. He bought four cottages on Lake Rosseau near Bracebridge, which became the scene of numerous parties and celebrations. Arthur loved gardening, fishing, the Blue Jays and his family. Life was good.

Later, Arthur and Dee bought a cottage in Orillia on Lake Simcoe, where the family continued to gather for years. Eventually they retired to Bayshore Village, where he played golf and enjoyed poker games with his pals. Their large house was Party Central. He celebrated his 95th birthday with many children, grandchildren and great-grandchildren by his side.

Arthur and Dee were together for 49 years. He was already pre-planning his next rose garden when time ran out.

Dee Disheau



Thomas Barnett Levene

d. January 30, 2016

10 Fernwood Court



Passed peacefully in Orillia, surrounded by loved ones, on Saturday January 30th, 2016 after a long, courageous battle with cancer. Thom, beloved husband to Marlene, cherished father to Rachael Fogarty (Michael) and Jed Levene (Islay) and extremely proud Poppa to Nate (9), Ariel (7), Maya (6) and Harrison (4). Thom was an inspirational English and Drama teacher. He will be remembered fondly by many of his students.

Thom's family and friends will always remember him for his love of life, his immensely strong spirit and his deep compassion toward others. His humour and warmth as 'Schmendrick' the clown will be forever remembered.

Ross W. Melhuish

d. March 17, 2016

145 Bayshore Drive



Ross Melhuish, beloved husband of Marjorie (nee Black), died peacefully at Spencer House, Orillia on Thursday, March 17, 2016, in his 87th year. He was the father of four daughters, the devoted grandfather of eight, and great grandfather of 14. Ross and Marj moved to Bayshore in 1989; he was a golfer and bridge player, but he was most well-known for his devotion to flying model airplanes. Ross was the Founder and Past President of the Balsa Beavers Model Flying Club, member of the Orillia 6th Division Flyers and member of the Model Aeronautics Association of Canada. A profile of his accomplishments was published in the July 2013 issue of the Bayshore Banner.



<< FULL CIRCLE

The lure of beautiful Lake Simcoe at Bayshore Village appeals to the very young and the very old. And so it is here, clearly depicted, as ninety-year-old Grandpa Arthur Jackson, hand-in-hand with his three-year-old great-grandson, enjoys the parallels of life. The comfort of the plush green grass on Duncan's bare feet, coupled with the safety of his Grandpa's hand, is a combination that's hard to beat.

Despite our rapidly-changing world, there are some things that are resistant to change. The awe of the pewter waves, and the dramatic impending sunset are two such things. Young and old, two lives barely overlapping, will imprint each other by their personal history. And so it is that we must look back to see ahead.

Dee Disheau

MARKET STATISTICS

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