



A Unique Waterfront Community

The Bayshore Banner

The Official Newsmagazine of the Bayshore Village Association
Volume 11 Number 4 Autumn 2017

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Ramara Councillor for Ward 2, p. 8

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The Bayshore Banner is published for the membership of the Bayshore Village Association

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

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

Cover photo: "Autumn Leaves" by Bob McCutcheon
 (see page 24)

"Sunset Harbour 99" Photo p. 3: by Heather Lloyd

The next issue will be published in January 2018.

The Bayshore Banner

President's Article



Catherine Hermans
President, BVA

Hi Everyone and Welcome to Autumn!

"Every leaf speaks bliss to me,
fluttering from the autumn tree."

Emily Brontë

Since the last edition of our wonderful "Bayshore Banner," we have enjoyed numerous summertime events: golf tournaments; pickleball and tennis games; aqua fit classes and paddling, just to name a few. We've enjoyed summer festivals near and far, and more recently we've put our gardens to bed (pun intended!) and stored our boats away. Huge thanks are extended to Pat Beecham-Cooper for ending the season wonderfully by organizing an excellent Creative Arts Show at the Hayloft. Thanks to our marvelous artists who participated this year! It was a delightful summer, and now we move into the beautiful season of autumn.

Looking back to September, our Town Hall and Annual General Meetings were well attended and our members spoke up to share their views and knowledge, and offer suggestions. Continued thanks to each of our members for your involvement and interest in the operations of our community. Although recognizing that it's impossible for everyone to totally agree with every decision put forward by the Board and ultimately voted on by the members, I continue to receive comments of appreciation regarding the effort that the Board of Directors makes on your behalf. Thank you for recognizing and supporting the good works of your Board!

Special thanks for their many contributions, are extended to Pat Beecham-Cooper, Catherine Downie and Marg Sharpe whose positions on the Board have come to an end. At the AGM we welcomed the following members who joined the Board: Doug Davies and Steve Goulter (returning Board members), and Astrid Bruce, Dawn Kelly and Tim Young. Although a relatively young Board, we have lots of enthusiasm and are dedicated to working effectively as a team on your behalf. It's amazing how quickly our newest Board members are up and running!

A huge thanks goes out to Jon Wagner for his presentations on the results of our Community Research Survey that was conducted in June. As presented at both our meetings last month, the results of the survey are being used to assist in determining the needs of our community as we move forward. If you missed the opportunity to sign up for a committee and you'd like to join, please contact me.

As mentioned at our last meeting together, please remember to thank our volunteers when you see them doing their good deeds. We all need a pat on the back now and then, don't we? If you'd like to share your knowledge, skills and talents with our community, we can use your help! Please contact any of the Board members for further information. We're always thankful to our many volunteers for their hard work and commitment to the Village. You're a big part of helping keep our neighbourhood well maintained and beautiful.

Speaking of thanking our volunteers, Bayshore Village has enjoyed numerous social activities over the past few months. Thank you to each one of our committee leaders and their supporters who create, plan, organize and follow through on providing our village with an amazing diversity of events! One of the highlights for me was our Newcomers Reception planned by Pat Beecham-Cooper; it was a big success. Herb and I were happy to meet our new BVA members and raise a glass to celebrate you joining our community. Welcome to Bayshore... truly a paradise!

Catherine Hermans, President, Bayshore Village Association

BVA Board of Directors 2017-2018

President: Catherine Hermans

Vice President and Director of Architecture: Astrid Bruce

Director of Finance and Administration: Rick Matthews

Corporate Secretary & Director of Common Waters: Kathi Kerr

Director of Common Lands: Steve Goulter

Director of Harbours and Storage Yard: Bill Pike

Director of Hayloft Amenities: Tim Young

Director of Social Events: Dawn Kelly

Ex-Officio: Doug Davies

Director, Common Waters: 2017 Snapshot



Kathi Kerr
Common Waters

Bayshore Village is home to seven beautiful ponds that help to create the aesthetic beauty that we all enjoy.

Our goal for Common Waters in Bayshore Village is to achieve an ecological balance between aquatic plant life, wildlife, water quality, and water levels.

These factors can create challenges for our Common Waters Committee. Fortunately for us, these folks are experts in managing many challenges.

Our wonderful volunteers begin in mid-May by placing aerators in the ponds. Aerators add necessary oxygen for pond health while creating a wonderful visual effect.

This year the Common Waters Committee tried something new. A bubbler was added to Duck Pond instead of purchasing a new aerator. Bubblers are quieter than aerators and much more economical since their hydro demands are much less than aerators.

This year the Spring season brought us an unusually high water level from the winter run-off and increased levels of precipitation throughout the Spring and Summer seasons.

By late Summer, high temperatures and less precipitation created additional challenges for our Pond Masters and Assistants with aquatic plant growth (commonly referred to as water weeds).

The Lake Simcoe Region Conservation Authority (LSRCA) reinforce the need for aquatic plants, as they provide a natural, normal and necessary part of a healthy ecosystem, yet, finding a balance is crucial.

From year to year, the ponds experience different conditions.

This year, Chara spp./ Muskgrass algae grew abundantly in Deer Pond, particularly at the East end.

It's important for all of us to understand the underlying cause of abundant plant growth. The major culprits are nutrients that end up in the water.

Fertilizers containing Phosphorus and Nitrogen cause detrimental effects in our waterways and unfortunately, there are no legal Herbicides in Ontario to eliminate invasive Chara algae.

According to the Lake Simcoe Protection Plan, "excessive phosphorus has been the most significant cause of the water quality impairment in Lake Simcoe and its tributaries."

In early October, the Pond Masters and their Assistants will prepare the ponds for Winter. Aeration equipment will be removed and any necessary repairs will be made.

As Director of Common Waters, I want to thank Brian and Kathy Hutchinson, Maurice Cooke, Glenn Lucas, Guy Montemurro, Jim Fielding, Wayne Perzel, Joe Sokolowski, Randy Sinotte, Ian Mead, George Miller, Karl Kampe, and Keith Meadows for their expertise and dedicated efforts.

*With sincere gratitude,
Kathi Kerr, Director of Common Waters*

Director, Common Lands

A Serious Safety Concern in Bayshore?



Steve Goulter
Director,
Common Lands

History:

Many years ago, it was decided that Bayshore residents would provide their own street numbers instead of using the municipal system (the little green signs that glow bright when a car approaches at night) that is typical in the countryside. As you are aware, everyone in Bayshore purchases a standard lamp post when a new house is constructed and it is the responsibility of the property owner to ensure that:

- A. A 60-watt bulb is operational from dusk to dawn
- B. Three-inch house numbers are attached to the lamp post glass so that they are visible from the road due to backlighting. (Note that standard numbers are available from the office).

The purpose of this is to ensure that EMS, Fire Department or Police can locate your house at night as quickly as possible, should there be a need.

How is This Maintained?

Every once in a while, the Board of Directors assigns someone to survey the Village and take note of burnt-out bulbs and/or street numbers that are not present, and issues an e-mail advising the home owner of the situation. The home owner is then expected to correct the situation.

The vast majority of home owners comply with this requirement.

What is the Problem?

Ramara EMS has brought it to our attention that the situation in Bayshore needs attention ASAP, as there are many homes that cannot be identified, especially at night. EMS points out that it is in our best interest to ensure that they can quickly find where you live, should you call 911, as even a couple of minutes could make a big difference to your well-being.

As a result of this concern, another survey has just been completed. The survey was deliberately done on a dark rainy night and the problem was made very evident. As a resident who knows the Village fairly well, it was VERY difficult to figure out where a particular house number was located. The driver of an emergency vehicle, who is not familiar with the Village, would have even more trouble knowing where you live. We must correct this ASAP.

Survey Results

The survey indicated that there are 85 street numbers that are not visible at all at night! 16 of these are due to the lamp post bulb not being lit for one reason or another but the vast majority is due to the use of opaque numbers which appear as a black rectangle at night. Unless EMS shines a flashlight at these lamp posts, your number is not evident even though it is clear in daylight. NOTE THAT THE CORRECT TYPE OF NUMBER IS AVAILABLE AT THE OFFICE.

Other reasons for not being able to see your number:

1. Tree limbs, vines or bushes have grown such that the number is not visible;
2. One or more of the numbers have peeled off and are partly missing;
3. One number missing entirely – the wrong number is displayed as a result. This can really confuse!
4. Lamp post is covered by cobwebs, bugs, dirt, etc.

Action Being Planned

The Board of Directors agrees that this issue is a serious safety concern and have given approval for the following action plan;

1. Locate six volunteers (with ladders, windex, rags, paint scraper, etc.);
2. Purchase 20 LED 60-watt bulbs;
3. Identify required numbers and purchase more if needed;
4. Complete task by Oct 30/17.

As part of this plan, each home owner is encouraged to address their own lamp post ASAP and correct any deficiencies. This will reduce the work load on the volunteers and would be much appreciated.

Also, each home owner that was identified as being deficient will be contacted for permission to come onto your property and correct the deficiency.

Going forward, a volunteer on your street will be identified to monitor the situation and report deficiencies.

These actions should ensure that emergency personnel will be able to locate you quickly when required.

Other Considerations:

1. The previous notifications of deficiencies with regard to lamp posts have been ineffective. This new approach is necessary to address this safety issue ASAP.
2. Confusion can also be caused by the number system where corner lots have a house number displayed on the wrong street (due to location of their driveway). A solution to this would be to put your house number AND street name on both streets. However, street name signs can be expensive so this action is strictly voluntary. Any other solutions to this would be welcome.
3. Lamps should be cleaned of cobwebs, etc every so often! Our Bayshore “bugs” can make a real mess, making clarity of the house number more challenging.
4. Some older-style compact fluorescent bulbs will not work in winter temperatures.

Please help us correct this serious safety concern.

If you would like to volunteer, please contact Steve Goulter at 705 826 8826.

Steve Goulter, Director, Common Lands

Introducing Our New Directors

ASTRID BRUCE VICE PRESIDENT



Astrid Bruce

I am looking forward to my new role as your Vice-President, a position that I am quickly finding will be multi-faceted! However, I believe I have the ability and experience to wear more hats than one, and with the cooperation of, and input from technical resource committees, I am confident I can give the requisite equal attention to all issues and present them to your full Board for resolution.

My husband Jim and I moved into 205 Bayshore Drive, in 2009. For the past eight years we have enjoyed our life here and volunteered in various roles.

I have been visible as Heart and Stroke "Bayshore Heartbeats" Captain for several years and the maintenance of our Hayloft AED unit, including the arrangement of annual training in its use.

My early education and experience in the UK was a mixture of nursing and secretarial skills, both of which stood me in good stead when we emigrated to Canada in January 1968.

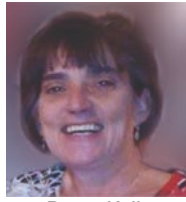
My Canadian career path began in nursing but soon veered in to the secretarial field and evolved to administration, sales and marketing management (via Ryerson) for a large industrial corporation.

This experience was invaluable when I decided to join Jim in the expansion of our own business. In 1984 we accepted an opportunity to expand our Canadian company to the United Kingdom and together we developed a highly successful ISO 2001 registered service enterprise.

In 2005 we sold our company and retired to enjoy the fruits of our labour.

Our plan was to sail the World in our own yacht. However after our Atlantic crossing and exploration of the North-American eastern seaboard and the Caribbean, our independent voyaging was curtailed by my critical health issues. Now we travel extensively as "snowbirds."

DAWN KELLY SOCIAL DIRECTOR



Dawn Kelly

My name is Dawn Kelly. While I was in the military, we had to do these presentations and we called them the 'love me letters,' i.e. I did this and I did that. I have learnt over the years there is no "I" in team, and Bayshore is a perfect example of that. In Bayshore, it is "We accomplished this," and "We accomplished that."

I guess I will have to tell you about myself. I became an Officer in the Army Cadet program when I was 19, I moved out to BC and ran a Cadet camp for 17 years, teaching leadership rappelling, and many other outdoor activities. I then became the Movements Officer organizing transportation for the Cadet camps around BC. I also worked in the supply system. I received the Canada 125 medal and several letters of recommendations.

I was the president of the Lions club in Langley BC, which is a very worthwhile organization helping and donating time and deciding which organization should receive our donations. I was a coach for my son's soccer team and sat on the executive committee.

I moved to Bayshore almost 3 yrs. ago. As soon as I found this little hidden gem I knew that is where I needed to move to. My great neighbors Sharon and Norm were very persistent as they wanted me to come to darts. I said I would the first time and then I did not go, well the next Tuesday came and there was a knock on my door it was Sharon and Norm saying you are coming today. So off we went. Well that was the start of enjoying some things that Bayshore has to offer. I have gone to card Bid euchre and other activities.

I have been on the Social committee for the past 6 months where you learn that it is very important to have events for new people to meet others and to enjoy our friends and family. In all the activities and events Bayshore offers it is remarkable how people donate their time. Where else can you live with people waving and saying hello to everyone. This is why I call it home and why I want to donate my time.

TIM YOUNG DIRECTOR OF HAYLOFT



Tim Young

I was born and raised in the Toronto area and worked in the family retail business for over 40 years. Now that I am retired and living in Bayshore Village, I have time to give to our community.

As the new Director of the Hayloft, my challenge will be to ensure that the Hayloft continues to run as it always has.

As you all know, the Hayloft is a very important part of the Bayshore experience. It is the heart of the village for many gatherings and events. I will be forming a committee of volunteers to periodically help me when needed. Thank you for this opportunity.

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Membership Survey



Jon Wagner
wearing his Aussie hat.

Jon and Deb's son Matt grew up in Bayshore Village and is now a physician in Australia.

You Can Help make BVA even Better: Initiatives from The Membership Survey

At the Town Hall meeting and the AGM, the results of the first annual BVA Membership Survey were presented. 221 BVA households (67%) responded and over 2000 total comments were included. The complete report is available on the Members-only section of the revamped Bayshore Village Website: <http://bayshorevillage.ca/members-only>. Remember, this page is protected by password. Members can get the password by phoning the Hayloft Office 705 484 0754 during office hours.

Five initiatives and two additional projects came out of the analysis. A number of people signed up at the two meetings, but we need your help. Please contact Kathi Kerr, the new Corporate Secretary at kathikerr1@gmail.com or 705-484-1032 to add your name to be part of one of the Groups that will meet over the next eight months (monthly?). If you are away in the winter it will be easy to participate via computer (training provided).

1. Bylaws: only 51% are familiar, and there was a total of 95 comments (including 12 regarding sheds). There is a need to address concerns about Bylaws, and develop communications strategy to increase awareness.

2. Storage Yard: only 52 % Agree/Strongly Agree that they are satisfied with the Storage Yard – 63 comments. We need to address many concerns about lack of space – also related to shed issues.

3. Pool: 36% use Frequently or All the Time. 52 comments indicate pool is very important to many people, and also the source of much controversy and opinion. Great progress has been made, but there is still work to do.

4. Young Families/Youth: 7% of members have young families and this trend continues. 27 comments re pool & lack of activities emphasize the controversy regarding more children and youth in the community.

5. Telecommunications: 39% respondents are unsatisfied and 148 comments show need for improving service today; there will be even more in future as new people look at the community and expect connectivity.

6. Social Activities: Lots of new ideas for social committee or others to consider – put call out for volunteers for the top new ideas (e.g. Exercise area, Bocce Ball, Shuffleboard – see slide 13 and detailed Q5 comments)

7. Communications: Form Communications Team with terms of reference including *Bayshore Banner*, Web Manager, and other key stakeholders to develop communications strategy for Survey and incorporate appropriate comments from survey.

Please join us to help BVA be the best it can be, for all of us. Contact me with questions about the survey or comments on how we can make the Bayshore Village Website better for all at jonwagner@virtualeteams.com, 705-484-0888.

Jon Wagner, Bayshore Website Manager

Newcomers' Reception



Top photo: enjoying the goodies at the Newcomers' reception.
Below: "Oldcomers" reacting to the newcomers' self-introductions.



The annual Newcomers' Reception was held in the Party Room on Sunday, September 17. This annual reception gives all those who have moved into Bayshore in the past year (since the last Newcomer's Reception) a chance to introduce themselves and meet many of Bayshore's residents.

This year 38 invitations were sent out. 19 households were represented at the reception and six households were unable to be present. About 95 "oldcomers" (residents) attended for a total of about 130 present.

Guests enjoyed sandwiches, veggies, cheese, and delicious sweets provided by some of our wonderful Bayshore cooks!

The newcomers provided great entertainment when they introduced themselves. What wonderful senses of humour they showed. Welcome to Bayshore!

Many thanks to all who helped: Bob Bell as MC, Betty Gow and Doug Sellery who looked after the door, Bartenders Jim Fielding and Glenn Downie, and all those who helped set up and kept the refreshments flowing; Catherine Downie, Kathy Hutchinson, Leslie Fielding, Linda Bridges and everyone else who helped.

Thanks also to Len Skok and Asmita Raina whose contributions were greatly appreciated.

*Pat Beecham-Cooper
Former Ex Officio*

Ramara Ward 2 Councillor Marg Sharpe



Marg Sharpe
Ramara Ward 2

Township of Ramara Official Plan:

2018 Budget Dates: November 22 & 23, 2017

Glenrest Drive:

Hi Float was completed late September. The gravel on the road will work into the Hi Float as traffic travels the road, this process needs to happen to work the stones into the road to get the proper hard top finish. The top part of Amelia was done a number of years ago and is standing up very well over the years.

There is a section between Glenrest and Louis Lane (Amelia Dr) that did not get the Hi Float when the upper part of Amelia was done. I have asked that this be put into the budget. This section does not need to be engineered so the cost is minimal and would complete the entire road running along the lake.

I have also asked that Southview Drive be included in the Budget. It is in dire need to be completed and is overdue.

Bayshore Effluent Spray Fields.

C C Tatham has presented their EA (Environment Assessment) report to Council. To review the report, go to the Township Website at www.ramara.ca under Environment. Township Staff and Engineers continue to move forward to be prepared and ensure that the Lake Simcoe Protection Plan (LSPP) recognize our Fields as a Waste Management Facility when they review their Act in 2018/2019. Some residents from Bayshore came to Council to hear the report.

Questions/Comments made by some Bayshore resident(s) at this review said they had taken a sample(s) that had shown a high E coli count from Wainman's creek. Also, they indicated they had seen human feces and other floating matter. Their concern was that the Bayshore Effluent Spray Fields were polluting the creek. The Township Environment Manager presented information to the public that samples are taken and sent to the MOECC on a constant basis and the Spray fields do not pollute/contaminate this creek. Reports are posted on the Ramara Website of all tests for review. Once the Ramara Environmental Manager was made aware of the sample tests by the Bayshore resident(s), he immediately (and is mandated) made the MOECC aware, the MOECC they came out and took samples from the locations that had been indicated by the resident(s) and tested. A resident traveled up and down the creek and saw no evidence of human matter on that trip.

It was reported that the water was clear with only some green vegetation floating on the top which is natural.

Follow up on the MOECC sampling in Wainman's Creek conducted by the MOECC (Ministry of Environment & Climate Control)

Of the samples processed the results show that the percentage of human or bovine bacteria was 0.0%, the result we expected.

The sample that had 1200000CFU/100ml Escherichia coli is to be expected considering the source of the sample.

What we need to remember is that these samples are only a snapshot in time. There are a number of factors which will change the results on a day to day basis. Also we should remember this is surface water and should be treated as such; it is changing on a daily basis and would be impossible to make any assumptions as to what the results would be on any given day. Wainman's Creek meanders through marsh and forest area. Moose, deer, birds, fish and other wildlife exist in this forest. They eat vegetation and drink from these creeks.

The MOECC will take no further action.

Speeding on our roads is a big problem. Walking, running, cycling, is a huge safety issue. All communities are trying to get more Police presence to ticket the speeders. Everyone, please check your speed, adhere to the speed signs, for the safety of all residents.

The Ramara Scarecrow Festival held on September 30th at the Brechin Park was a huge success. Over 2000 people attended. What a great accomplishment for the Volunteers who organized this event. There were many vendors, food, entertainment, games for children, doggie show, exotic pet display (big snakes that some people even put around their neck for pictures) and at the end of the Festival there were contest winners of Street, Commercial and residents Scarecrow displays. If you missed it this year, look for it next year. It is a wonderful Township event for every of all ages.

Please do not hesitate to contact me if you have any concerns or questions.

Marg Sharpe

Councillor Ward 2, Township of Ramara

Council Liaison Works Department

msharpe@ramara.ca

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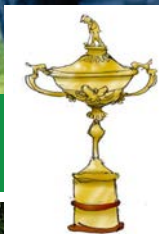
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Bayshore Ryder Cup Golf Tournament



Saturday September 9th was our Ryder Cup Competition. The day sold out and 72 golfers participated in this annual competition. Algorithms and prior statistics were used to create the pairings. There was one team that consistently had their best game with them on that day. The Blue Team won by a landslide. Most groups did say that their match play went until the last hole and everyone certainly had fun. Extra points did go to the Red Team for a trick shot that landed into the swimming pool with one beautiful swing.

This year the committee wanted to make the day more enjoyable by having a "Party Zone" around the 4th, 8th and 9th tee boxes. There was music playing and a few dance steps demonstrated. I think a few groups actually missed their turn at teeing off since they were enjoying the festivities. We had some great Bayshore Ambassadors that kept the zone lively and full of laughter. Thanks to Cathy Dickinson, Tess Flynn, Donna Rodrigues, Catherine Plue and Marion Kilner. Besides the golf committee, I would say that almost half of the participants helped in some way: setting and taking down tents, setting up music, running coolers back and forth to the Party Zone, carrying the catering food upon arrival, putting away tables and chairs, washing load after load of dishes and generally just being ready to have fun.

A prize box valued at over \$300 was donated by Home Hardware. This prize and the possibility of winning some cold, hard cash resulted in over \$370 being collected. We gave away three cash prizes of \$50, \$75 and \$100 and then the Home Hardware prize box. The remaining proceeds will be reinvested back into our golf course with some purchases to improve the course. Everyone was very generous in purchasing tickets... or it was just the Tequila talking?

Next year may bring some new ideas but be assured the Party Zone will remain a permanent fixture to our tournaments.

Irene Heinz



Photos on this page:

Top Photo: Bob Bell, Maura Hughson, Catherine Plue, Sharon Seaward, Jim Fleming, Irene Heinz, Leslie Fleming, Bob Plue, Glenn Downie, Marc Bertrand.

Picture taken by Norm Seaward.

Middle: Marc Bertrand and Cathy Dickinson.

Left: the Party Zone.

Bottom two photos by Bob Bell.



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Items of interest for present and future

Save-The-Date!

The Ladies' Christmas Luncheon
Tuesday December 5 – Noon
Silent Auction and Bingo
\$10.00 Ticket
All proceeds going to The Salvation Army

*Thank you,
 Luncheon Committee
 Dawn Smith*

BAYSHORE VILLAGE YACHT CLUB REBORN?

Watch this space in Spring!... the Bayshore Village Yacht Club may be reborn!

Also... there's a plan afoot (asea?) to run another BVA sailing school.

Advance serious expressions of interest can be sent by email to Jim Bruce.

(syastridos@gmail.com)



Cap'n Jim

BVA MEMBERS AND FRIENDS FACEBOOK GROUP

Some 55 Bayshore members who are active on Facebook have formed an informal "private" group where we can ask for advice or recommendations about needed services, "advertise" non-Bayshore activities (like choir concerts) to each other, and communicate about various interests that can't be expressed using the official BVA gmail.

If you are a Facebook user, and would like to join the group, please make contact with Irene Heinz or Noel Cooper (or ask one of them to be your Facebook friend) and ask to join the group.



Melodie Stone
Administrator

P. 705.484.2141
info@ramarachamber.com

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Pickleballers



The Bayshore Village annual pickleball tournament was held on Wednesday September 13. Fifteen enthusiastic players took to the courts at 10 am. The weather was perfect with blue skies and a light breeze. Each participant played 8 games and accumulated game points from each game. Point totals were calculated and the top 8 went into the semi-finals. Winners then went to the final game. The action was fast in both the semis and final games.

Rob Thomson prevailed as the trophy winner. Second place was Gunther Gratzler and third place was a tie between Ann Locke and Bill Merkley.

Julie Murray organized the appetizers and pizza after the court action. A big thank you to Julie for her organizational skills.

Other awards went to Mary Ellen Simerson and Bill Pike as most improved players over the season. Angie Bedford received the award for player exhibiting the most sportsmanlike behaviour.

The following people generously donated prizes: John Locke and Home Hardware, Michael O'Halloran, Dave Meharg, Rob Thomson, Bill Merkley and Gunther Gratzler. Also thank you to linesmen Dave Meharg, Trevor Bedford and Brian Murray who was also game official. Deborah May was the scorekeeper and announcer with Ted Gryzick capturing all the action in his photographs.

This year was a great success for pickleball in Bayshore. We continue to grow the sport and now have 32 people on the roster. For anyone wanting to learn the game or play, the days and hours are posted outside the court. An introduction to pickleball session will be held once again in the spring.

Submitted by: Randy Hutchison 705-484-1238



Above: The Pickleball group – players and volunteers.

Right: Anne Pike and Arlena Hutchison are poised to accept a return. Above left: Presenter Randy Hutchison awards trophy to winner Rob Thomson, who also holds the iconic jar of pickleball pickles. (But really, I hear that Pickles was a dog!)

All photos by Ted Gryzick



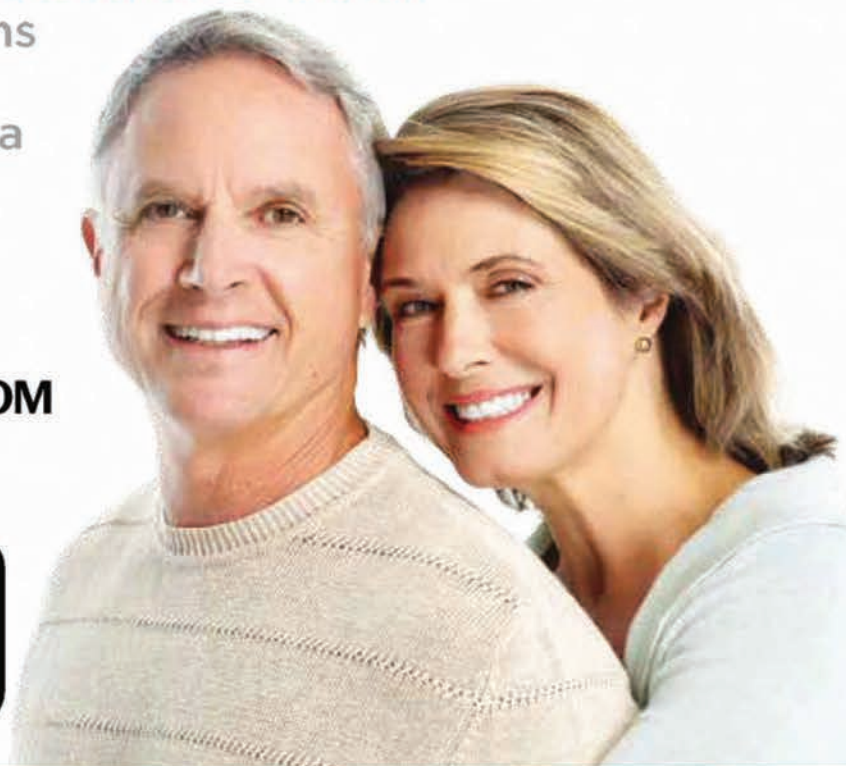


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Travel Tales: The Island of the Mnidoo Mnis



This ship eats cars – whole! Chi-Cheemaun prepares to load for a trip to Manitoulin Island.



Named “Mnidoo Mnis” by the Odawa people (a segment of the Anishinaabe confederation), Manitoulin Island was later renamed as the sacred island of The Great Spirit (“Manitou”). Today the name Manitoulin conjures up many different ideas for the people who live there and for the tourists who visit. According to legend, Treasure Island in Lake Mindemoya is the wife of the Great Spirit resting quietly on her stomach in the middle of the lake!

For those of you who have never visited Manitoulin, it is located in Lake Huron north of the Bruce Peninsula. It is the largest fresh water island in the world approximately 160 km. long and possesses over 100 lakes within it’s land mass.

You can reach the island by car from the north by crossing over a bridge at Little Current or from the south by traveling up the Bruce Peninsula and taking a ferry from Tobermory. This is a pleasant trip of about a one and a half hour voyage on a ferry (The Chi-Cheemaun) which carries 240 cars and 638 passengers. Another way is by pleasure boat. The North Channel is world famous for cruising through its scenic beauty. The Benjamin Islands are a well known stop-over for anchorages of both sailboats and cruisers. The towns of Little Current and Gore Bay are known for their excellent dockages and hospitality to visitors.

The island has a large First Nations population and possesses the

largest unceded territory in Canada. The RCMP must be invited to travel to Wikemikong by the residents. “Wiki” as it is known to islanders takes up approximately one third of the island at its eastern side.

There are many things to see and do on the island. Many people enjoy swimming, hiking, fishing, touring the many art galleries and craft shops which showcase both native and other local art, staying in Bed and Breakfasts or Inns or camping along the way. It is especially popular with motorcyclists and bikers as the roads are easily traveled, safe, with wonderful rural scenery and light car traffic.

My husband and I have spent many good times there with our children. His parents were long time residents of the island and Steve grew up in Mindemoya where they resided. We spent many a day exploring and enjoying the many sights and places that Manitoulin has to offer.

So if you would like to visit a part of Canada that’s not too far away and you may not have seen before, go to Manitoulin Island. It’s a rural, laid-back atmosphere reminiscent of an earlier time. Its very friendly people will welcome you with open arms. Go for the strawberry suppers, the fish fries, the Pow Wows, and the country fairs. There’s something there for everyone.

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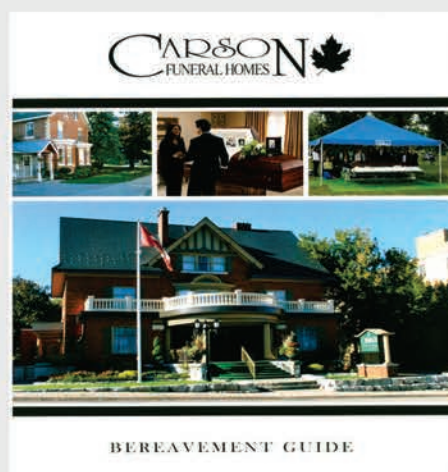


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Bridge News

Bayshore has an active and enthusiastic group of Bridge Players. General Bridge meets on Monday nights in the Card Room at 7:00 pm; Ladies' Bridge meets on Wednesday afternoons in the Great Room at 1:00 pm and Men's Bridge meets on Thursday mornings at 9:00 a.m. in the Great Room.

If you are interested in joining any of these groups please contact the following people:

General Bridge Pat Beecham-Cooper 705 484 0221
beecoop@cottagecountry.net
Ladies' Bridge Lorna Pollard 705 484-0330
ja-lo@cottagecountry.net
Men's Bridge Dave McVie 705 484-5412
david.mcvie@bell.net

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

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

Here are the results for General and Ladies' Bridge for the summer:

LADIES BRIDGE

- | | | |
|----|----------------|------|
| 1. | Lloyd Lockhart | 5310 |
| 2. | Lloyd Lockhart | 5220 |
| 3. | Maria Saringer | 5030 |

We appreciate Lloyd Lockhart, Ken Jones, Rick Tarullo and Dave McVie for stepping in when some of the ladies aren't able to play... but then Lloyd wins pretty often!

GENERAL BRIDGE

- | | | |
|----|--------------------|------|
| 1. | John Aukema | 7890 |
| 2. | Cathy Sheldon | 7430 |
| 3. | Pat Beecham-Cooper | 6980 |

We shall miss John Aukema who has moved from Bayshore and we wish him all the best.

SPECIAL NEWS!

The men usually don't submit their scores to the Banner, but headlines were made this year when Bob Newton scored 7370 points in one day!

Pat Beecham-Cooper

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Happiness vs. Pleasure

Dr. Robert Lustig has written a new book, "The Hacking of the American Mind: The Science Behind the Corporate Takeover of Our Bodies and Brains," in which he explains how and why our society is so hooked on addictive products and habits. All the big corporations – pharmaceuticals, junk food industry, recreational drugs, etc., have all figured out how our body chemistry works and they design their advertising accordingly. By concentrating on giving us pleasure, they gradually cause us to become addicted to these products, most of which actually make us become *unhappy*. We want more and more, in an endless spiral resulting in our society becoming unhappy, depressed, and sick.



Steve Goulter

How does this work? What is going on in our bodies that causes these effects?

It turns out that there are two well known chemicals that are responsible. After many years of study, Dr. Lustig learned about the interaction between dopamine and serotonin in the brain.

It's important to realize that the *dopamine* (or reward-generating) pathway is the same no matter what your source of pleasure is. It can be a substance, such as nicotine, alcohol, heroin or junk food; or it can be behaviour, such as internet surfing, shopping or pornography. The problem, in a nutshell, is that dopamine is an excitatory neurotransmitter, and in excess is neurotoxic.

Raising your serotonin level increases feelings of happiness. There are four ways to increase serotonin, and all are free: making human connections, contributing to a larger cause, coping with stress and cooking real food.

Many try to bolster their happiness through certain food choices, but this actually does not work, and Lustig provides compelling arguments that the foods you crave drive up dopamine and drive down serotonin. Rather, it's experiences that make you happy. People can make you happy. You can make yourself happy. In his book, Lustig outlines a number of different strategies to become happier.

"Ultimately, the goal is [to increase] your serotonin," he says. There are four ways to boost your serotonin, and they're all free. They're also things your grandmother likely told you to do. First and foremost is **making human connections**.

"Turns out that Facebook does not count as connection. When we're talking about interpersonal connection, we're talking about eye-to-eye," Lustig says. "The facial emotions of the person you're talking with activate a set of neurons in your brain called 'mirror neurons,' which are the drivers of empathy and are specifically linked to serotonin.

"To be able to generate a feeling of empathy, which ultimately turns into contentment/happiness, you actually have to connect. You can't do it over the internet. You can't have a connection with 'anonymous.' It just doesn't work."

On the contrary, social media generate dopamine, associated with pleasure, and hence can drive addiction. The main problem is that when dopamine goes up, serotonin goes down. So, online communication is actually a major causative factor of unhappiness.

There are three other ways, besides connecting, that boost sero-

tonin and happiness. The remaining three of the four Cs are:

1. Contribute: This heading refers to the act of contributing to something greater than yourself; making a contribution to society. "You can get happiness and contentment from your job, but there are certain criteria that have to be met," Lustig says. "Most people, unfortunately, have a boss who is not contributing to their happiness. The workplace is not usually the best place to achieve meaningful contentment."

2. Cope: Lack of sleep, insufficient exercise and multitasking are all causes of unhappiness. Sleep is extremely important for healthy serotonin production. Here, avoiding exposure to electronic screens is important, as blue light inhibits melatonin production, thereby making sleep more elusive. Electronics, TV, etc. will also disrupt your sleep and deteriorate your health by exposing you to unnecessary microwaves.

3. Cook: If you cook, you're likely going to increase your tryptophan, reduce your refined sugar intake and increase your omega-3 fats (anti-inflammatory) and fiber. Overall, this will result in improved gut health, which has tremendous impact on your mood and mental health.

"Numerous investigators ... have shown that your gastrointestinal flora tell your brain what they want through signals that go through the bloodstream. If you do not feed your bacteria, you cannot get happy. Eating real food you prepare yourself is super important," Lustig says.

"We have to deal with health. Health is going down the tubes. There's no amount of health care that can fix what's wrong with our diet, unless we fix the diet first ... The bottom line is we are in trouble. But you can't fix a problem until you recognize what the problem is. This book, "The Hacking of the American Mind," demonstrates how the science, how the biology, ultimately has influenced not just our health, but in fact, our policy."

"So, *what's the difference between pleasure and happiness?* There are seven differences: Pleasure is visceral; happiness is ethereal. Pleasure is short-term; happiness is long-term. Pleasure is usually achieved alone; happiness is usually achieved in social groupings. Pleasure is taking; happiness is giving. Pleasure can be achieved with substances; happiness cannot be achieved with substances.

"The extremes of pleasure all lead to addiction, whereas there is no such thing as being addicted to happiness. Finally, pleasure is dopamine and happiness is serotonin."

Dr. Mercola says he couldn't agree more, and "The Hacking of the American Mind: The Science Behind the Corporate Takeover of Our Bodies and Brains" will certainly help you understand the distinction between dopamine, serotonin and the variables that help optimize these neurotransmitters. Most importantly, the way he explains it all has the power to motivate healthy behavior.

"The bottom line is it's about the science," Lustig says. "There will be detractors who will say this is garbage. But the bottom line is there are 600 references to the primary literature to demonstrate that this is not gobbledygook. The science actually predicts the phenomena that we see and the society we've become."

Original article by Dr. Mercola, summarized here by Steve Goulter

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



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Creative Arts at Bayshore

On Friday, Sept. 29 and Saturday Sept. 30, Bayshore Artists and Crafters presented their 9th annual Creative Arts Show.

Over 12 artists presented their work at the Hayloft. We were pleased to welcome 4 newcomers to Bayshore: Romaine Dawkins, Lauri Ross, Barbara Schmidt and Donna Sverdrup, and welcome back Patricia Beecham, Noel Cooper, Lia de Roeper, Carol Parrott, Maria Saringer and Dawn Smith.

There was an interesting variety of items available to our patrons: in addition to the visual arts—acrylic and watercolours, there was jewelry, birchbark art, wall hangings, decorative pillows, greeting cards, fused glass jewelry and paper crafts.



Hazel Schofield and BVA artist Romaine Dawkins

Many thanks to all who helped set up and take down the show. Special thanks to Tim Young who distributed flyers and rack cards along Mississauga Street before the show, among other help he gave, to Kathy Hutchinson and Lorna Pollard for their help with refreshments, and Kay Beachamp and Sally MacPherson who looked after Carol Parrott's jewelry show.

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Fabulous Fall Fashion Forecast

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As we head into the cooler days of fall, now is a good time to update your wardrobe.

Trending this year are some oldies but goodies, new shapes, and the tried and true styles that are classic.

Remember the jumpsuit? Yes, it is back. For the office or meeting, wear with a classic blazer or cozy up in velour for a casual weekend look.

If you prefer a style that covers your bottom, get a longer vest. In soft knits, tweeds and gabardines, wear with that crisp white blouse for day, or glam up with a slinky silk top for evening.

The trench coat, classic and perfect. Try in army green (trendy) the ever popular camel or black, or go bright in red or even subdued florals. This year, the runways introduced the indoor trench in soft silk for this transition time.

Bankers' stripes in blazers or vests teamed with a pair of black skinny pants or jeans look great in the boardroom or out on the town.

Sumptuous velvet in a lighter fabrication is perfect for those fall dinner parties.

We have all enjoyed wearing our summer florals, and this year add a fall-toned moody floral to your wardrobe.

Colours trending are leopard prints, army green, basic black, always the crisp white blouse, reds, oranges and deep purples, so there is a great choice for you. New this year is pink, yes pink, in any shade! Wear a soft pink blazer with your black pants or skirt. Add pink accessories, scarves, bags and jewellery. A bright outdoor jacket in fuschia or hot pink adds a real dash of colour on dull days.

This colour just makes you feel happy.

The fashion trend this year I am not keen on is the oversize coats and jackets. Think a garment that is two or three sizes too big. If you are tall this may be a look you will want to try.

There are many choices for you in classic or trendy looks. So until next time, Happy Shopping!

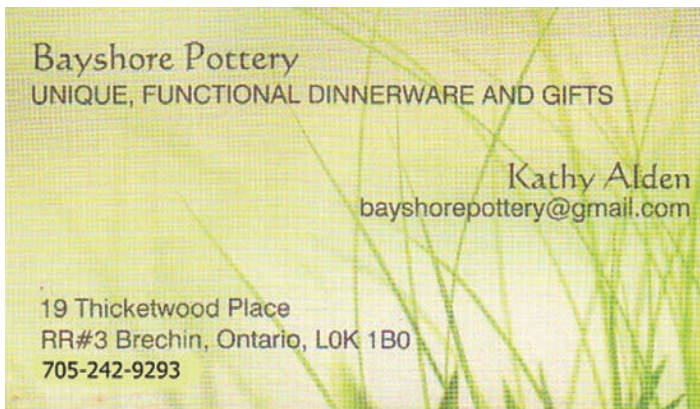
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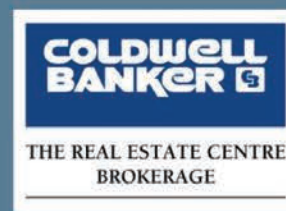


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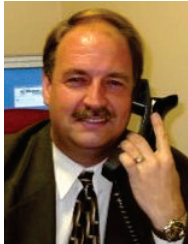
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Bob has had a technology service, support and website business for over 37 years and is wanting to introduce himself more to his Bayshore neighbours should they need technical assistance of any type. Bob is going to be providing Project Management services a few days a month in Barrie but will be available the balance of the time to service Bayshore.

Bob has lived in Bayshore Village since 2003 (and loves it) – by himself, as his girlfriend lives on the other side of the lake in her own home. If he was standing in harbour 66 and she was outside at her home, he would be able to wave to her. Neither is willing to give up their lake view homes, understandably.

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Ida is 101!



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Ramara Speaks Her Mind

Gail wonders, very deeply, how did she miss it all? She lived through the fifties, sixties, seventies, eighties, and on into the third millennium. How did she miss all those historical moments we are constantly reminded of on CNN Specials? Or DID she miss them? Or was she just living her daily, sometimes monotonous, existence? Should I wear high heels? Should I take another history course? Have I hired the right babysitter? Is my son going to be unstable due to the divorce? Who was that man at the party? Is my mascara running all over my face? Were the kids in my math class actually learning anything? Was I creating good student-teacher relationships? Should I turn in my 1970 Volkswagen on a brand new 1984 Toyota? The delighted look on her son's face was the answer.

She missed Woodstock. And the race riots. She saw The Moon Landing on tv but at the time was wrestling with personal life choices that seemed eminently of more earthly importance. Treading on a tightrope of looking out for grandparents, forging strong friendships with coworkers, respecting parents' unconventional life choices. Hmmm. How did she get through all that mess? I'm aware of her remorse.

Just thinking about it all makes me so glad to be a cat. It seems to me that being a human being is so downright complicated. We cats don't have history. We don't have politics or religion. There's nothing to discuss. We don't make 'life choices.' There is a momentary option of chasing down that meadow vole who's ventured out of his nest



under the deck. Or, just lazily eyeing him. Should I lie on my right side, or curl my back to the fading evening sun. You see? Uncomplicated. No mortgages. No plastic cards. No teenagers to send to college. The kids grow up and leave home in a matter of months.

And, what about spoken language? That's a morass of unending misunderstandings. Confusion reigns. Depending upon facial expression, tone of voice, and eye contact, there goes mutual comprehension out the window. If a cat other than myself wanders by, he doesn't ask, "What are you doing?" He doesn't bother himself to question the obvious. If Gail asks Glen what he's doing, I can see Glen, eyes squinting, calculating what the right answer is. There is a gloom of discomfort. What should he be doing? Is he guilty of something? I have seen an innocent

question or statement potentially begin to ruin a whole afternoon. I myself have saved the day with one perceptive "meow," guilelessly inserting my furry little body into the potential skirmish just begging for love and peace to rule again.

No. No human existence for me. No high heels. No hair cuts. No nostalgia. No regret. No pretence. A simple life of observation, of infrequent meditation. A zen existence.

Yours,

Ramara

(as told to Gail Carter)

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Crisp leaves, apple cider, pumpkins and cool evenings...fall is going to be here before we know it.

This may mean that we could be saying goodbye to some of our seasonal patrons as they leave to head back home. Thanks for another great season! However, if you are sticking around, we hope to see you attending some of our wonderful adult programs, using our facilities and/or borrowing materials.

If you will be heading away shortly, remember you can still use your Ramara library card for access to FREE eBooks! Stop in and speak with a staff member to get you started, or join us for a special session being hosted on Friday, September 29th at 10:30 am during Culture Day!

Other programs being held on Culture Day include Emotional Success Coaching at 11:30 am, Introduction to Reiki, Yoga and Reflexology at 2:30 pm, Henna Designs with Hailey between 2 and 5 pm and a Hypnotism session at 3:30 pm. Registration is required for these FREE programs!

Join us during Ontario Public Library Week between October 15th and 21st to celebrate our library! Each visit, when you borrow materials or use our resources, will earn you a ballot into a draw for special prizes!

Join us as we welcome non-fiction author Ted Barris on Tuesday, October 17th @ 6:30 pm, as he leads us through the Victory at Vimy! What the world witnessed that Easter Monday morning, April 9th, 1917 was a near miracle of ingenuity, co-operation and courage among volunteers of the Canadian Corps.

Join us Wednesday, November 8th at 6:30 pm with David T. Chapman as he shows us footage from two tornado-warned super cells that tracked through the Orillia region in June 2017. Watch the graceful beauty of the Aurora Borealis as it dances over the lights of Toronto, including more footage from Georgian Bay.

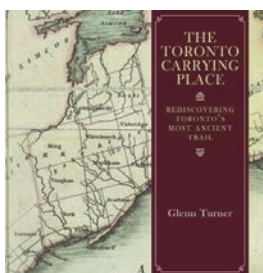
...and this is just the beginning! Please visit our website or watch for our fall newsletter in the mail for a complete list of programs for all ages!

Our Ramara Quilting Club has been hard at work creating beautiful pieces of artwork and now it is time to raffle them off! Drop by either branch to purchase your tickets. Each purchase supports library programming and gives you a chance to win great prizes!

To register for the above-mentioned programs, please call or register on our website. 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

Book Review



The Toronto Carrying Place
by Glenn Turner; Dundurn Press, 2015.

“Carrying place” is the English term for what most of us know by its French equivalent, “portage.” The Toronto Carrying Place is the extremely long portage route used by the Indigenous people to move cargo from Lake Ontario to Lake Simcoe or vice versa – a distance of 45 km – opening the way to Georgian Bay, Lake Superior and beyond.

Over a period of a few years, Glenn Turner walked the length of the Toronto Carrying Place as best he could reconstruct it, since it’s now mostly covered by city streets in Toronto and its suburbs, and by farmland further north. If you have any connection with the Humber Valley in west Toronto, Woodbridge, Kleinburg, and on northwards to the Holland Marsh, you might be interested in this book; you can also learn more about the history of south-central Ontario, and the meaning of some familiar place-names. I read the book on my iPad, borrowing it from the Ramara Public Library.

If a flotilla of perhaps eight canoes was moving freight down to Lake Ontario, when they reached the north end of the carrying place in the marshy valley of the Holland River, the team might hide their canoes and strap the cargo onto their bodies (including one bundle of freight carried on their back and supported by a belt around their forehead). Then they would set off in single file (or as we used to say, “Indian file”) on a two-day trek along the portage trail. The first part of the journey would be uphill, until they reached the height of land or watershed, from which rivers flow north to Lake Simcoe or south to Lake Ontario (somewhere near today’s Bloomington Road). The “carrying place” was used so frequently that the trail actually sank a few inches into the earth.

The Humber River was too shallow to navigate, so the portage trail would wind along the land at the top of the valley, looking down to the river as the portagers got closer to Lake Ontario. They would pass a few villages located near the trail, always on high land. [You will remember that many homes in the Humber Valley were destroyed in 1954 by Hurricane Hazel, with great loss of life.]

When the team arrived at the mouth of the Humber, they might find canoes that had been hidden there earlier, or else they would spend a couple of days making new canoes from the bark of trees. That still took much less work and time than carrying their eight canoes and cargo through 45 km of portage.

Early in the book, the author devotes a few paragraphs to the poetic side of a “carrying place,” reflecting on the idea of “portage” as a necessary evil between where we are and where we want to go. He thinks of portage as the “tribulations of life,” as purgatory on the way to discovery, as a welcome escape from the present world, as a highway to adventure, fame, fortune, or to violent death; and as life’s journey to the promised land, to heaven... or to hell.

Historical footnotes: The lake we know as Lake Simcoe was called Lake Toronto by the Native people; French explorers called it Lac aux Claires (“the lake of the fishing weirs”: no doubt that’s the origin of Lacie St. in Orillia). One year, Governor Simcoe travelled the length of the carrying place on horseback with his wife and a few servants; the result was the building of Yonge Street on more manageable land!

Another book about local history that might be of interest: the 2017 second edition of *The Orillia Spirit* by Randy Richmond (also published by Dundurn Press). As a relative newcomer to this area, I was fascinated by stories beginning with the first meeting of the Native people with French explorers, and continuing with a decade-by-decade account of the political skulduggery and nonsense that resulted in Orillia as we know it today.

Noel Cooper

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Milestones: In Memoriam

Beverly Dianne Fletcher

1941-2017

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Dianne Fletcher

Dianne Fletcher passed away on September 22, 2017.

She was a quiet person who had a deep love of animals. She grew up in the Sutton area with her siblings Brian and Louise Blake, where they enjoyed their childhood on Lake Simcoe, swimming, boating and horseback riding.

She met her husband, Richard Fletcher, at Gulf Oil in Toronto, and they were married in 1977.

After retirement, they moved to 164 Bayshore Drive in 1999. Dianne was often seen out cutting the lawn on her John Deere tractor.

She was particularly fond of the swans that nest on Barnstable Bay. She and Richard fed the swans special corn and took much pride in watching over them. One year they rescued a cygnet that had been wounded by hunters and took it to the Wye Marsh Wildlife Sanctuary for rehabilitation. Her current pet, a rescue cat, Sammy, was great comfort to her in her last days while she suffered with lung cancer.

Richard and Dianne left Bayshore and moved to Pepperlaw in 2013.

*Jean Flynn
former Bayshore resident
Mother of Dr. Tess Flynn*

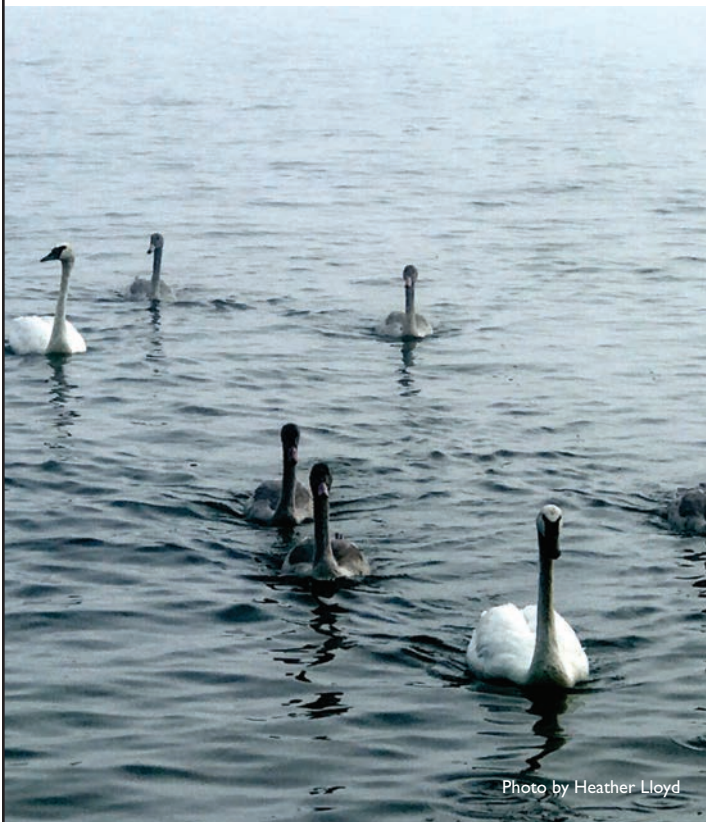


Photo by Heather Lloyd

In Loving Memory of David Lloyd Meadows 1925-1996

THE MURMANSK RUN



During World War II there were three routes by which supplies could be sent to Russia, who were then our allies in the war against Germany: via the Arctic Ocean and the Barents Sea around the north coast of Scandinavia to Murmansk; the Pacific via Vladivostok; and the Middle East through Iran. The first, and by far the most dangerous route was the northern passage from Iceland and Scapa Flow to Murmansk. 14 Canadian ships, whose men served, were honoured by Russia,

40 years after the war. These men were part of the British Home Fleet in the 23rd and 26th Destroyer Flotillas. There was no sunlight for three months of the year, no darkness for three months. At these latitudes, there were no rougher waters in the world, and if a man went overboard or his ship was sunk, he could survive only two minutes in the freezing waters. Ice formed instantly on the upper deck, guns, rigging, masts – if it wasn't constantly being removed, the ship was in danger of capsizing.

All those in the Murmansk convoys served in the TransAtlantic convoys before and after the Murmansk Runs, and many participated in the D-Day Invasion.

It was a bitter fight to get the convoys through the enemy submarines, air fleets and the most powerful battleships and battle cruisers in the world. The fact is, seven times as many merchant ships were lost during the Russian convoys as on any of the other convoy routes.

There were a total of 77 convoys in and out of Russia – protecting 1536 merchant ships. They delivered critically needed military equipment including thousand of tanks, aircraft, guns and food to our Russian allies.

The duty of the Navy was to ensure “the safe and timely arrival” of their merchant ships. This they did.

In 1988 the Russian Government held a dinner in Ottawa honouring the men who served in the Murmansk Run. Each man was the Recipient of the Jubilee Medal: “Forty years victory in World War II 1941–1945.”

My dad was one of these men who was on the HMS Puncher, a British Aircraft Carrier.



To all who served, Thank You.

Lest we Forget

*Brenda (Meadows) James
Keith Meadows*

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