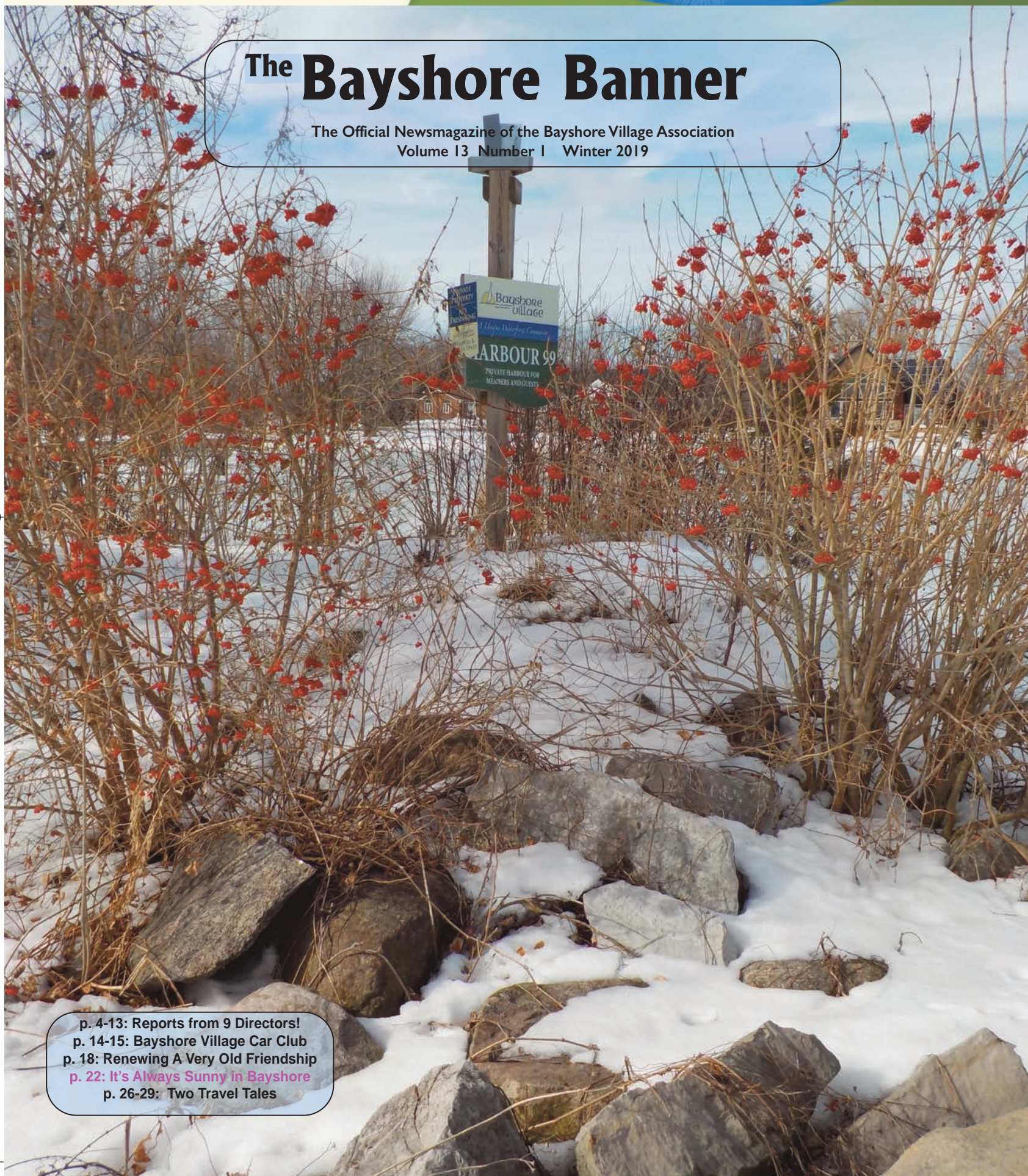




A Unique Waterfront Community

The Bayshore Banner

The Official Newsmagazine of the Bayshore Village Association
Volume 13 Number 1 Winter 2019



p. 4-13: Reports from 9 Directors!
p. 14-15: Bayshore Village Car Club
p. 18: Renewing A Very Old Friendship
p. 22: It's Always Sunny in Bayshore
p. 26-29: Two Travel Tales



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BVA Board of Directors

2018-2019

Front row, L to R:
Jeff Zammitt,
 Director of Finance and
 Administration;
Rick Matthews,
 President;
Astrid Bruce,
 Vice-President;
Kathi Kerr,
 Corporate Secretary.

Second Row, L to R:
Ted Spain,
 Director of Hayloft;
Andy Rodriguez,
 Director of Harbours
 and Storage;
Doug Davies,
 Ex Officio;
Dawn Kelly,
 Social Director;
Craig Child,
 Director of Architecture;
Steve Goulter,
 Director of Common
 Lands;
Keith Meadows,
 Director of Common
 Waters.

photo by Waldon

Contents

- 4** Pres. Rick Matthews; Corp. Sec. Kathi Kerr
- 5** Vice President Astrid Bruce
- 6** Architecture: Craig Child
- 7** Common Waters: Keith Meadows;
- 7** Hayloft: Ted Spain
- 8-10** Social: Hallowe'en
- 12-13** Harbours: Andy Rodrigues
- 13** Common Grounds, Steve Goulter
- 14-15** Bayshore Village Car Club
- 16** Pickleball 101; Introducing the Flinns
- 18** Renewing a Very Old Friendship
- 20** Waste Management
- 22** It's Always Sunny In Bayshore
- 24** Recipe Corner
- 26-27** Travel Tales: Other Side of the World
- 28-29** Travel Tales: Sometimes... Less is More
- 30** Bridge, Creative Arts, Library
- 31** Ladies Christmas Luncheon
- 32** Bella Speaks Her Mind
- 34** Anti-Oxidants Explained
- 36** From Our Back Porch
- 38** In Memoriam: Ruth Moore
 John Schaeffer
 Ron March
 Wayne Sharpe

The Bayshore Banner is published for the membership
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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.

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

The next issue will be published in April 2019.
 Contribute anytime to noelc@cottagecountry.net

The Bayshore Banner

The President's Article



Rick Matthews
President, BVA

The Directors are busy working on all the membership-driven projects, activities and motions approved by the membership, along with many other initiatives outlined in the Directors' Reports. We have welcomed and oriented the new Directors, and I believe we have a very capable Board of Directors to meet the challenges of operating and improving Bayshore Village in 2019 and beyond.

Since the September AGM, the Directors have been focusing on planning and prioritization of all the work associated with their specific portfolios for the coming year. We are much more organized than years past, thanks to Kathi Kerr our Corporate Secretary and Kat Robinson our Administrative Assistant. We have combined all the Directors' plans into one planning document to ensure we have captured all the required activities and to ensure all Directors are aware of the undertakings of their peers. I encourage the membership to read the Directors' monthly reports moving forward, so that you understand the Board's priorities and the magnitude of the volunteer work managed by the Board's Directors. Our first Board meeting in 2019 will be Tuesday January 15, 2019.

As President I will lead and manage several initiatives this year which include:

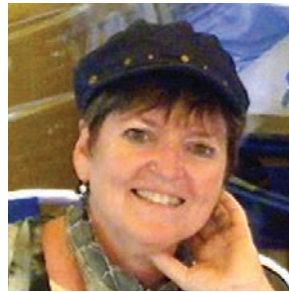
Conduct an Annual Real Estate Industry Luncheon with local real estate brokers and agents to improve relations and make the industry aware of our bylaws, volunteer structure and fees. The ultimate objective of this annual session is to ensure that our potential new neighbours are fully aware of Bayshore's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

Long-Range Plan. Process is underway as we are costing larger expenditures expected in a one-to-ten-year time frame to ensure we have sufficient Capital Reserves. All Directors and Calvin Yake are involved in the costing process. I will report the finding at the May General Meeting. We will likely introduce a bylaw to ensure future Boards are responsible for reporting on this Long-Range Plan annually along with existing budgets.

Spray Field – Sewage Treatment Plant. With the completion of the municipal election process, we will re-engage new Ramara Council on the Lake Simcoe Protection Plan (LSPP) amendment and development of the new Sewage Treatment Plant recommend by Ramara's engineering firm CC Tatham. The LSPP is up for renewal, and there is a once in ten year opportunity in 2019 to amend the plan to support the proposed replacement facility. Our Municipal, Provincial and Federal representatives are aligned with our objectives. We will call on the membership for support when required throughout the coming year.

New Volunteerism. We need to track donations as an option to providing volunteer time. I will establish a framework for this initiative

Corporate Secretary



Kathi Kerr
Corporate Secretary

Website Communications

The Communications and Promotions Committee welcome Irene Heinz as our new Website Manager. Working with Irene, Pam Koster has volunteered to assume the role of Assistant Manager. We are fortunate to have these knowledgeable volunteers who bring their expertise to these roles.

Protocols and procedures for the Bayshore Village Association Website have been reviewed and standardized by members of the website group.

We want to thank our outgoing website Manager Jon Wagner and Assistant Manager, John Waldon who have been instrumental in keeping the website up to date with regular contributions. They will continue to offer their assistance to Irene and Pam, if and when required.

Please take the opportunity to view the Bayshore Village Website and all it has to offer. <http://bayshorevillage.ca>

Bayshore Village Email Changes

BVA is now using a new Email Server. It will be more secure and emails will be distributed to members directly from the BVA office.

The setup had some initial hiccups, and these issues have been addressed and resolved.

Please forward any email queries to Kat, our Administrative Assistant at office@bayshorevillage.ca

You may also call the office at 705-484-0754 Monday-Thursday 9:00 a.m.- 1:00 p.m.

*Respectfully submitted,
Kathi Kerr, Corporate Secretary*

President's Article (cont'd)

and present it to the Board for their consideration before the May General Meeting.

We will be reconvening the Board in January. Several Directors will be out of Bayshore during the winter. We will continue to engage these Directors through WEBEX technology and conduct the meetings with full participation. This process enables the Board to conduct its business uninterrupted throughout the year, particularly in the winter months. I am looking forward to a productive year in 2019 given all the plans and activities your volunteer Board of Directors have committed to on behalf of Bayshore Village.

*Rick Matthews
President Bayshore Village Association*

BVA Vice Presidential Alphabet!



Astrid Bruce
Vice-President, BVA

A is for AED We now have a brace of 'Automatic External Defibrillators.' One outside the Party Room upstairs in the Hayloft, and another in the familiar location on the wall outside the Great Room. Fifteen Bayshore Members took the CPR/AED training course on November 9th, and they all passed with flying colours! Please remember **the AED is available to all members to take to the site of an emergency. First call 911 and send another person to**

get the AED. The unit instructs the user even if untrained in CPR. Continuous Chest compressions (*hard and fast* even without breaths) *could* save the life of an unconscious person!! Time is *always* of the essence! Our AEDs are not ornaments... they are **life-saving tools.**

B is for ByLaws. The 2018 Committee has been meeting regularly on Saturday mornings, building on the revision work of the 2017 team. We also have a volunteer, independent, secondary, proof-reading review body in place. The aim is to have an updated shorter version of 2016.001, 2016.002 and 2016.004 ready for presentation to the Membership at the May General Meeting, and subsequently ratified at the September, 2018 AGM. This process is intended to shorten the all-member meetings, yet maintain democratic participation and transparency. The review will simplify language, but will not change the core intent, that prior to 2016 was a Covenant. All our Bylaws (aka Rules) promote and support the original beautiful Bayshore vision – the environment that lured us all to live in the community. So please conform!! Look at your property as others and your neighbours see it. Is it well-kept? Lawn manicured? Trailer and junk-free driveway? Screened propane tanks? Those last three are the premier complaints that are received by your hard-working VP!

C is for Complaints... Oh, Did I mention that already? That's so negative! Maybe I prefer:

C is for Compliance... or, even better... **Cooperation!**

D is for "Did you know?" – occasional time sensitive reminder bulletins to members (for example, my Spring advice to maintain the Earth colour palette of exterior home décor. Advise the Architecture Director of plans to renovate or renew your roof, deck, etc.

E is for excellence (or pursuit of by your Board) or maybe E is for that **effort?**

F is for "Fisher" and also for Fox! Both predators are hungry, especially at this time of year. (Supervise your small domestic animals when they are outside). Even agile squirrels have fallen victim to Foxy!!

G is for Geese Thankfully in decline on all Bayshore properties!

H is for Hayloft and the happy hours we all spend there.

I is for Improvement ... a continuous long term process, that hopefully includes internet! (We're working on it folks!) Watch for Spring completion of Harbour 33!

J is for Joy... wherever you find it!

K is "Kat," the name of a delightful breath of fresh air!

L is for LIMIT. Speed is 40 km/h in the village! (whether signs are vandalized or not**) Our community includes charming little ones that can dart out without notice.

M **Mysterious sign removal. Any information would be gratefully received!

N is for Neighbourliness: experienced everywhere in Bayshore. E.g., the grass mowed unasked when you are absent. The dustbin delivered back to the doorstep. The wheelchair or walker required temporarily that appears magically. The fresh baked muffins, the preserves, the casserole, the soup, the empathy, the sympathy, the shoulder to lean on. A real sense of community!

O is for Opportunity... coming soon!! In September be nominated for a specific vacant position on the BVA Board. Sharpen up your appropriate skill set, and step up to the plate!

P is for Policewoman of the ByLaws? Nooooo! I am not! PLEASE don't send me anonymous vexatious spurious complaints (as happened recently!) Step out from the shadows!

Q is Question? Don't hesitate to ask!! (If I don't know, I'll find the answer for you!)

R is for Rules and Regulations (aka ByLaws). Although not perfect, they provide a framework within which the community exists. The rights and wrongs we have approved ourselves.

S is for Signs? Swimming Pools? Sheds? ALL no-nos!! Storage rules? Refer to them all in ByLaw 2016.004

T is for Trees (over 3" in diameter) require Board permission to remove. One of my hats to wear! Our experienced Arborist Member assists in the decision and provides free advice. He is also working with our Director of Common Lands, surveying Ash Trees for Emerald Ash Borer (EAB) infestation. Should you not have already signed a permission form for him to enter your private property to inspect. Please do so. (Forms are available in Admin Office) Return them, completed, to Admin.

U is for "US"... all of us who make this Bayshore Community such a special place

V is for (what else?) **The Volunteers.** Where would the Village be without them? You know who you are... so a big high five and thank you to you all!

W ...Winter is upon us and your Vice-President is escaping to South America... But will attend Board Meetings whilst out of the village via the magic of *Webex.*

XYZ.... Here endeth the Vice-President's Alphabet.

Thank you for reading.... and for all your support over the past year.

All the best health and happiness in 2019 and the future.

Astrid Bruce, BVA Vice President

Director, Architecture: Did You Know?



Craig Child
Director, Architecture

Pole Mounted Address Signs Proposal

Since moving to Bayshore Village six years ago, I have seen EMS vehicles driving through the neighbourhood, and on occasion the same truck twice, only to hear later that the driver missed the address. I was told by one of our residents that the EMS driver knocked on his/her door to ask where the address was. This is unconscionable to me in a neighbourhood where the majority of residents are 60 plus and unfortunately more likely to have emergency EMS calls than most subdivisions.

To complicate matters, the houses are set back further than most from the road so that the large numbers on the houses are not easily read. The numbers on the face of the pole lantern are difficult to see because of the intense light behind them. In addition, some of the numbers are on rectangular-shaped backgrounds, not the outline of the number.

The address signs I would propose are 6" x 18" which is large enough to allow 4" high bold reflective numbers matching the specs of the provincial 911 signs (pictures from three perspectives below). The signs would be painted a flat black, in keeping with the common pole and lamp colour, with the numbers mounted at the end furthest from the lamp, allowing the lamp light to illuminate the reflective numbers. The sign would be mounted on the pole immediately below the lantern with the numbers facing the road.

These address signs would also allow application of alternate icons indicating the additional equipment or services installed at each household such as solar services, emergency generator installations, and any other information that first responders would need to see before entering the property.

I have had an EMS platoon supervisor review the install at my house. He told me that this type of signage would make it easier to see and find addresses and, if installed on ALL poles in the same way, would give the drivers a consistent visual target to look for.

These signs will, in my opinion, offer an attractive aesthetically favourable alternative to the green signs turned down by previous boards and members, and save valuable seconds for first responders.

The cost for the manufacture of these signs as of the end of November is outlined below, which is reasonable enough to be within the discretionary amount allowed the board but will be presented to the membership in May in order to gain access permissions for all properties.

Basic sign, painted, punched mount holes, numbering-----	\$3,005.45
-stainless steel banding -----	\$468.35
-stainless steel mounting brackets -----	\$626.00
- banding tool-----	\$140.00
- stainless steel bolts and nuts -----	\$150.00
- rustoleum spray paint -----	\$100.00
Sub Total-----	\$4,489.80
HST -----	\$583.65
Total-----	\$5,073.45

Installation would be by our own volunteers

The signs I would like to propose are, in my opinion, a life safety issue for all Bayshore residents whether you're 25 or 85. I have had a sample made of the signs and installed it on my own lamppost for all to see, and hopefully approve.

Craig Child
Director of Architecture, Bayshore Village



Director, Common Waters



Keith Meadows
Director, Common Waters

As the new director of common waters, I'd like to thank the Pond Masters and volunteers for their hard work and time over the past season.

Their efforts have made the transition into this position smooth and easy for me and I look to their experience and expertise to help me continue to serve the Bayshore Community.

The aerators and bubblers were removed from the ponds, winterized and stored for the winter. There are some minor repairs required on some of the aerators. We feel these can be managed "in house" by our resident electricians prior to installation in the spring.

Our plan is to purchase two more bubblers and install them into the ponds that require them.

Pond water level measurements and maintenance have been and will continue to be conducted by Steve Goulter and myself, specifically to assess and plan for overflow routes to ensure that no obstructions will interfere with water flow. Excess water may be pumped out if necessary.

We are meeting with Ramara Township to discuss their assistance in solving this ongoing issue.

Beavers: There are ponds within Bayshore affected by beavers. Trapping and removal is only a band-aid solution. The best solution is to remove the food source which would discourage the beavers from building lodges. Members have been given information on how to protect their trees by either wrapping them with chicken wire or a paint/sand mixture the beavers don't like. Continued education for our members to follow these simple steps in order to discourage beaver invasion in our ponds is required. Trapping is costly, and should be the last resort method of beaver control as new beavers will move in once resident beavers are removed.



Weed Control: The method we are currently using has been effective for some aquatic plants. This past year the ponds were sprayed with the herbicide, Reward, and it has done the job quite well.

Landscape fabric has been tested by Glen Lucas and has been found to reduce weeds in shallow water areas of Deer Pond. The fabric is inexpensive and application is simple by sinking the fabric to the bottom of the pond with a few rocks or stakes on the affected area.

Goose Management: Most residents have noticed that the system is working. The population of local geese is feeling less safe coming into Bayshore. We are in the second year of our contract and look forward to another year of successful goose control.

Yours in Community Service
Keith Meadows
Director, Common Waters

Director, Hayloft



Ted Spain
Director, Hayloft

Just to update everyone on what has gone on at the Hayloft and what we hope to achieve in the up coming months. I would first like to send kudos out to my predecessors who have done most of the hard slogging and barring something unforeseen, my role will be more in maintenance mode.

Back in November Kim Oxley from Simcoe EMS came in with our new Defibrillation unit to install. Since our existing unit had been updated and was still under warranty, we decided not to accept their low trade-in offering and maintain a second to provide more timely response in the event of an emergency. The new unit will replace our existing device on the main floor and I positioned that old unit just to the left and outside of the door entering the party room on the second level.

The condition of the floor in the games room is showing signs of separation in the rolled flooring and has produced a potential tripping hazard over and above its poor appearance. I have priced out what I consider to be very good quality vinyl flooring and have included provision for its replacement in my budget wish list.

We have evidence of acute calcium deposits and buildup in some of the drains and traps in our plumbing fixtures which will be addressed.

Vipond was in to inspect our fire protection and sprinkler system and everything is up to standard. There were a couple of extinguishers that were past their expiry and were replaced with backups. A couple of the batteries in the emergency lighting must be replaced.

Terry from Sunshine Pools, our new go-to for pool chemicals, and closing and opening services, came out to inspect our pool and its equipment. Terry indicated that everything looks in good shape and trouble free and should give us a few good years of service.

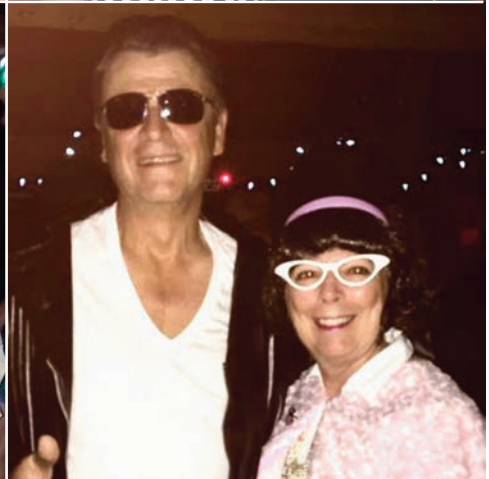
The first week of November Russ Sharpe of Sharpe Renovations came in and capped the wood beams near the pool storage area to critter-proof this area. He also capped two of the upper kitchen windows that were showing signs of age. Did a great job.

For all the pickle ball and tennis enthusiasts, you will be happy to know that we have all the proper recolored acrylic compound for filling and leveling the existing cracks and flaws. This will be one of our first spring projects. Volunteers out there with a good pair of knees would be most welcomed.

And finally, the new pool shower. We found a beautiful shower on the internet. Andy Rodrigues had it shipped to his home in Florida and brought it back to Bayshore, and in doing so saved us a lot of money in shipping. This will also be an early spring project.

Ted Spain
Director, Hayloft

Social Director: Adults?? Hallowe'en Party



Photos by Gunther Gratzner and Marc Bertrand

Adults?? Hallowe'en Party - Part 2



Spooky Stuff for Kids of All Ages: Hallowe'en in Bayshore

The Hayloft Candy Stop and Pumpkin Carving Contest was a success! A sincere thanks to everyone who donated boxes and bags of chocolates, candies and chips. We could not have run this event without your generosity. The abundance of treats was appreciated by visitors young and old.



Ashley Blankenship - Harry Potter



Charlotte with Amy Blankenship's "Big Cat With Hair" Pumpkin



Alexis Blankenship - Princess Pumpkin

There were pumpkins on display expertly carved by George Miller, Keith Meadows, Ashley, Amy and Alexis Blankenship and Franchi Torchia. The winner with the most votes was Keith Meadows' "Haunted Mansion" edging out Alexis' "Princess" pumpkin by just one vote.

Bayshore's Youth and Family Committee is looking forward to putting on this event again next year and we hope to attract every resident with a sweet tooth and a sharp knife (for carving pumpkins of course). Until then.....**stay spooky.**

Pictures and Article by Lauren Torchia

Prize Winner!

Keith Meadows' "Haunted Mansion"



George Miller - Green Man Pumpkin



Franchi Torchia - Burger Pumpkin



Christopher, Everett, & Harrison (children of Alex & Autumn Dorevich)

Sofia with Dan and Tara Hotoyan



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Bill Pike is heading up this project with input from Keith Belamy and myself (Andy Rodrigues). All decisions made are with consensus of the group, with the long term interests of the BVA in mind. Bill has done a great job managing the project, arranging for materials and volunteers to keep the project on track.

On September 23rd 2018 our members gave us the go ahead to rebuild Harbour 33. Work started on September 30th, just seven days after the AGM. The first stage of the project was removal of the finger docks, followed by removal of over 800' of walkway decking.

Steve Goulter arranged for a farmer to take all of the used lumber, thus saving the BVA a considerable amount of money in hauling and disposal fees. All docks and decking had to be dismantled and cut into 3' or smaller pieces then loaded onto the farmer's trailer.

Once all the old docks and decking had been removed we moved onto the retaining walls. This is where Mother Nature decided to test our determination but Bill and his army of volunteers prevailed, completing the retaining walls in late November.

Without a pause Bill Pike and Craig Child rewired the electrical system for the harbour completing their work in early December. Over the winter the docks will be delivered and placed in the harbour ready for installation in the spring.

Before the docks can be installed, Bill's Buoy's will have to install new fascia board and after the docks are in place, the new decking will follow and finally some landscaping to clean up the harbour lands.

So far Bill has managed to use the services of 40+ volunteers, who have logged an amazing 684 volunteer hours so far.

**Great Job, Bill
&
All of the Volunteers!**

*Andy Rodrigues
Director, Harbours*



Top left photo: progress to date.

Right, top photo: Four workers in winter conditions. Bill Pike is hanging on to a power drill. Photo by Robin Searle. Other photos are by John Waldon and Andy Rodrigues.

Right, second photo: Lifting the decking, working from a floating platform.

Right, third photo: Same scene, taken from the land side.

Right, bottom photo: not just manual labour!

Harbours: Harbour 33 Re-fit



Lands: Emerald Ash Borer Update



EAB

The EAB is dormant this time of year, of course, but our plans to combat this pest are progressing on target.

A major component of our plan is to have Eugene Storozinski (resident arborist who is volunteering his time and effort to do this for Bayshore) complete the ash tree inventory. This work can be done in the winter and is ongoing. If you have not done so, **please complete the "Permission Letter"** allowing Eugene to come onto your property for this purpose. Please complete this form *whether or not you have ash trees on your property*, as it is important for us to know. You can obtain a copy of this form at the office or call the undersigned and I will deliver one to you.

Eugene will assess all of your trees, not just the ash, and give each ash tree a rating that will depend on the tree's health, location, age, other trees on your property, etc. He will attach a small metal tag to each ash tree with an ID number and enter the data for each tree in a log. Some may be already infected, but this is generally not the case. Do not let anyone tell you your trees are infected, unless Eugene agrees, as many commercial arborists and tree care companies are simply looking for business. We do not want to see any healthy ash trees removed unnecessarily.

The good news is that we strongly believe that most of our healthy ash trees can be saved with a very simple, inexpensive treatment program which will begin in the Spring. **The cost of this program will be significantly lower than removal.** We will make an assessment of how much material will be required for each property and give you instructions on how to apply it to the base of each tree. In May and June, when the tree begins to grow, the tree will draw this chemical up into itself, making the whole tree taste bad to the EAB. This material is basically a special fertilizer, not an insecticide and is in no way a hazard to the environment, wildlife, insects, water table, etc. The adult EAB will sample each tree, and if it tastes bad, it will simply move on to the next tree. This is why it is important to treat ALL trees. If they all taste bad, they will fly away from Bayshore in search of one that tastes good. They would rather die than eat something else! The key parameter is to determine how much of the special fertilizer will be required for each property. This is why we need to complete the inventory so that sufficient quantities can be ordered and made available for May 1/19. We expect that the cost will be under \$50 per tree, but until it is here on site, the cost is not certain. It looks like the cost could be considerably less than originally anticipated.

There will be some ash trees that should be removed due to damage, old age, etc. This work will begin in the Spring and is really what should be done anyway in order to properly manage our "green infrastructure." There are several dead poplars in the Golf Course that also need to be removed and many other trees around Bayshore that require extensive trimming, etc.

A budget allowance has been made to address the work that needs to be done on trees on Common Lands, including treatment for EAB. There are approximately 170 ash trees on Common Lands, including all Parks. Work that is recommended on private properties, including costs associated with EAB treatment, will be funded by property owners, of course, as the BVA cannot be expected to fund this. Having said that, **in order to combat the EAB, we must consider ALL ash trees on our peninsula as part of the overall strategy**, including those on Ramara properties.

If anyone has any questions on our plans to combat the EAB, please call me at 705 826 8826 or send me an email at goulter255@hotmail.com. Thank you for your support.

Steve Goulter
Director of Common Lands
Bayshore Village Association

Social: Movie Night at the Hayloft IMAX!



On the evening of December 12, a brand new activity was launched at Bayshore Village – Pub and Movie Night featuring a special showing of A Christmas Carol circa 1952 was shown to a large group of Bayshore residents.

The idea was for folks to arrive and to be as comfortable in this atmosphere as they would be in their own home. Consequently,

pajamas, housecoats, liquid refreshments, chips, popcorn and eggnog and comfy reclining chairs were all brought by the attendees.

There was a Christmas Carol movie trivia contest held before the movie and there were "absolutely unbelievable" prizes awarded for correct answers.

The feedback from this event was overwhelmingly in favour of having a regular monthly Pub and Movie showing.

This night also allows for other activities and entertainment fun to be shared by all, e.g. karaoke, drop dead funny skits, etc. There are a lot of hidden entertaining people in our Village; all that they need to perform is an opportunity and an organizer. We have now discovered folks who are willing to provide this opportunity for the "Village People" of Bayshore.

This will be a new fun opportunity for everyone to enjoy.

Yabba Dabba Doo!

Bill Pasel

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There Is A New Group in Bayshore — The Bayshore Village Car Club



Year End Celebration In Jim Schulz' Garage

Present: Back Row: Reid Drysdale, Robin Searle, Jim Schulz, Victor Relvas, Ria Searle, Bob Bell, John Waldon
Front Row: Nori Drysdale, Keith Bellamy, Susan Kingston, Kathi Kerr, Merika Relvas

2018 saw the start of the Bayshore Village Car Club. Thank you to those who participated and supported the club in this inaugural year and we look forward to the club growing in size and more people attending future events. The Club currently has 20 members both male and female.

The automobile, most likely the second largest purchase we will make, has come a long way since the turn of the 19th century and has undoubtedly changed the world. For Susan and me, it's not only about the cars, it's also about the people we meet. Car enthusiasts are great people and enjoy their rides along with the social

aspect of events and cruises. Some of us even name our cars as if they have a personality. Whether you own a foreign high-end car, a classic, or muscle car, getting out your wheels is lots of fun.

During our year-end pot luck dinner there were many suggestions for cruise events for the coming year. Also some were surprised that dinner in a garage could be pleasant...LOL. Whether it be a cruise up through the roads of Muskoka on a Saturday, a drive into Orillia for ice cream on a week night, or a three day trip to Detroit to see the world famous Woodward Dream Cruise Auto Show, we will have some great events in 2019.

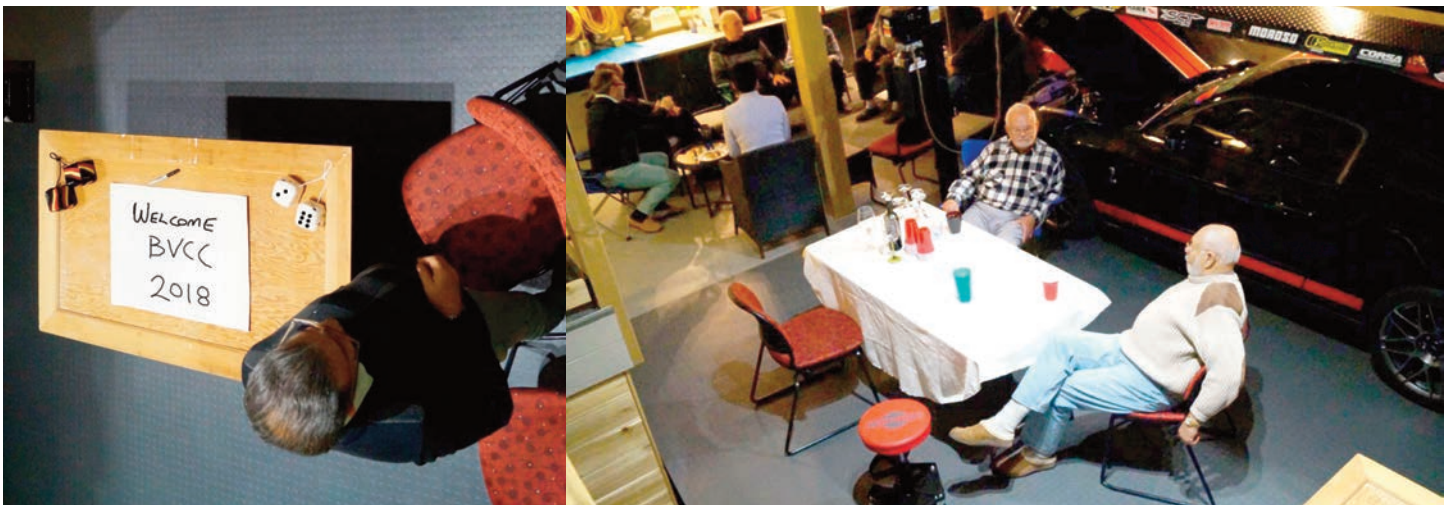
One of Susan and my favourite cruises in 2018 was when we joined the Barrie Mustang Cruisers on a trip to Reading, PA. We were 26 Mustangs that left the Barrie area and convoyed down to Reading. Beautiful vistas, lots of laughs, great restaurants and tail-gating at the hotel parking lot brought us great enjoyment.

We are also considering a more formal name for our club... Suggestions welcome! Once the name has been selected, we will be looking at purchasing a banner flag which will be displayed at car show events thus promoting Bayshore Village and our great cars. 2019 will be another great year for motoring. Stay tuned. Best wishes in the coming year and we look forward to seeing Bayshore Village Car Club members and residents at upcoming events.

Submitted by Jim Schulz



The Bayshore Village Car Club - Season Ending Gala



Members not present: Bill Ecklund, Cliff King, Herb & Catherine Hermans, Jeff Drayton, Jon Wagner, Norm James, Rick Horst, Simpson Cherry, Steve Goulter.

Bayshore Pickleball 101



Move over tennis and golf. A new favorite pastime is taking over North America for people in their 50s, 60s and 70s. People are looking for an activity that offers good aerobic exercise without being as strenuous as traditional racquet sports and gives the players a chance to socialize during the game. A growing number of people are playing pickleball, a sport that combines tennis, badminton and ping-pong.

The game is regarded as not as fast or strenuous as tennis, but quick enough to keep you moving and requiring laser-like focus. You don't have to be a great athlete to play. Good hand-eye coordination and decent foot movement is helpful. It doesn't take long for a newcomer to play comfortably. Pickleball is very inexpensive to play where paddles range from \$50 to \$150 and balls are supplied by the Bayshore members.

The Bayshore pickleball group can sometimes play seven days a week with some of the dedicated players that enjoy the sport. A regular schedule is posted on the board at the tennis court for dedicated pickleball play and along with the tennis group times. Last year Randy Hutchison ran beginner lessons and we would like to run this program in the summer of 2019 for the residents who would like to give it a whack. Stay tuned to your emails for the update in June for times; a limited number of paddles will be supplied.

A big part of Pickleball is the social aspect of the sport where it brings players together in a social atmosphere both on the court and off. Ninety per cent of the players are also part of the cycling group that plans rides on Thursday mornings courtesy of last year's lead organizer Rob Thomson. We visited many trails in the area which included a stop for lunch and a quick beverage. Average ride was about 10 to 15 kms in one direction with various starting points along the trails. Socials also included pool swims/lake swims after a hot session, dinner parties and of course the tournament day social, handing out the hardware to the Champ.

Just remember we come out to socialize, exercise and have fun on the courts. One day you will look like the guy in photo after having a great game on the court. Kudos to John Locke for having too much fun at the 2017 Pickleball tournament.

John Simerson John.simerson@sympatico.ca
Bayshore Pickleball Commissioner 2019



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Introducing Steve and Judy Flinn



We just moved in to 126 Bayshore Drive in September. We are both retirement age, but not retired. We own and run an Outsourced IT company in Newmarket, so we do travel back and forth quite a bit, but over time we hope to reduce that and spend more time getting to know the village and participating in village life.

We previously lived in the Newmarket area from 1980 until we moved here. While our two girls (now 40 and 37) were pre-schoolers and on until they were teenaged, we cottaged on Bass Lake and spent our rainy days in Orillia. We have always loved the town and the three lakes close by. Steve and I started browsing around Lake Simcoe and Lake Couchiching a few years ago, thinking that we could possibly live on the lake and still commute to Newmarket enough to still have a hand in our business. Eventually we discovered Bayshore Village, and even though we looked at many many properties in other areas, we always came back here. We have been watching Bayshore Drive for the past year and agreed that when something came available, we'd take the plunge. Finally the dream became a reality.

We're looking forward to life on the lake. Our girls live in Newmarket and Peterborough and they love Bayshore Village. They have already visited many many times. We have grandchildren 12 and 7, and they are over the moon that Grandma and Grandpa have this wonderful place on the lake.

This move was a big deal for us, but it's plain that it was the right thing, absolutely. We are still travelling back and forth as much as we feel like doing so, to be active in the business, but it is also very easy to work from home. The internet is great and the house is big enough for two workstations for us to use.

Steve and I both golf, and he curls. We own a sailboard, which we were both proficient on as younger people, but we haven't given that a go for ten years. Who knows, maybe we'll give it another try when the lake is not too active!

I paint and am looking forward to having time (and room) to take the hobby up again. I haven't painted for four years, but I'd like to get going again. And isn't this the perfect place to do that!

When we do slow down with our business we look forward to meeting with more people and joining in with some activities. Everyone we've met so far has been more than friendly, just as we thought they would. If you see us raking or shovelling or gardening etc., please stop and say hello.

Judy Flinn
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Renewing A Very Old Friendship

The year is 1949. Karl Kampe, age 14, from Bauska in Latvia, and Bosse Johansson, age 12, from Falun, Sweden have been best friends for five years.

"When he went to Canada, I thought it was the last time I would see him," says Bosse Johansson.

But destiny would be different. On October 17, 2018, they met again in Falun – Karl Kampe, aged 84 years, now residing in Bayshore Village, and Bosse Johansson, 82.

Karl Kampe told about his family's flight from Latvia. "We were in Bauska when the Soviet front was approaching, and were advised by the local German commander to move towards Riga before the advancing Russians took over. From Riga we made our way by boat to the major seaport of Ventspils on the Baltic Sea. I remember seeing a dog-fight between fighter planes during our trip from Riga to Ventspils: one plane went down; the other flew away. In late August 1944 several fishing boats were organized to sail westward from Ventspils harbour. My father had arranged for our family to be on one of them. As our boat left the harbour we sang the Latvian national anthem. A German coast guard boat escorted us out of the harbour and wished us good luck. Next morning we were on the Swedish island of Gotland. I was ten years old."

40,000 refugees came to Sweden from Estonia, Latvia and Lithuania during the last years of the war. A couple of thousand died during the migration.

Eventually, the Swedish authorities placed the Kampe family in Falun, Sweden. Karl's dad found work at the County Administrative Board. But after five years, the family decided to move. "Dad was convinced that the Russians would come and occupy Sweden. In the summer of 1949 we went west to Canada. I was sad to leave Falun," says Karl. "We were so well looked after here. They really took care of their refugees. Here I became confident and safe again."

In 2018, Karl and Bosse met again. The meeting was set up by a Swedish couple,



In this old black and white photo from 1947, the two friends are sitting next to each other in the front row: Bosse, 10 years old, second from the left, and Karl, 12, beside him, in dark shirt and white shirt collar.



Bosse and Karl in front of the school they attended 70 years ago.



Karl points to the classroom where he studied so many years ago.



The lower balcony was part of the apartment where Karl's family stayed in Sweden.

Lars Burström and Monica Fagerholm, who had met Karl and Carol Kampe in the early eighties. They became friends, and in time Karl began to tell them about his life, about the escape from Latvia and his youth in Sweden.

At one point, Lars asked if there was any classmate he remembered a little extra from those days. The answer was: "Bosse Johansson!"

Lars searched for Bosse and made a phone call. When Bosse answered the phone, and heard about the possible contact with Karl, he responded, "Just find a day for us to meet."

It had been almost 70 years since they last saw each other. Karl and Bosse sat down next to each other, as in the old days. The memories are many and crystal clear.

"I do not speak English very well, but in a few minutes, we found that feeling between us again. We remember old classmates and places where we played. We had fun together. We played bandy and soccer. We also spoke about how time flies," says Bosse Johansson.

Bosse Johansson remembers when Karl came to the school. The year was 1944. "Then we were used to refugee children. During the war, it was nothing strange at all. Over time, we became classmates and best friends."

In a few days, it's time to return home to Ontario. The trip to Sweden had the purpose of meeting Bosse Johansson. Asked if he thinks they will meet again, Karl answers, "Today we have gained new powers. Imagine meeting again after so many years. I think we each of us will live for a long time."

Before saying goodbye, Karl expressed a wish. "Will there be a young and scared person on his way to you today or tomorrow? I hope that he or she receives the same support I once received. Do not forget it."

*Article written in Swedish
by Martin Lindström.*

*Translated by Google Translator,
adjusted by Carol and Karl Kampe
and Noel Cooper*

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Waste Management

Someone recently remarked, “I recycle everything, but the other day I watched the garbage collector throw the entire contents of my recycling bin in the trash section of the truck.” I’m afraid the problem was in the first part of her statement, “I recycle everything”: if you try to recycle stuff that isn’t recyclable, the waste management company considers the bin “contaminated” (ironic, eh?), and sends it to the dump. Even some things that have the triangular recycling logo on them, can’t be recycled in Simcoe County because local recycling companies don’t yet have the technology or the market for some items.

This article is written to encourage us all to refine our waste management practices at home, if necessary. I’m always finding out about mistakes I’m making, and wonder about the problems they may cause. I’ve consulted page 17 of the Waste Management calendar that we’ve received, and asked <http://simcoe.ca/wastewizard> about some items when I couldn’t figure out where to put them.

Waste Management is a huge problem. I’d rather just leave my garbage at the end of the driveway, and forget about it. But landfill (what we used to call ‘the dump’) takes up a lot of space, and no one wants a dump in their back yard. Today, Toronto is shipping garbage by the truckload to landfill sites in Michigan; China used to accept recyclable materials by the shipload, but they recently stopped that program because they were getting far more waste than they could manage. Some items in garbage can be recycled, or sold to recycling companies as a source of income for a municipality, but they rely on cooperation from residents to separate recyclables from trash.

Simcoe county asks for plenty of effort from residents: we are asked to sort our waste into four (or five, if you count yard waste) streams: containers, organics, paper fibres, and garbage. I’m going to write a paragraph about all five streams.

Containers

The county can’t sell to recycling companies every item that has the triangular recycling logo on them. Despite having tried to get it right for years, I was surprised by some items that are accepted in the container bin: aluminum plates and foil, coffee cup lids (the cups themselves go in organic waste, if they’re paper!), empty aerosol cans, tetrapak containers, and plant pots (but not black plastic ones).

I knew that Styrofoam (including meat trays) isn’t acceptable, nor are light bulbs, plastic toys, and the big one – plastic bags. Black plastic is no good either. I didn’t know that LCBO and beer bottles can’t be recycled; maybe they want us to return them for a refund, but after saving up more than 100 bottles over a few months, I still didn’t get enough of a refund to pay for six beers, so I’d rather save the effort and let the recycling company deal with it.

The recycling industry calls a load “contaminated” if it contains items that can’t be recycled. We’re supposed to rinse out containers before we recycle them, though they don’t have to be perfectly clean. Another main concern is half-full containers of mayo or jam, which can contaminate many other recycled items when the jar is broken: they can’t recycle items that are covered with jam. There are employees who scan recycled items on a conveyor belt (going at remarkable speed) and try to remove unwanted items like Styrofoam cups, black plastic, or plastic bags, but they have a high-pressure job, and the fewer items they have to remove, the better.



Paper

Newspapers make up the bulk of our paper recycling, but we also have all those advertising flyers that come in the mail, and cereal boxes and egg cartons and toilet paper tubes. Unacceptable are any soiled paper (like paper towels and Kleenex), paper cups and waxed paper – but all of those *are* acceptable in the *organics* bin. Corrugated cardboard should be tied in bundles separately. Padded envelopes are garbage.

Organics

I always thought we were pretty good at separating our organic waste, but lately I’ve been surprised to learn that I can put lots of stuff in the organic bin that I thought was not allowed: all kinds of soiled paper is OK – paper towel and napkins, Kleenex, paper plates, paper take-out containers (pizza boxes, Michelina pasta packages), paper coffee cups (do not stack them), and wood (!) – toothpicks, popsicle sticks, chopsticks, even sawdust!

No cigarette butts, no pet waste, no vacuum bags, and of course no plastic can go in the organics bin.

Garbage

So that leaves very little for the landfill at our house: mostly it’s plastic bags, plastic wrap, corks (quite a few of those), potato chip bags, and the occasional light bulb. We usually don’t even put out a garbage bag every week, and when we do, it’s very light.

In *The Graduate*, Mr. Robinson told Benjamin Braddock (Dustin Hoffman) that he should seek a career in plastics. No doubt that was good advice, but today, we – and the oceans – are drowning in plastic. I devoutly hope that someone will invent (as is reported) an enzyme that will digest plastic, and then we will send huge ships into the ocean to harvest and nullify the immense fields of plastic that are floating there. The mini-plastics that wildlife are ingesting will have to be regulated. The only things that shouldn’t go in the garbage (besides all those things we’re supposed to recycle) are hazardous items (batteries, paint, gasoline and automotive fluids, fluorescent bulbs, chemicals, medicines). The waste site in Orillia, on Kitchener Street behind Trombly’s Sports on Hwy 12 will accept hazardous waste.

Yard Waste

I do my own yard work so far (old age is coming fast), and I’m very glad that the county has begun to collect our yard waste. We have far too many trees on our property, so twice a year I usually put out somewhere around 30 bags of leaves, broken willow twigs, dead flower and vegetable stalks, and branches sawed to the size of paper yard waste bags. Grass clippings are accepted, but our mower mulches them. No doubt, some day soon I’ll join the dozens of Bayshore residents who pay companies to take care of their yards.

It’s amazing how complicated waste management is, but it’s tremendously important for the well-being of our society and our planet. I’ve heard many comments about how government deficits lead to insurmountable debt for our children and grandchildren, but waste is another aspect of what we are leaving to our descendants: let’s do our part to leave them a world whose water, air and land are clean and livable.

Noel Cooper

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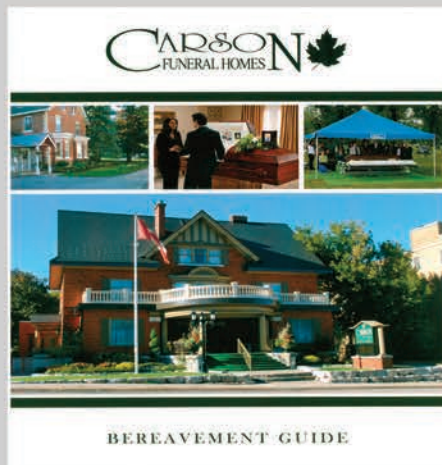


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It's Always Sunny in Bayshore

Q: What do you call a magic dog?
A: A labracadabrador.

That joke was a test to determine if this new section is for you. After reading the joke, did you:

- a) Roll your eyes
- b) Groan
- c) Groan and roll your eyes
- d) Flip to the next page in disgust
- e) Smile, laugh, chuckle, heartily guffaw, or immediately share this hilarious joke with anyone in the vicinity.

If you answered a, b, c, or d, please move along. There is nothing to see here.

If you answered "e", welcome to "It's Always Sunny in Bayshore" the section for people who love to laugh and where corny is not a bad word. I will spend all my free time scouring the internet for the funniest stories, puns, knock, knock jokes, limericks and riddles for your enjoyment.

Here are a few laughs to get you warmed up:

Q: Why can't you explain puns to kleptomaniacs?
A: They always take things literally.

Q: Did you hear about the cheese factory that exploded in France?
A: There was nothing left but deBrie.

A bear walks into a bar and says, "Give me a whiskey and... a cola."
"Why the big pause?" asks the bartender.

The bear shrugged. "I'm not sure; I was born with them."

When I was in grade 6, my teacher, Mr. Ros, held a joke contest. This was unfortunate because as a nervous public speaker, I would not only have to stand up in front of the whole class, but also attempt to make them laugh.

As a shy and awkward 11-year-old girl in love with half the boys in my class, this was terrifying. I put way more effort into this assignment than was needed. The joke I finally chose was told to me by my Aunt Delia and although I didn't understand it right away, the reaction it got from the rest of my family told me it was gold. Here it is:

Bob and Doug are taking their first plane trip ever to Tampa, Florida. Fifteen minutes into the flight, the captain announces, "One of the plane's four engines has failed – but don't worry. Everything is fine but we are going to be delayed an hour."

Thirty minutes later, Bob and Doug hear the captain's voice again over the loud speaker saying, "Hello passengers. The second engine has failed, but no worries, there are still two engines left. Unfortunately, the flight will now be two hours longer."

Bob and Doug settle in for the long flight but not five minutes later, they hear the pilot's voice again. "Many apologies passengers but the third engine has failed. Nothing to worry about but the flight will be delayed an additional hour. Please enjoy the rest of your flight."

Bob shrugs his shoulders and says to Doug, "I hope the fourth engine doesn't fail or we'll be up here all day."



That gem won me first place and a black, fine tip marker. I gained so much confidence that day that I auditioned for the school musical a week later, got the part of Dorothy in the Wizard of Oz, started taking drama classes outside of school and eventually became a high school drama teacher. The moral of my story is not about facing your fears or that a joke can change your life but that you should find out what the prize is before you enter a contest.

The only other two contests I have won in my life were free bagels for a year from The Great Canadian Bagel Company for coming up with a new flavour of cream cheese (lemon-lime, in case you were interested – as disgusting as you might imagine) and \$50 from a contest held by Landers Skincare for writing an essay about how I stopped biting my nails. If they could see my hands right now, they'd want their money back.

Enough about me. Are you ready for some puns?

eBay is so useless. I tried to look up lighters and all they had was 13,749 matches.

I've just written a song about tortillas. Actually, it's more of a wrap.

I just found out that I'm colour-blind. The news came completely out of the green.

I hope you got a few laughs. I'm not sure what the next edition will look like: more jokes, less stories. More stories, funnier jokes. Less funny jokes and semi-amusing stories. No stories and medium-funny jokes... the possibilities are endless. Let's just play it by ear. I'm not one to plan very far in advance – I don't even buy green bananas.

Let me leave you with this inspirational quote: "Before you criticize someone, walk a mile in their shoes. That way, you'll be a mile from them and you'll have their shoes."

It's been fun. Thanks for reading.

By Lauren Torchia

Jokes sourced from: List25.com, rd.com, bestlifeonline.com, ahajokes.com, haacked.com, redit.com, dumppaday.com, alphadictionary.com

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Recipe Corner

While many of our friends and neighbours escape the cold, some actually embrace it, while others tolerate it. Most of us enjoy traditional 'comfort food'. Why not try Nori's Sweet Potato Chili served with Rennie's Tea Biscuits?

Sweet Potato Chili

- ½ lb. ground chicken
- 1 large sweet potato, diced
- 1 - 2 onion(s), chopped
- 2 minced garlic cloves
- 1½ tsp. to 1 tbsp. chili powder
(1½ tsp. is good for a mild chili)
- 1 tsp. dried leaf oregano
- 1 tsp. ground cumin
- 1-28 oz (796 ml) can diced tomatoes, including juice
- 1-19 oz (541 ml) can red kidney, drained and rinsed (can use black beans)
- ½ tsp. sugar (optional)
- ¼ tsp. salt (optional)



Brown ground chicken in a large heavy-bottomed saucepan over medium heat breaking up large chunks, about 5 minutes until no longer pink.

Stir in onions, garlic, chili powder, oregano and cumin. Cook, stirring often, until very fragrant, about 2 minutes. Then add tomatoes, including juice, beans and sweet potatoes.

Bring to a boil, stirring often. Then reduce heat to low so mixture just simmers, covered, until potatoes are tender, about 30 minutes. Taste and if needed to round out flavours, stir in sugar and salt.

Serve with a dollop of sour cream, if desired. Makes 4 - 6 servings.

Submitted by Nori Drysdale

7-Up Tea Biscuits

- 4 c. Bisquik
- 1 c. 7-Up
- ½ c. sour cream
- ½ c. melted butter



Mix Bisquik, sour cream and 7-Up.

Dough will be very soft. Don't worry.

Knead and fold dough until well mixed.

Pat dough and cut biscuits using a round biscuit cookie cutter
(or a small juice glass)

Melt butter in bottom of cookie sheet pan or 9x13 inch casserole dish.

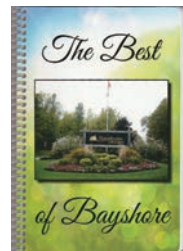
Place biscuits on top of melted butter.

Bake @ 475 F for 12-15 mins.



*Submitted by
Rennie Wojcik*

*as found in
the Bayshore
Cookbook
(for a copy: 484 0221)*



Recipe corner is prepared by
Jill Pignatelli



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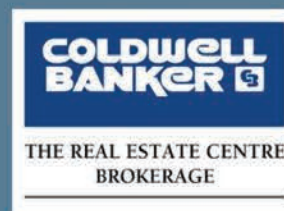


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Travel Tales: A Trip to the Other Side of the World

Last March, my wife Anne and I set out on a one month adventure, not knowing what to expect. We flew to Abu Dhabi and were met at the airport

by my son and daughter-in-law, who are both teachers there. They have a 4-year-old daughter Sloane, who was home in bed.

A few months prior, we had talked to the kids about a possible trip, one they would arrange. They took care of everything, they applied for visas, booked hotels, flights, rental car. All we had to do was show up, and of course pay our share of the trip. In the two-week trip, we did eight flights, six countries, three continents, and one ferry ride. I won't bore you with all of our sightseeing, just some of the highlights.

With my son and daughter-in-law having one week of school left, they suggested different attractions around Abu Dhabi that we might be interested in.

Besides just relaxing around the pool with our granddaughter, we did some sightseeing. Some of the places we visited in Abu Dhabi were the Grand Mosque and an outdoor theatre where we also had dinner. We went to Yas Marina, Saadiyat Beach, and saving the best for last was kayaking in the eastern mangroves followed by another great dinner.

The most amazing experience we had in Abu Dhabi was having dinner in the desert and checking out the sand dunes.

Some of our kids' friends went along with us, so there was probably 16 in total and we drove out into the desert. They knew of a good spot and started a fire. Everywhere you looked it was mountains of sand. Every step you were sinking 12 inches into the powder-like sand. Climb way up high and you could see for miles. The only problem with the excursion: one of the cars got stuck on the way out. I mean buried. Here we were on our hands and knees digging this car out, with only one small shovel. Finally around 11:00 we said goodbye to the desert.

After 10 days in Abu Dhabi we were ready to head out on our adventure. We flew to Amman, Jordan via a short stopover in Bahrain. Got to bed around midnight, and couldn't believe the view out our window the next morning. After visiting the Hercules ruins, the Citadel, and the Roman Amphitheater and having our first taste of shawarma, we set out for an Airbnb at the Dead Sea.

Quite a feeling walking into water, where you cannot sink, no matter how hard you try. The next day we set out for Wadi Rum, and our first experience at desert camping. Not at all what we expected. King size bed, electricity, 12x12 tent, carpet. Even the bathrooms had flush toilets and ceramic tile floors. Unbelievable, the mountains of rock in the desert. Dinner that night was baked potatoes, chicken, vegetables, all of which had been cooking since 2 pm in a fire pit, two feet below the surface of the desert. Quite an amazing sight when they shovelled the

sand away, pulled a big carpet back, and there was our food wrapped in tin foil.

Next morning, we were in the jeep by 8 a.m. and on our way back to town. Half way back a quick change from jeep to camel. A first for all of us. We left Wadi Rum and headed for Petra and Little Petra and two more nights of desert camping. The scenery and history in Petra, is something that is unbelievable. How could they achieve something like this, so many years ago?



After two days in Petra we left for the airport. After a quick flight to Ankara, Turkey, change of planes, we arrived in Istanbul. The weather was overcast and raining for our visit there, but we were able to still do some sightseeing. Since leaving Abu Dhabi we were once again brought out of a good sleep, by the "call to prayer." There were speakers everywhere – you could not avoid hearing it.

Leaving Turkey we flew to Athens, and then a short flight to Santorini, Greece. This was the most beautiful spot of the trip. Places built right in the mountain side, mostly white in colour, but the occasional bright blue roof, or salmon coloured steeples.

Next day off to a winery and explore ancient ruins. Just sitting on the balcony, with a glass of wine, overlooking the water was an experience alone. Just beautiful.

After a day of shopping amongst the local merchants, a little R and R, a great dinner we were ready to set out on the high speed catamaran to Athens for the next morning.

We checked into our hotel in Athens, looked out our bedroom window and there up high on a mountain, was the Acropolis. We visited the Acropolis the next day, and again, how could they have built this so many years ago?



In Athens we also went to the Panathenaic Stadium, where the first modern-day Olympic Games were held in 1896. After a visit to the Syntagma Square and the Temple of The Olympian Zeus, and Happy Hour on our roof top, it was time to say goodbye to Athens, its sights and the great shopping.

Up early next morning for a flight to Cairo, where we changed planes and flew back to Abu Dhabi. With our trip coming to an end, it was time to say goodbye to our family and tour guides. Since they had to go back to teaching after a two-week March break, they took us to Dubai where Anne and I spent a day on our own. We had to check out The Palm, and our last attraction was the Burj Khalifa, the world's tallest building.

To be honest after a month away and a nonstop schedule, we were pooped. Next morning, taxi ride to the airport and a short 14-hour flight home.

Bill Pike



Photos on opposite page show "the best sand dune we saw," "camel ride back to town," and our camp site in Petra, with small photos showing architecture carved into rock cliffs at Petra, and the Parthenon on the Acropolis hill in Athens.

This page, clockwise from top right: kayaking in the mangroves in Abu Dhabi, view from our balcony in Santorini, Amman (capital city of Jordan) in the morning.

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Travel Tales: Sometimes... Less Is More

Three years ago when our youngest child went off to university, we decided to take some time off to live “free.” At this time my husband Rohan was working at CN Rail in British Columbia and I was travelling back and forth between our homes in Pickering and BC. It was during that same time my mom had a fall and broke her hip and was

hospitalized for almost two months and I was not only running back and forth between BC and Ontario but to hospital and back daily whilst running my business in Ontario. I was exhausted mentally and physically and felt like I needed to offload the weight of the world – and we did just that. Rohan gave his notice to CN rail, we sold our house in Pickering, and moved my parents back to Sri Lanka so my mother could get the necessary personal care to recover. We rented a

condo and put much of our stuff in storage, packed four bags and left Canada. I could not fathom how I would live four months with two suitcases of belongings. I was used to STUFF, I thought I needed my 40 pairs of shoes and a wardrobe full of clothes to get by. I could not imagine living without my own car for so long. I was nervous about putting all my good furniture into storage for an unknown period of time. Looking back, I was worried about so many unnecessary things. The four months we spent living out of two suitcases was the happiest time of my life. For the first time since I was 20 years old, I had no responsibilities, no children to look after, no mortgage or debt or payments to think about, no stuff to take care of.

We started off with a stopover in London to see our older daughter and to spend some time with her. I love London. The hustle and bustle, the quaint coffee shops and the high teas, the beautifully displayed stores. We spent a week doing all of the touristy things – visiting Buckingham Palace, Windsor gardens, Big Ben, walking the length and breadth of the downtown streets and it was all beautiful. Our next stop was Sri Lanka. We spent a month there, first in the City of Colombo, not only ensuring everything was in place for my parents and to spend some time with the doctors to ensure my mom was on the road to recovery, but also to catch up with friends and other family. It was all great, but I was exhausted not only from the last few months of never-ending work in Canada but also the travels in London and hence we left the City and spent the next two weeks relaxing in beautiful beach locations of Beruwala in the South and Trincomalee in the North East. The beaches in Sri Lanka

are second to none in that region. We spent the morning waking up and walking on the beach and sometimes a quick swim, stopping at a wayside eating house to grab a traditional breakfast, downing some beer with it as it gets pretty hot by 10am, going back to the hotel and lazing around at the pool or falling asleep in a hammock under a coconut tree, having lunch and a nap and maybe a boat ride or snorkeling towards evening and sipping cocktails while watching the sunset. The people are beyond friendly, the hospitality so warm and the food fresh and just the best. Back to Colombo and the City for a week to spend more time with our parents and then onwards to our next destination – Australia and New Zealand – this time with one suitcase each and seven weeks of travel. We started off in Perth – my most memorable, being the sunsets and the beautiful beaches. Four days later we flew across to the Gold Coast to visit my brother in Airlie Beach and by far the highlight of our trip – sailing the Great Barrier Reef. Five days out at sea, the sun on my face and the wind in my hair with nothing but blue and green waters all around us. We woke up when we felt like it, we swam and snorkeled and marvelled at life under the sea, we cooked and ate on the open deck, we fished, we sailed, we visited some islands and experienced the way islanders lived. We laughed a lot, we wore nothing the entire five days other than our bathing suits – life in Canada, with all its stresses, the time lines, the sheer exhaustion of life during winter, the stress of the past years all faded away and it seemed as if I was living on another planet – not just another continent.

We spent another couple of days on the Gold Coast and then flew over to Tasmania. We stayed in a quaint little place where everyone knew each other. The rolling pastures, the clean air, the country lanes were all new to me. I was a city girl growing up in Sri Lanka and living in Canada. I never really imagined me ever considering country life. But Tasmania and New Zealand made me realize how peaceful life can be in the country. We spent five days touring Tasmania and loved every bit of it. Our next stop was Melbourne and the one thing that stood out was my visit to see the penguins. Silently we waited, watching for the first batch of penguins to come out of the sea and wobble along to shore bringing food to their family. Within minutes of the first 10 or 15, hundreds began to swim ashore and wobble right past us. They were beautiful creatures. It was a mesmerizing and magical moment and I sat on the beach long after the last of the penguins had wobbled past me, just soaking up an unexplainable feeling that just enveloped me.

Next stop: North Island New Zealand.

While I loved so many things from the beautiful countryside to the beautiful beaches and just the silence of the places we visited, what I loved most was our kayaking trip to the glow worm caves. Our group met up at sunset and started our journey in our kayaks. I had never kayaked after sunset and it was a strange experience to be out in the water in the dark, guided by the moon and the millions of stars. There was silence all around us. As we approached the mouth of the cave, we were asked to be extra quiet. As we kayaked very slowly behind each other into the narrow cave it was pitch dark – and then suddenly we were upon thousands and thousands of glow worms illuminating the entire cave from the bottom to the top. It was an open cave and we were surrounded by the twinkling of the glow worms on either side of us and the twinkling of



the stars above us in the open sky – with nothing but the sound of the gentle swish of our oars and the trickling of the water down the sides of the cave. The feeling of peacefulness and being one with nature is not something that words can explain. My life has always been full of so much noise. Experiencing total silence in a magical environment was an experience I will always cherish.

Onwards back to Australia and this time to the exciting city of Sydney. I love Sydney, from the Glitter and Glamour



of watching the opera, to the night life at the harbour front to the quiet walks along Bondi Beach. I could definitely make Sydney my second home (or third). Heading back to Sri Lanka I realized that I had not worn half of the clothes that I had packed into my suitcase and before I left I was so worried as to how I could live seven weeks out of the contents of one suitcase. It made me realize how little I needed in life and that the things I placed so much importance on was not so important after all.

After spending a couple more days checking on the progress of my mom (who was recovering so well and even taking a few steps with the walker), we headed out to Kerala, India for one week of healing, meditation and living life with just the basics. Mornings started with a cleansing drink of herbal water followed by a therapeutic Ayurveda treatment of massage and herbal baths followed by a light fruit and vegetarian breakfast. This was followed by a restful couple of hours in the beautiful garden full of fruit trees and vegetation. We would either just sit on a swing and talk or silently read a book. Lunch consisted of yet another light vegetarian and fruit meal followed by a nap and another Ayurvedha treatment with medicated oils. Evening consisted of Yoga, a bath in the river and half an hour of silent meditation. Dinner was mostly fruit and herbal drinks. Within seven days all the pain I had lived with for so many years washed away together with 12 lbs of weight.

It had been almost four months since we left Canada. So much transformation had taken place in my mind and body and in our relationship. I felt I was a different person with a different perspective to life. It was time for us to return

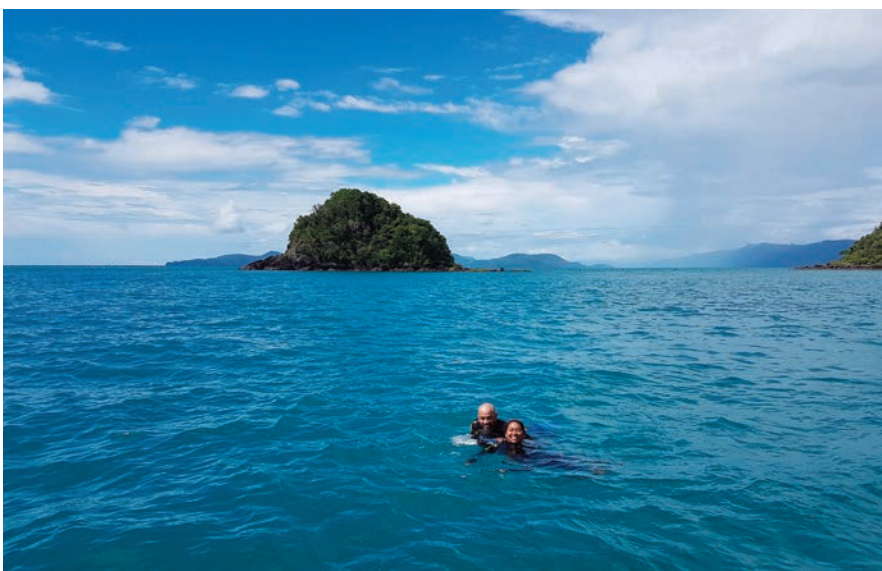
to Canada. We needed to make decisions to where we wanted to buy our house and live for the next ten years of our life. I was trying to recall what we had put in storage and I could not remember half of it. These were things that four months ago were so important to me that I had argued with my husband about having to put it in storage. Four months later I could not care less about any of it. I had lived four months out of two suitcases, simply and beautifully. I had experienced life that's peaceful and full, and I had a totally different view on what was important to me.

Living with less... gave me so much more.

Sharmila Perera



Photos:
Sailboarding: Rohan in Sri Lanka.
London with Big Ben in background: Sharmila, Rohan, our daughters Trishya and Tashya
Group at boat: Sharmila, Rohan, my brother, his wife and son who live in Australia
Sydney Harbour; 'roos...
Couple swimming: Sharmila and Rohan in the Great Barrier Reef



Bridge News

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

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

General Bridge: Pat Beecham-Cooper 705 484 0221,
beecoop@cottagecountry.net

Ladies Bridge: Lorna Pollard 705 484 0330, ja-lo@cottagecountry.net

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

In the winter months, (Nov.-Mar.) the General Bridge and Ladies Bridge are combined and play on Wednesday afternoons while the snowbirds are away.

If you are interested in learning to play bridge, or brushing up because it's a long time since you played, Pat Beecham-Cooper offers bridge lessons on most Friday mornings from 11:00-1:00 in the Great Room. Please contact her at beecoop@cottagecountry.net or 705 484-0221 if you are interested.

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

Here are the results for General, Ladies and Combined Bridge from Oct. 1 to Dec 19/18

LADIES BRIDGE

Highest score:	Lorna Pollard	5670 points
Second Highest score:	Nancy Wallingford	4750 points
Third Highest score:	Bev Green	3630 points

GENERAL BRIDGE

1. Pat Beecham-Cooper 6090 points
 2. Patti Norris-Rigby 6010 points
 3. Pat Beecham-Cooper 5670 points
- The highest non-Patricia winner was Tom Hall with 4690 points.

COMBINED BRIDGE

1. Pat Beecham-Cooper 7017 points
2. Lorna Pollard 5530 points
3. Doug Sellery 5290 points

On Dec. 12, we celebrated seven of our bridge players who have birthdays in December: Mary Andrews, Pat Beecham-Cooper, Noel Cooper, Karen Jones, Fran McVie, Marj Melhuish and Anna Zwicker. Marj and Anna are former residents of Bayshore who come back as guests on occasion. [Photo in adjoining column]

In the men's league, Dave McVie racked up 6090 points on Dec. 12, surpassing Ken Jones who had scored 5670 a few weeks earlier.

Pat Beecham-Cooper

Creative Arts in Bayshore: Follow-Up

The tenth annual Bayshore Art show on Sept. 28 and 29 was well attended and received lots of compliments. Congratulations to all the artists, and many thanks to the many people who attended. As is the custom, the artists have donated 10% of all sales to a local charity. This year, the selected charity was the Lighthouse Soup Kitchen and Shelter. We are pleased to announce we were able to donate \$355.00 to them. Thank you all.

Pat Beecham-Cooper



Bridge players who celebrate birthdays in December: Noel Cooper, Anna Zwicker, Fran McVie, Marj Melhuish, Pat Beecham-Cooper, Mary Andrews. Absent from the photo, but still celebrating a birthday: Karen Jones.

In Our Extended Community

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JANUARY @ RAMARA CENTRE BRANCH



Cooking Creatively:
Ramara Centre Group
Thursday, Jan. 17th @ 6:30 PM
 We are continuing our new story time and cooking class due to its popularity! Please note, that by registering you are committing to all sessions from January until June. *Thanks to the Sarah Badgley grant for making this possible!*



PD DAY - Puppet Masters!
Friday, January 25th @ 10:30 AM
Ages: 4-12
 Come and create some puppet friends to put on a play at home! Join in the fun while we make three different types of puppets. Be sure to bring your creativity!



PD DAY - Bad Art Afternoon!
Friday, January 25th @ 2 PM
Ages: 8-15
 Are you the worst artist in the world? Did you ever think that this could win you a prize? Come and show off your horrible art skills and create a disgusting masterpiece. Who can be the worst?



Fibre Friends!
Wednesdays from 10 AM - 12 PM
 Are you a knitter, crocheter or other crafter? Just beginning or a pro? Come and join our crafting group to work on your projects or help out our cause for local organizations creating items!

JANUARY @ BRECHIN BRANCH



Cooking Creatively:
Brechin Group A
Saturday, Jan. 26th @ 11 AM
 Check out our brand new story time and cooking class as we bring it to the Brechin branch, due to its popularity! Only 6 spaces are available, so register as soon as possible! Please note, that by registering you are committing to all sessions from January until June. *Thanks to the Point of Mara Resort and Trailer Park for making this possible!*



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BOTH BRANCHES!
Legomania & Scavenger Hunt!
ALL DAY!
 Each month you will have fun finding different characters such as Pokémon, Disney Princesses and more! Create masterpieces with our Lego as well!



Keep an eye out in your mailboxes for our new Winter & Spring newsletter! Spaces often go quickly so register for our new and returning programs between January and June!



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Ladies Christmas Luncheon



Photos show some of the interesting items available in the silent auction at the Ladies' Christmas Luncheon.

On Dec. 4 The ladies Christmas Luncheon was held. It was attended by Bayshore members and friends. We would like to thank our numerous donors and the many people that help set up. We were able to raise \$1725 through a silent Auction, two games of bingo and a 50/50 draw. The money will be donated to the Orillia Salvation Army and the Brechin Legion. Also a large donation was collected and made to the Salvation Army food bank.

The lunch was supplied by Twin Lake Secondary School (Hospitality Program).

Thanks again to everyone involved.

Kathy Hutchinson



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Kate White has been a member of Bayshore Village since 1975



KATE WHITE

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Bella Speaks Her Mind

One Dog's Point of View

It is with a heavy heart that I am writing this article today. I just found out that my old friend, Ramara, has left the building, so to speak. OK, so I'm a little behind the times. Sue me. She was a wonderful cat, as you readers of The Banner know. She had insights on life that I could only dream of. After all, I am a mere dog, while Ramara was a cat of great intellect.

I looked forward to every edition of The Banner, knowing that I would be saved for a short period from the mundane drivel of the humans who actually thought that everything they did was important and interesting. They have no idea of the rush we dogs feel when we find a new smell in the ditch. I don't know about Ramara's passions, but I would see her under the car in her masters' driveway on my regular morning walk. I think she liked to lie in wait for an unsuspecting bird passing too close to the car. I myself would like to get my hands on a white squirrel if I could catch the blinking thing. I've come close when my master has had a weak moment and I have slipped my leash from the grasp of authority. I would have caught it if I didn't have to drag that stupid leash behind me! Oh well, it's a dog's life after all.



How about these doggies? (Can you tell I hate them?!)

The latest insult occurred when my mistress returned from a trip to New York City. She became all happy and excited and, then, she pulled out this stupid doggy policemen's jacket for my walks this winter. I HATE COATS and SWEATERS, but she doesn't get it. Whenever she puts things like this on me, I freeze and stand as still as I can, and try my hardest not to look pleased - doesn't work.

At My Master's Service (lol)
Bella



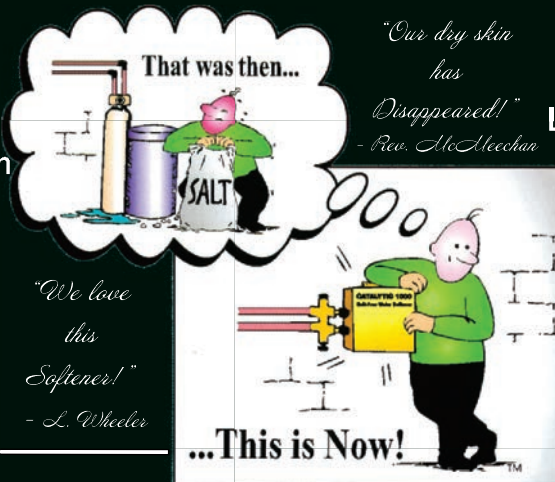
Froggie on ice photo by Dave Renaud

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Antioxidants Explained

You'll often hear me talk about eating foods that are high in antioxidants, one of many reasons a colorful diet is beneficial to good health. I get many questions, though, about why that really matters. So, today I'm going to break down the concept of antioxidants and how oxidation works in the body, to help you understand just how essential antioxidant-rich foods are.

To get the basic gist of the oxidative process, think about the way metal rusts or how an apple will turn brown once it's cut. These are signs of degeneration; these are visual indications of oxidation, which are helpful for understanding what happens internally.

It's important to note that oxidation is a natural process that happens in the body each and every day as a basic part of metabolism, but certain things can accelerate it—like smoking, drinking alcohol, pollution, drugs, prescription drugs, stress, and eating processed foods rich in the wrong fats and refined carbohydrates. These all create a greater risk for inflammation and disease.

The concept of oxidation starts at the molecular level. For a molecule to be stable, it has to have an even amount of electrons. When molecules lose an electron, they become a free radical. This can happen when they are exposed to reactive oxygen or nitrogen derived molecules that are natural by-products of energy production but can also come from the harmful factors I mentioned above.

Since electrons like to stick together in pairs, these free radicals with an uneven amount of electrons go on the hunt for another one – causing a dangerous chain reaction that turns other molecules into free radicals. Considering that free radicals can damage cells, proteins, lipids and DNA, which damage different tissues throughout the body, it's easy to understand why they are so dangerous.

The body, with all of its amazing capabilities, of course has a system in place to deal with free radicals.

This is where antioxidants come into play, some of which our bodies produce as part of normal metabolic processes and others we can get through wholesome food and supplemental vitamins. Antioxidants produced within the body can be in the form of nutrients or enzymes, with enzymes requiring the right vitamins and minerals to do their job.

Problems arise when the free radicals outnumber the body's ability to quell them; this imbalance is called oxidative stress. Oxidative stress is linked to inflammation, accelerated aging, cancer, demen-



Steve Goulter

tia, and a wide variety of other chronic diseases. This is why eating a diet rich in antioxidants is an important part of disease prevention. Of course, avoiding harmful foods and toxins as outlined above is also important, as is consuming good quality supplements.

Remember how I mentioned that free radicals have an uneven number of electrons, but that molecules prefer to have pairs? Well, many antioxidants can step in to give those molecules one of their extra electrons, to neutralize the free radical and halt the damaging cascade, which they can do without becoming a free radical themselves. Other antioxi-

dants, those that act enzymatically, can break down and remove free radicals.

There are so many different types of nutrients that directly act as antioxidants and support those beneficial enzymes, like vitamins A, C, E, selenium, copper, zinc and many more. Eating nutrient-dense foods helps to fight oxidative stress by giving those protective enzymes the right fuel and supporting the body's natural ability to recycle antioxidants.

This is the perfect example of food as medicine – through colorful, nourishing foods we are able to give our bodies the right ingredients to fight disease and stay strong. Some of my favourite foods that achieve this goal are as follows:

- | | |
|-------------------|----------------|
| 1. Dark Chocolate | 7. Raspberries |
| 2. Pecans | 8. Kale |
| 3. Blueberries | 9. Red Cabbage |
| 4. Strawberries | 10. Beans |
| 5. Artichokes | 11. Beets |
| 6. Goji Berries | 12. Spinach |

*Wishing you health and happiness,
Steve Goulter*


Original article by Dr. Mark Hyman – modified for use in the Banner by Steve Goulter December 23/2018.

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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From Our Back Porch

Our backyard overlooks Barnstable Bay. Every morning I enjoy having my first coffee or two, sitting on my back porch and taking in the goings-on around the bay. As an avid fisherman, I am always studying the interactions of the wildlife with the environment that they call home. It is never boring, always relaxing and often exciting.

Some, like our resident bald eagles, trumpeter swans, foxes, mink, ducks and geese can always be relied upon to make an appearance. Others that are more elusive and seasonal are a nice surprise, like coyotes, herons, ospreys, hawks, deer, otters and dozens of others.

Probably the most interesting and unpredictable are yourselves. A kayak rounds the corner by the island and ah It's Maria out for a morning paddle. Oh, the float plane has fired up or is coming in so let's watch to see how Graham does on his take-off or landing. Sometimes it is the neighbour girls out enjoying a sea doo race;



they are quite skilled. Or Glen whipping across the ice kite surfing. So, yes – from the kayak club members to the duck hunters, you are all part of the Barnstable Bay great outdoors.

From here we look west across the bay past Strawberry Island to the shores near Orillia. Watching the sunrise gradually light up the shorelines, the sunsets that are always different and magnificent or a building thunder-

storm or blizzard that slowly approaches only to eventually chase you back into the house.

Barnstable Bay is a natural wonder and beautiful place to behold. I will never get tired of it. There is always something happening. Can't wait to see what happens tomorrow. I might even see you.

Cheers!

Des Barnes

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Milestones: In Memoriam

Ruth Moore

1934-2018
2 Lantern Court



Ruth Moore was the wife of Ralph, proprietor of the remarkable garden at the corner of Bayshore Dr. and Lantern Court. The couple have been residents of Bayshore Village for 24 years. Ruth was the mother of three children, grandmother of four, and great-grandmother of two.

John Schaeffer

January 17, 1946 - October 4, 2018
27 Thicketwood Place



John Schaeffer passed away during a Caribbean cruise, at the age of 72. Beloved husband and best friend of Susan (42 years). John was a long term member of the Pine Ridge Corvette Club. He was a graduate of the University of Western Ontario with a double major in English and Psychology. He worked with The Canada Revenue Agency for 30 years until his retirement in 2015. His wife Susan wrote an article about their trip around Lake Superior for the Summer 2018 issue of *The Bayshore Banner*.

Ron March

1927-2018
formerly of 112 Bayshore Dr.



Ron March passed away on Dec. 19 at the age of 91. He and his wife Pat were married for 69 years; they were parents of two daughters and grandparents of three. Ron worked on the design of the antenna that still sits atop the CN Tower. At Bayshore, he played golf with the men's group at Cedarhurst, and was a faithful member of the darts league.

Wayne Sharpe

135 Bayshore Dr.



Wayne Sharpe passed away unexpectedly shortly before Christmas. Wayne was a strong Bayshore volunteer, and participated in the Big Bike fundraiser. His wife, Marg, was BVA president and more recently, Ramara Ward 2 councillor. We hope that a more complete memorial will appear in a future issue of the Banner.



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