



The Bayshore Banner

The Official Newsmagazine of the Bayshore Village Association
Volume 14 Number 3 Summer 2020

Introducing Jeff Nolan



On behalf of the Bayshore Village Association Board of Directors, we are pleased to announce the appointment of Jeff Nolan as Director of Architecture.

Jeff and his wife, Mary, moved into Bayshore Village into their newly constructed home in December of 2019. They are both recently retired and moved to Bayshore to experience life in this very active and vibrant community. They look forward to participating in the many activities of BVA and to enjoy lakeside living.

Jeff graduated from Conestoga College with an Electrical Technology Diploma and received an MBA from The University of Western Ontario.

He spent the entire 38 years of his career with Rockwell Automation in Cambridge, working in many areas of the company from manufacturing to quality, to global business management.

He also had the opportunity to live in China for 15 months as the General Manager of a business that Rockwell Automation had acquired in the north of China.

Director of Architecture

Jeff and Mary also own a condo in Jaco, Costa Rica. They have owned this since 2016 and usually go to Costa Rica two or three times a year. Jeff serves on the Advisor Board for the condo corporation, providing assistance and guidance with the management of the complex.

Although new to Bayshore Village and to the area, Jeff became familiar with BVA and its bylaws and governance since purchasing their lot in early 2017 and throughout the process of planning and building their home.

The construction of their home has provided him with insight and recent experiences to draw on as he takes on the role as Director of Architecture. With support from a very experienced committee, Jeff looks forward to assisting BVA and all of its members with maintaining the look of our community through the work of the Architecture Committee.

Please join us in welcoming Jeff Nolan as our new Director of Architecture.

Bayshore Village Association
Board of Directors

Photos from Tom Costigane's post

in Mobile Uploads



The Bayshore Banner

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

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by John Waldon

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 October 2020.



Our Mergansers Illustrating Social Distancing

Contents

2.....	Introducing Jeff Nolan, our new Director of Architecture
3.....	Taxonomy
4.....	President Rick Matthews
5.....	Director of Common Lands Steve Goulter
6 - 9.....	Canada Day Celebration The Social Committee
10.....	MPP Jill Dunlop, Volunteers re-installing the docks in Harbour 33 Catherine Plue
12.....	Quantity vs Quality by Marilyn Goulter
14.....	Busy Day in the Garden - Pat Beecham Cooper and gardening tips by Linda Bridges
16.....	How the Sun Affects your Coronavirus Risks - submitted by Steve Goulter
18.....	The Lake Simcoe Protection Plan Courtesy of Steve Goulter
20.....	Ramara Public Library Rebecca Taylor
21.....	Bella's Rant by herself
22.....	Book Review "1969 The Year Everything Changed" by Noel Cooper
24, 25..	Recipe Corner with Diane Stoner
26, 27..	It's Always Sunny in Bayshore by Lauren Torchia
28.....	The Bayshore Village Car Club Activities James Schulz and Susan Kingstonj
30.....	The Importance of Buying Local by Marilyn Goulter
34.....	In Memoriam: Adele Ida Herbert

The President's Article



Rick Matthews

On this Canada Day celebration, I would like to take this opportunity to thank all the Bayshore Village health care workers, police and essential services, such as those working in grocery stores, for all their efforts during these difficult times. I would also like to thank the Directors for the effective management of their portfolios under

the COVID protocols. Thank you to the membership for managing their social distancing, personal health and safety protocols to fight this virus, especially those quarantined travelers returning from all parts of the world.

One year ago, many of us congregated at the Hayloft to kick off the Canada Day Celebrations with numerous events planned for the day. Many of those events were directed to the children and grandchildren of Bayshore as well as lunch and golf for the adults. How the world has changed since March 2020 with COVID 19 affecting almost every facet of our lives, especially the interaction of not only family members, but the social interaction of Bayshore members, given the pandemic protocols. All of these limitations have impacted our traditional Canada Day Celebrations.

COVID could not stop the ingenuity and spirit of Bayshore through the Social Committee's efforts under the leadership of their Director, Debbie Rautins. They could have just cancelled the Canada Day celebrations for this year, as many other organizations have. Instead, they accepted the challenge and effectively planned Bayshore

events to celebrate Canada's birthday while adhering to all the COVID protocols. I believe that, because of their efforts, this was a special Canada Day that we will always remember.

We had several dignitaries participating in the Drive-by, including our MP Bruce Stanton, our MPP Jill Dunlop, Ramara Mayor Basil Clarke, and our local Councillor, Joe Gough, who was recently appointed to the position of Deputy Mayor of Ramara.

All the Canada Day activities and programs were emailed to the membership and posted at the Hayloft, so I won't duplicate them here.

We still have much to be thankful for as citizens of this great country. As a country, I believe we will continue to manage COVID between now and when a vaccine is available. We will return to a more normal existence in the near future, and the term "*social distance*" will be a thing of the past. We will, however, always remember the summer of 2020.

In the interim, stay safe, adhere to the protocols to keep up the fight against COVID and I hope you enjoyed Canada Day and will also enjoy the rest of the summer.

Once again, a special thanks to Debbie and all those who planned our Bayshore Village Canada Day celebration during these unusual times.

Thank you,
Rick Matthews, President
Bayshore Village Association



Director of Common Lands



Steve Goulter

ASH TREE PROGRAM UPDATE

For those of you who may be new to the Village, I will summarize the situation here in Bayshore Village, with regards to our Ash Tree program.

The Emerald Ash Borer (EAB) will kill ALL of our Ash Trees, as has already occurred throughout Southern Ontario, unless we take steps to prevent this from happening.

We have completed a detailed inventory of all Ash Trees larger than about 4 inches. You may notice a small metal tag on each tree with a stamped number on it. We have over 1000 on the peninsula. Can you imagine what our community would look like without these majestic beauties? Not to mention the cost to cut down, dispose of the wood and clean up the debris. Most of these trees could cost thousands of dollars each to remove, as they are close to houses, in back yards and in amongst other species. Your trees are enjoyed by the whole village, so we can help keep our community looking nice if we look after all the trees.

It is, therefore, in our collective best interest to do what we can to save these trees.

We are fortunate to have a retired resident arborist – Eugene Storozinski – who has devoted a lot of time to help us with a plan to address this issue. He has inventoried all 1000 trees himself, as it is important to properly assess the condition of each tree. As you can imagine, there are many other stressors that can affect a tree – damage, root rot, funguses, other insects, etc. Just as with humans, the healthier a tree is, the better it can fight off a disease or a pest like the EAB. All of this information has been entered into a massive spread sheet for proper record keeping and future reference.

One of the biggest stressors for a tree is DROUGHT. Please ensure that you give each of your trees a really good drink in hot weather, as we are experiencing right now. Eugene has pointed out that a large tree consumes at least 10 times as much water as you could ever imagine! Too much water is probably not possible, so keep up a regular watering program if you want healthy trees.

The procedure involved with our Ash Tree program is to inject a non-toxic liquid into the ground all around the per-

imeter of the tree in concentric circles. The tree takes this up all the way to the leaves, tainting all tissues under the bark with a taste that the EAB does not like. EAB have extremely sensitive taste buds and will die if they cannot find an Ash Tree that tastes right! This is the premise of all methods to protect Ash Trees. Commercial arborist companies inject directly into the trunk which costs several hundred dollars per tree. By contrast, our method only costs a small fraction (\$30 to \$60 per tree, depending on size), due to the use of volunteer labour and bulk purchases of the materials. This material (prime ingredient is Neem Oil) also acts as a fertilizer and we have seen many trees respond in a positive way, once treated.

By about mid July this year, almost all Ash Trees will have received the first application – half last year and the remainder this spring. I say “almost”, because there are a few properties where I have been unable to get approval from the owner that they will pay the invoice. Once the treatment is completed, each household will receive an invoice from the BVA office. Each tree will have to be retreated every two years. Our program does not come with a guarantee – it is the best attempt that we can come up with. It is affordable. It is relatively easy to administer. However, we can never be sure that the EAB is not already established within the tree before we treat it. The passage of time is the only reliable way to assess the ultimate outcome.

So far, there have been a handful of trees that were infested in Bayshore. We have taken these down and disposed of them, or have encouraged the homeowner to do so. We expect that it will take 6 to 10 years before the EAB dies out in this region. If we can only save 500 trees, this program will be considered a huge success, as it is a well established fact that they will all eventually die without taking action, as we have done.

Thanks to all volunteers, homeowners and especially to Eugene, for supporting this program.

Steve Goulter, July 2020

Director of Common Lands

Bayshore Village Association (705) 826-8826



The New Bayshore Canada Day



What's Happening?

Hello friends & neighbours!

The Social Committee is pleased to present our first ever Newsletter! We believe the social aspect of life is so important to many. With that in mind, and in an effort to provide more frequent updates on social events, the idea of a Newsletter was born. In it, expect to find ways to socialize and connect to others. It will be published as needed and until it is no longer needed.

My gratitude to Starr Oswald who accepted this assignment and got Edition One out in a record 7 days. Thanks also go out to the Social Committee who have come up with great ideas in these times and have provided the support to implement the changes!

The next edition (June 18) is devoted entirely to communicating the plan for CANADA DAY. Stay tuned!

Current Activities (Covid Protocol Followed)
 Golf season is here for the next 3-4 months and the golf course is notably more used this year! There are many singles, pairs, and groups that are going out together! Our little course provides beauty and something else this season...the opportunity to socialize safely! If you would like to have a private golf lesson, please contact Debbie Roultas at dcol26825@hotmail.com. We have resident golfers who would be happy to help you improve your game!

The Piddleball courts have also been busy with that lovely pong sound coming from the courts. Everyone is welcome to take up the sport. Interested, contact John Simonsen at jsimonsen@sympatico.ca. If you're interested in Bicycling with others, contact Robbie Thomson at rthomson7214@rogers.com. This group does various trails with longer rides.

Happy Hour Mixers
When: Fridays at 4pm
Where: Backyard decks and patios by Bayshore Hosts with 5 - 8 people maximum, practicing social distancing according to Provincial Guidelines.
Details: Everyone BYOB and snacks. Raindate rescheduled by Host.
RSVP: E-mail Wendy Lucas at glenn.lucas@sympatico.ca with subject line "Happy Hour Mixer", list your name, address, phone number and e-mail. You will get an e-mail back advising if you are Host or Guest with location details. Depending on the response, Happy Hour Mixers could continue with different mixings of 5 - 8 people or more all summer!

Community Expressions is excited to launch in Bayshore Village! This is a community-based initiative to send residents a card under special circumstances. Whether a person is having a milestone birthday, is experiencing illness or a loss or is leaving Bayshore, it is always nice to receive a note of best wishes. We need your assistance in this endeavour. If you know of someone who is ill or you think would appreciate a gesture like this, please let us know! Please contact Lisa Fox or Iris Storzinski who will then prepare and deliver these expression cards. These cards will be signed as "Your Bayshore Village family". Our contact information is as follows:
 Lisa Fox: #705-715-7999 E-mail: homes@ksafo.ca OR Iris Storzinski: #705-484-8733 E-mail: iris.storzinski@gmail.com

What's Happening?

Update on

Welcome to our second edition of the Social Committee's newsletter! This edition is devoted entirely to the plans for CANADA DAY.

We have Covid restrictions that need to be followed, and every consideration has been thought of to ensure whatever we are doing follows these guidelines. You will see a different, but nonetheless thorough approach to this wonderful day! The biggest difference is that to be truly successful, we are calling on the residents of Bayshore to become involved in specific ways.

Our plan consists of three components: Decorating By Land and Sea Drive-Bys, and a Food Drive. As our Newsletter is one page, more detail is provided on posters placed on the message board at the Hayloft.

DECORATIONS
 We are asking all residents and boaters to decorate their properties and boats. Our committee will be decorating common areas such as the Harbour signs, Hayloft area, Bayshore's entrance and Golf Course. A prize of a gift card will be awarded to the best Home and the Best Boat decorated. To determine the best, we are leaving it to the residents of Bayshore to cast a vote. Please see the poster at the message board by the mailboxes for more information.

DRIVE-BYS
 Restrictions prohibit walkers and dose contact, therefore residents who have ATVs, Golf Carts and those who belong to the Bayshore Car Club are encouraged to take part in a Drive By. The participants should decorate their vehicles and will be part of the "BEST DECORATION" contest. Our vision is to have the rest of the Bayshore families line the streets to observe AND sing "O Canada" as we employ a sound system to play the music. This drive by will begin at 10 am and will go throughout Bayshore, hitting EVERY street. I know, it's an ambitious vision! The Drive-by route will be posted.

BOATERS
 Join us for a Canada Day Sail Past at 1:30pm. Decorate your boat, sailboat, PWC, and kayak! Cruise along the south shores of Bayshore or along the shores of beautiful Barnstable Bay. Boats will have their respective harbours. More details to follow on a separate flyer. If interested contact:
 Elaine Ney - elaine@gmail.com (Harbour 99 & private docks) or Keith Bellamy - keithbellamy5@gmail.com (Harbour 33) or Keith Meadows - meadowsketh1@gmail.com (Harbour 66) or Lynda Bertrand - lbertrand705@gmail.com (kayakers only)

FOOD DRIVE
 In these times, what better way for all of us as a community to help others out? See poster for specific items needed by "The Sharing Place". A cash bucket will also be available. The trucks will follow the drive by. We know you will be generous!

Finally, many many people have taken part in the past at Volunteers for CANADA DAY. Please contact me if you would like to volunteer. We need you for the day to be successful!

Editor: Debbie Roultas
 Design: Starr Oswald

What's Happening?

Update on

The following dignitaries will be attending our drive by:

Bruce Stanton, MP - Simcoe North
 Jill Duplek, MPP - Simcoe North
 Basil Clarke, Mayor - Ramara Township
 Joe Gough, Deputy Mayor - Ramara Township (newly appointed)

Weather permitting, there will be approximately 10 or more classic cars attending! Thank you to the Bayshore Car Club and James Schulz for getting the word out there!

Know there will be some golf carts and ATVs but have no idea how many. If you are going to be participating, it would assist me greatly to know ahead of time! (dcol26825@hotmail.com)

Food truck will follow the parade. Again see the message board for suggestions of what is needed.

We are giving out a CANADA DAY cupcake to end the Drive By. For those concerned, we have checked the COVID guidelines for this on many sites, such as Mayor Clarke's / BC Centre for Disease Control / Inspection.gc.ca / FDA.gov / Centre for disease control.gov.

Every site reiterates the following message:
 "There is currently no evidence to suggest food as a likely source or route of transmission of the virus and there are currently no reported cases of COVID-19 transmission through food".

It is therefore your own decision to accept or politely decline a cupcake. We will be using masks and gloves to comply with social distancing and no touch.

DRIVE BY ROUTE AND TIMES
 Please note the times are approximate! Plan to be there 10 minutes early or later give or take. We will do our best and we are certain you understand that this is our first go at this and subject to what ever resident gets a chance to experience CANADA DAY as a community together! The Drive by starts from the Hayloft at 10am.

10:00 - Bayshore heading east from Hayloft to Harbour 99
 10:05 - Fernwood - BREAKOUT*
 10:05 - Bayshore east heading to entrance (numbers 191-235)
 10:15 - Southview
 10:30 - Bayshore entrance to Thicketwood (numbers 235-152)
 (BREAKOUTS to Misty Court, Lavender, and Lantana)
 11:00 - Bayshore north from Thicketwood (numbers 151-144)
 11:00 - Parklane
 11:10 - Bayshore east from Parklane (numbers 145-115)
 11:15 - Sandwood Trail
 11:30 - Maple Gate

*A breakout is a reduced number of vehicles to enter the courts. These will include a few vehicles, the food truck and cupcake distributors.

The Ballot Box for the decorations contest will be by the bench in the above outside the Hayloft entrance.

Editor: Debbie Roultas
 Design: Starr Oswald

FOOD DRIVE

In keeping with the spirit and generosity of Bayshore residents, the Social Committee will be collecting food AND cash donations for the Sharing Place Food Bank. There will be a truck at the end of the Canada Day Drive-By collecting donations. Please see below items that are in desperate need.

Grocery Items:

- Applesauce
- Canned Beans
- Canned Chicken
- Canned Fish (Tuna/Salmon)
- Canned Meat (Spam/Ham)
- Canned Vegetables
- Cooking Oil
- Crackers
- Dried Herbs and Spices
- Canned or dry fruit
- Granola Bars
- Instant Mashed Potatoes
- Nuts
- Pasta/Pasta Sauce
- Peanut Butter
- Rice
- Shelf Stable & Powdered Milk
- Soup, Stew and Chili
- Whole Grain Cereal

Personal Care Items:

- Diapers
- Deodorant
- Feminine Hygiene Prod's
- Shampoo
- Toothbrushes
- Toothpaste

Financial donations are appreciated so they can purchase fresh fruits & vegetables. They will be unable to supply receipts for cash donations.

Sail Past 1:30pm

CALLING ALL BOATERS!

Decorate your boats, and yourselves and join the flotilla that will cruise out of our harbours.

Harbour 66 - Keith Meadows will lead those boats on Barnstable Bay and they will be joined by a group of paddlers led by Lynda Bertrand.

Kayaks - Decorated and launched by 1:30pm. We will paddle up to the point, gathering paddlers along the way, paddle around to Harbour 33 joining up with the other flotilla.

Harbour 33 - Keith Bellamy will lead this group of boats.

Harbour 99 - Patrick Murphy will lead this group of boaters and will join up with the Harbour 33 boats. Due to the shall on our journey to McCune Point we have to be a distance offshore. The boats will circle and continue down just past Harbour 99 and back to Harbour 33.

Spectators: For best viewing, bring your lawn chair to the harbours and parks to view the Sail Past. If you are lucky, perhaps a neighbour will invite you to their backyard. Remember your social distancing rules!

Reminders for boaters: Guests on your boats are your immediate family or, if you can social distance safely, friends may be invited.

STAY SAFE and have FUN!



Jim and Leslie Fielding dropping off the food and cash to the Sharing Place



Celebration July 1, 2020



Decorating Competition Ballot Form

Best Home: _____ Address _____
 Best Watercraft: _____ Harbour & Description _____
 Best Drive-By Vehicle: _____ Owner and/or Description _____



Winner of Water Vehicle :
 Pat & Elaine's "Ode to Joy"

Winner of Drive By:
 Bill Pike Pulling slalom roller-blader Gunther Gratzner & Anne Pike
 & Laurel Gratzner-Dewar



Winners of Home Decorations

Norm and Sharon Seaward

Mary Andrews

Bob and Catherine Plue



Canada Day (Cont'd)





MPP Jill Dunlop

CanadaProud-OntarioSpirit-SimcoeNorth Strong

July kicks off the month with a very different feel to Canada Day celebrations this year. I could not be prouder of Ontarians as we searched for, and created, unique innovative ways to engage with our communities and celebrate, while practicing social distancing.

In the past, Ontarians have embraced the holiday, often gathering in huge crowds to celebrate the country's history and achievements together. The festivities went on all day and ranged from fireworks, parades, barbecues, citizenship ceremonies and other events. This year, as different as it was, enabled people to gather in their small groups or virtually. However, pride of Canada seems even more prevalent in the smiles behind the waving flags this year.

Participating in drive-by parades or through virtual celebrations via zoom, we are still able to enjoy some memorable moments with family in our "circles."

The sacrifices that have been made over the past few months, as we work together to re-open the economy, re-unite loved ones and support each other, are historical. Through "A Framework for Reopening our Province," we implemented guidelines across sectors to assist so re-opening is done at a pace that ensures safety to all.

My enhanced website, jilldunlopmpp.ca, provides access to these guidelines, local information, and important updates. Although the offices remain closed to walk-ins at this time, you can reach out to helpful staff via phone or email.

This summer, more than ever, I thank you all for doing your part. Continue to support one another and your local businesses. Continue to volunteer to assist our most vulnerable whenever possible and know we are all in this together, and with our #OntarioSpirit, we will get through this #SimcoeNorthStrong.

Jill Dunlop
MPP Simcoe North

You are our top priority

WE KNOW
INFORMATION IS
IMPORTANT

[Ontario.ca/
coronavirus](http://Ontario.ca/coronavirus)

MPP Jill Dunlop
Simcoe North



Offices in Orillia & Midland

jill.dunlop@pc.ola.org 705-326-3246/705-526-8671

**Thank you for doing your
part to flatten the curve!**

#SIMCOENORTHSTRONG
#WEAREINTHISTOGETHER

JillDunlopMPP.ca

Follow us 😊



**Volunteers installing the docks at
Harbour 33 May 13, 2020.**

**Bill Pike, Keith Bellamy,
Jim Fielding, Bob Plue,
Andy Rodriguez, Bob Bell,
Bruce Monkman.**

Thanks, Catherine Plue





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Quality versus Quantity

For many years, people have chosen to buy imported cheap goods that last for only a short time. Imagine my consternation when my glass stove top cracked after only 9 years. To my surprise, when I talked to repair shops in the area, they said my product was junk and said that I did well with that many years of use! However, it was not an inexpensive stove by any means.

Over the years our local manufacturing base has declined significantly to the degree that in this time of Covid 19, we were, and possibly still are, dependent on cheap masks from China to supply our local Canadian Market. It is the same for many products in Canada. They are simply not made here any longer. When you add in discount stores such as Walmart, Winners, Dollarama and Amazon, you realize most of the things we buy are not meant to last. We are price sensitive but not very quality sensitive and buy a lot of junk. We may make savings to our budget, but are not taking into consideration how much carbon, including CO₂, and other greenhouse gases, are being emitted into the planet's atmosphere due to our poor consumer habits.

In the past election, an important priority for the electorate was climate change, yet, we the electorate, are very slow to consider our buying habits, which contribute to that very increase. Many don't see the connection to buying throw away clothes after one season, or throw away plastic bottles after

one use, to the urgency of the global problem of pollution in our oceans and our changing weather patterns. Many ocean species of living creatures are at risk as well as land species, due to our blind consumerism and throwaway habits. I have heard it said that a large percentage of ocean species are already gone!

We wear our clothes for much shorter times and, according to some estimates, the clothing and footwear industry accounts for 8% of global carbon emissions and is second only to the energy sector for industrial pollution on the planet.

So what can we do about this? Avoiding discount stores and buying longer lasting products could be a better long-term solution. Many products that last longer are ultimately cheaper over time and reduce the environmental impact. If we could buy fewer but superior quality products, our economy would be more sustainable. And if we demand local products made in Canada, we could increase our manufacturing base, which would make us less dependent on foreign imports. Soooo, what to do?

Purchase "Made in Canada" products and ask for "Made in Canada" clothing manufacturers when buying your new outfit! Demand vehicles that are fuel efficient. Ask questions, read labels and be an informed consumer.

It's only a start. But we have to start somewhere.

By Marilyn Goulter



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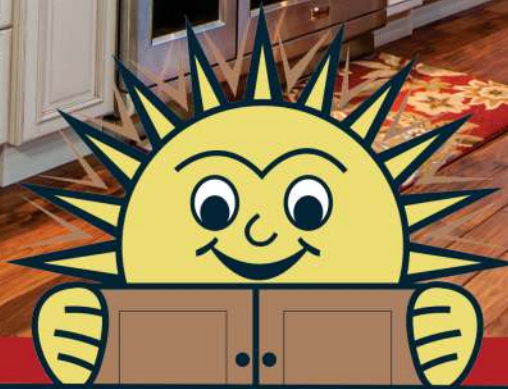
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A Busy Day in the Garden

Well, this was such an exciting day in the garden!!! I planted some more green onions, and some cucumbers and zucchini. Then, I reinforced our raised bed on the patio with some manure and potting soil, and planted 4 different lettuces and 3 rows of basil. In the garden, when I was planting the onions, the garter snake, which I first saw yesterday, was slithering along the board beside where I was working. He had a tiny frog, with one leg dangling in his mouth. I touched the snake with my garden claw and he dropped the frog and slithered away. The frog took a minute or so to collect himself, and then hopped away, too. The frog couldn't have been more than about 2 cm. in length. We haven't had snakes here for years, but a couple of years ago, a garter snake was sunbathing on our front step. Now this year, I saw one on Sunday against the patio wall. He was quite large, about 30" or 100 cm, in length.

Then, as I was coming back from the veggie patch, I saw my first hummingbird! I meant to put fresh food in his feeder, and forgot. He sort of flew over to the feeder, then turned his nose up at it and went to the oriole feeder. He now has fresh syrup!!! As usual, my camera was not handy.

We had blue jays, cardinals, grackles, red-winged blackbirds, the white squirrel, black squirrels, grey squirrels, a red squirrel and chipmunks all on, around and under the big bird feeder. A busy morning!

Submitted by Pat Beecham

A Simple Weed-Free Way to Grow Lettuce, Spinach and Radishes



This is a simple, weed-free way to grow lettuce, spinach, and even radishes. Take a 2 cubic foot bag of potting soil. Miracle Grow is a good one. Crumple it around quite a bit to loosen the soil, poke quite a few holes in the backside for

drainage. Lay the bag on a smooth surface that will allow drainage and not get too hot, and cut out the top, leaving about a 4 or 5-inch border all around. Lightly rake through the soil to even it out and loosen it even more, then carefully and evenly sprinkle the seeds around. When harvesting, just use a pair of scissors and cut what you need - don't pull the plants out. The same goes for spinach - they will grow back almost magically overnight, and you can't tell where you cut. Spray mist the seeds and plantings at first when watering, until they are established, then you can water more vigorously as the plants mature. You will probably need to water more often since the depth of the bags is not as deep as a regular in-ground garden. Just keep them moist, but not sopping wet.

By Linda Bridges



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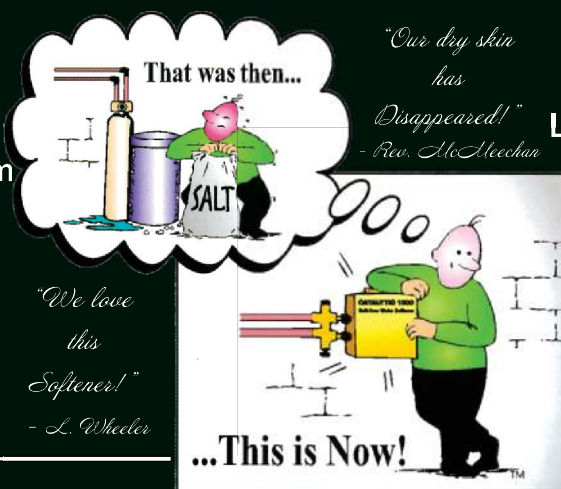
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How the sun affects your Coronavirus risks

My good friend and colleague sent this article the other day about the relationship between sun exposure and coronavirus risks.

A while ago, I had two really smart doctors visiting me, and we talked all weekend about the corona situation, and brainstormed all the best tips that people can follow right now. Here's what we collectively wanted to recommend to help out with this situation.

1. First and foremost, please get outside and GET SOME SUN... whatever you do, please DON'T stay locked up inside your house...that's the WORST thing you can do for your immune system right now. You need to get outside and get some fresh air and sunshine (while still staying away from crowds). Most areas in North America and Europe are getting warmer and sunnier, and getting sun on your skin is the biggest thing you can do to boost your immune system right now.

The aspect of vitamin D production in your skin from sun exposure is just one aspect of how sunshine boosts your immune system. There are other reasons too, such as how the sun improves your mood, serotonin levels, balances hormones, etc. It's also important to note that getting vitamin D from sun exposure on your skin is thought to be significantly more beneficial for your immune system than a supplement.

So whatever you do, please make an effort to get outside for daily walks in the sun (without having your skin fully covered, since you need skin exposed to get the majority of the benefits), or get outside and do some gardening or other yard work. Or even just lay out in the sun if you have a deck (without getting burned of course).

Remember, getting outside doesn't mean you have to be around a lot of people, or do anything risky at all. You can still get outside and stay safe all while significantly boosting your immune system. You will NOT catch coronavirus by breathing outdoor air. That's basically impossible. The virus only concentrates in indoor areas when you're around people who are already infected and coughing. Being outdoors is 100% safe.

It's interesting to note that the coronavirus has been mostly clustered north of 30 degrees N latitude, but areas further south of that have been largely unaffected. In my opinion, and many doctors too, the reason for this is because the sun is stronger south of 30 degrees N latitude, so most populations south of there have much stronger immune systems than people further north that haven't seen any significant sun in the last six months.

There's also a theory that this particular virus doesn't like warmer temperatures, and while that may partially explain less infections further south, the aspect of sunshine and your immune strength is more likely the main reason for more infections further north and less further south.

Aside from getting sunshine and fresh air, we have a few more tips below...

2. I know you've heard a lot lately about immune-boosting herbs, nutrients, etc... While most of these nutrients won't "kill" the virus per se, what they CAN do is give you a nice boost to your immune system, which can reduce your risk of catching the virus, or can also reduce the severity and duration of the sickness if you do contract it. So the point is, it CAN'T HURT to stock up on supplements that have proven studies to benefit the immune system right now. Many

people argue over how much benefit they will have, but my position is that if one has ANY benefit at all in reducing one's risk, or reducing your severity and duration of sickness if it were to happen, then it's definitely worth taking them. I'm personally taking a bunch of herbs and nutrients.

For starters, a high dose vitamin C is worth taking right now... it can only help, and there's no harm in taking reasonably large doses. I recently heard about a powerful Liposomal Vitamin C from some friends, and it's apparently absorbed at a much higher rate than most vitamin C.

Other immune-boosting nutrients that have proven anti-viral properties (and immune-boosting) are Quercetin, elderberry, zinc, garlic, echinacea, olive leaf, and astragalus.

3. I've read from several infectious disease experts that people who are overweight or obese are at MUCH greater risks of severe problems from coronavirus than people at normal weights. So if there was ever a time to get down to a normal weight, it's NOW! And since all restaurants and bars are closed at this point, there's no temptation to dine out, so you can simply make healthy foods at home and lose fat easier. And, since restaurants are closed, you might want to enjoy delicious home-cooked meals that can also help you lose fat.

4. Smokers are also at a much greater risk of severe complications from this infection, since this virus attacks the respiratory system. If there was ever a perfect time to quit smoking cold turkey, it's NOW!

5. Another population at extreme risk of severe complications from this virus are people with insulin resistance and type 2 Diabetes. Again, it's time to take this seriously.

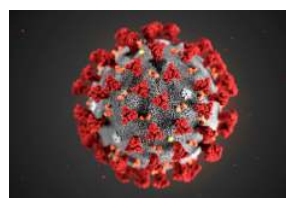
Since it's summer, and people are getting more sun, we'll be seeing a very broad strengthening of most people's immune systems in the coming weeks, which theoretically should slow down the spread.

So we need to be realistic about this, and not panic, but stay safe and avoid any indoor places where a lot of people are. Definitely get outside and get some sunshine and fresh air. Aside from quality sleep, sunshine is the #1 thing to boost your immune system right now. Now is also the perfect time to focus on dropping weight, fixing health problems like diabetes, and stopping smoking too.

Stay safe

Steve Goulter



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



Covid-19 Sars-2



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The Lake Simcoe Protection Plan

IN YOUR LIFESTYLE

Climate change hurts us all, including the lake. You can reduce your carbon footprint:

- ✓ When upgrading a car, heating/cooling system, or lawn mower, choose one with a low carbon footprint. In Ontario that means more electric, less fossil fuel sources of energy.
- ✓ Plan before you drive. Create lists so that many chores are combined into one car trip.
- ✓ Choose eco-friendly, phosphate-free cleaning products, or make your own from simple ingredients.
- ✓ Buy locally to support our farmers and to reduce carbon emissions from transportation.

WITH YOUR BODY AND SOUL

- ✓ Vote. Always. For the lake.
- ✓ Get involved, and celebrate success.
- ✓ Share your knowledge with friends and family. The most effective way to create change is through social networks.
- ✓ Tell your MPP and Mayor you want them to protect Lake Simcoe. Find their contact info at ontla.on.ca and on your municipal website.
- ✓ Call your municipality or Councilor to report spills, soil erosion from farms and developments, and to support investment in Lake Simcoe, especially at municipally owned beaches and parks.

WITH YOUR MONEY AND TIME

- ✓ Donate or make a transfer of securities at www.rescuelakesimcoe.org/donate
- ✓ Host a fundraiser for the Rescue Lake Simcoe Coalition. We would love to come out and present to your group!



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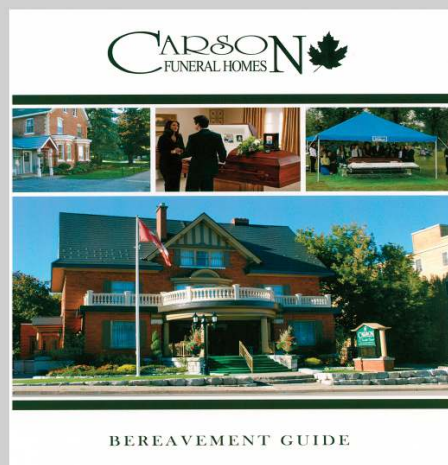


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Ramara Public Library



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We have exciting library updates for our community!

Our summer programming is now open for registration!

There is something for every-

one and all ages, so please check out our website www.ramarapubliclibrary.org to see what you may be interested in. We are also running the children and teen Summer Reading programs, where participants can win great prizes, all for reading! Registration is also required.

CONTACTLESS CURBSIDE SERVICE IS HERE!

The drop box is now open at the Ramara Centre branch and we ask patrons to return their items as quickly as possible. All returned items will be placed in quarantine for 72 hours prior to being shelved with the remaining collection. This procedure will remain in place until the library fully reopens. Please note that patrons will not be charged for overdue fines and there will not be any InterLibrary Loan service. The library will also not be accepting donations at this time.

Patrons can start placing holds via their online account using the library catalogue on our website. Individuals will require their library card number and 4-digit PIN to access their account. They can also send an email or call either library branch to submit their requests for material. All orders will be processed on a first-come, first-served basis and materials **MUST** be reserved in advance.

Appointments will be scheduled for pickup of material every 15 minutes at the library's back door of the Ramara Centre and patrons will be provided with instructions for pickup. Please note that there will be no contact between patrons and staff.

When patrons arrive, they will follow pickup instructions, present their library card through the window; staff will place their order outside while the patron stands 2 metres away and then patrons will pick up their bag of materials outside of the library doors in a safe manner.

The library will continue to offer virtual programs and services, including Summer Reading programs, for toddlers, children and youth. Visit our [website](#) to access our [online resources](#), eMagazines, eBooks/audiobooks and our YouTube channel for virtual programs.

You can contact the library by email or phone: 705-325-5776 or 705-484-0476 should you require assistance. Library staff are excited about getting back to work and serving our community with contactless curbside pickup service!

Rebecca Taylor

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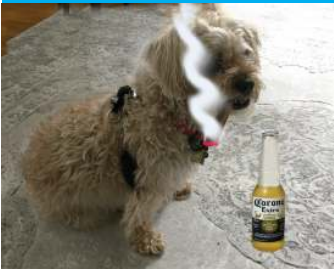
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Bella's Rant



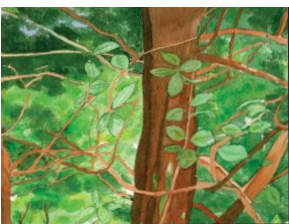
Oh, man. This self-isolating thing is a real pain in the butt. The walks with my humans have tapered off quite significantly since it began. I haven't seen any of my doggie friends in a couple of months. I'm putting on weight, losing sleep because my humans stay up so late watching Netflix, and just last week, I started smoking. I heard it soothes the nerves, but I haven't experienced that yet. I don't know where this cough came from. The final insult came when they stuck a thermometer in my derriere to see if I had a fever. Couldn't they use that gun-like thing I've seen on TV?

I don't get the deal with this Corona stuff either—I don't know if I've been drinking Covid-19 or Sars-2, but I'm not crazy about the taste. It's also supposed to soothe my nerves. I'm going to be so soothed I won't be able to get up for my randomly scheduled walks anymore!

The humans' choices in TV programs aren't too good, either. Endless announcements about how many have Covid, how many have tested positive, how many have recovered and (gulp!) how many have died! It never ends. Then, there are the briefings by some humans with suits and ties who talk a lot of drivel and make up rules for the rest of them. One comes out of his living quarters to give the paparazzi his take on the last day or two and rambles on without saying a damn thing. You know, I have a sneaking suspicion that he's turning Communist. The other one says everything is on the table, but I have yet to see one. Table, that is.

Oh well, 'till next time, sayonara.

Bella



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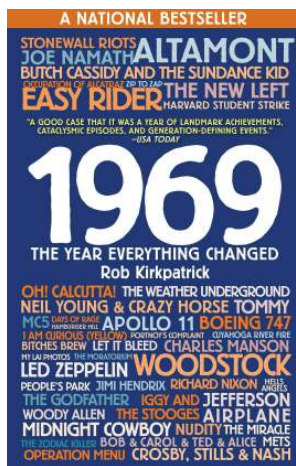
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Book Review: 1969 The Year Everything Changed

Book Review: 1969: The Year Everything Changed by Rob Kirkpatrick (Skyhorse Publishing, 2009; reprinted 2019. Available on Kindle)



What was happening in your life in 1969? Most Bayshore residents will have some memories of that year, despite the famous saying that “if you remember the 60s, you really weren’t there.” Many of us thought that 1968 was the tide-turning year, because it included the assassinations of Martin Luther King and Robert Kennedy, as well as the Tet offensive in Viet Nam, the Black

Power gesture by two medal winners at the Olympics in Mexico City, worldwide student riots, and the chaotic scene at the Democratic presidential convention in Chicago.

Author Rob Kirkpatrick has written a detailed narrative entirely from an American point of view, designed to prove that 1969 was far more important than 1968. The book was fun to read and remember, but it was also striking to notice that many of the same issues are roiling American society today, more than 50 years later.

Politically, the year began with the inauguration of US President Richard Nixon. Within weeks, in an effort to turn the tide in the Viet Nam war, he secretly bombed Cambodia. Later, the revelation of the massacre of women and children in the village of My Lai inspired both major protests, and John Lennon and Yoko Ono’s “bed-in” at a hotel in Montreal. Nixon spoke hopefully of the “silent majority” who supported him. [Five years later, Nixon became the first president to resign from office, enabling Vice President Quayle to pardon him for his crimes before the Republicans lost the next election. North Viet Nam eventually defeated South Viet Nam and overran Saigon in 1975.]

Anti-war protests combined with Black activism to produce 89 bombings in the first six months of 1969, through the actions of groups like the Black Panthers, Students for a Democratic Society and the Weathermen.

In the world of sports, in January 1969, Joe Namath lived up to his rash prediction, and the New York Jets won Super Bowl III, only three years after the merger of the NFL and the AFL. Flash to October, and the Miracle Mets shocked the baseball world by winning the World Series, a year after they had finished the 1968 season 24 games out of

first place. Sports fans will enjoy Kirkpatrick’s detailed narrative of those two stunning upsets.

In January, the Beatles gave their last public performance from the roof of the Apple building in London. They hadn’t yet released Abbey Road in the USA; Let It Be would follow as their final album of new material in 1970. New directions in the American music scene included debut albums from the MC5, Iggy and the Stooges, and Neil Young and Crazy Horse, as well as the first U.S. tour of Led Zeppelin. Elvis still had some gas left in the tank, producing “In the Ghetto,” “Don’t Cry Daddy” and “Suspicious Minds.” Movies, novels and plays continued to portray the sexual revolution for which the 60s are still remembered.

Summer 1969 brought one of the most memorable events of the sixties – the first moon landing. Many of us remember where we were when Neil Armstrong laconically said, “Houston, Tranquillity Base here. The Eagle has landed.”, and also when he came down the ladder and mis-spoke his first words on the moon. The same weekend, July 19-20, Ted Kennedy drove his car off a bridge on Martha’s Vineyard and caused the death of a young woman, ending forever the young senator’s hopes to follow his brother to the White House.

That summer, the Cuyahoga River near Cleveland caught fire (as it had several times before), leading to the inaugural Earth Day the following year, and to the environmental movement that continues today.

The summer of 1969 also gave us such contrasting events as the shocking murders by Charles Manson and his “family,” and the Woodstock festival in upstate New York, where 400,000 people peacefully took part in 72 hours of non-stop rock music, with accompanying delights and hardships.

The year came to an end with a free concert given by the Rolling Stones in December at the Altamont Speedway in California. Partly as a result of security provided by the Hell’s Angels, four people died violently, many were injured, many cars were stolen, and much property was damaged during “rock and roll’s all-time worst day.”

Kirkpatrick’s book gives details about all the memorable events listed above, and several more. If you have any interest in remembering the “good old days,” you may enjoy reading about The Year Everything Changed.



Noel Cooper

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Len and Cathy want to take this opportunity to say that we hope you are all safe and well. As we focus on the health and safety of everyone, please know that we are available to help in any way that we can. We hope the risk posed by COVID-19 will pass in the near future and that you, your family and loved ones remain in good health.

Our goal is to serve our clients and our communities while trying to alleviate hardship and stress during these unprecedented times. If you have any questions regarding the current landscape, feel free to contact us.



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Recipe Corner

Let's do Lunch

Add a nice green salad to any of the lunch recipes listed below.

For dessert, enjoy a bowl of fresh fruit or freshly picked strawberries. Yummmm!

Chicken Bacon Ranch Poppers

Yields 15 (I doubled this recipe)

Ingredients:

1 pound of ground chicken or ground pork
10 slices bacon, cooked and chopped
1 large egg, beaten
1 tbsp ranch seasoning mix (I used a mixture of parsley, dill, granulated garlic and dried onion flakes)
Salt to taste
Freshly ground pepper
Ranch salad dressing or BBQ sauce for dipping

Directions:

1. Preheat oven to 375°F. Line baking sheets with parchment paper.
2. In a large bowl, mix together ground meat, bacon, egg, seasonings and salt and pepper.
3. Form into tablespoon size balls and flatten slightly. (I made the balls smaller since I was serving these as an appetizer)
4. Bake until golden brown- approximately 30 minutes. (Shorter time if they are smaller)
5. Serve with ranch dressing or BBQ sauce on the side or in a bowl for dipping.



Fluffy Low-Carb Biscuits

Often, I will offer rolls as part of my lunch menu.

These biscuits are quick to make and a delicious alternative. They are best served warm.

Yields 8 biscuits

Ingredients:

1 1/4 cups almond flour
1/3 cup grated cheddar cheese
1/3 cup sour cream
2 large eggs
5 tbsp butter, melted
1/2 tsp baking powder
1/2 tsp sea salt
Grated parmesan cheese for topping

Directions

1. Preheat oven to 375°F.
2. Oil muffin pans with olive oil or use silicone muffin liners or a silicone muffin pan.
3. Combine all ingredients in a medium sized bowl. Mix well.
4. Spoon mixture into muffin pan. Sprinkle parmesan cheese on top.
5. Bake for 10-15 minutes until golden brown.
6. Remove from oven and let cool for 3 minutes.
7. Remove the biscuits from the muffin pan and let cool slightly.
8. Devour!!



Quinoa Stuffed Bell Peppers

Ingredients:

4 red bell peppers (mini multi-coloured ones can be used)
1 cup quinoa
1 pint cherry tomatoes, quartered
1 bunch asparagus, trimmed and cut into 1/4" pieces
150 g goat cheese
1 garlic clove, minced
zest and juice of 1 lemon
1/4 cup olive oil
1/2 tsp black pepper

Directions

1. Preheat oven to 425°F.
2. Slice peppers in half, remove stem, seeds and membrane. Place pepper halves, cut side down, onto a baking sheet. Drizzle with olive oil and season with salt and pepper. Roast peppers for 15-20 minutes until just starting to char and soften. Remove from oven, flip peppers over and set aside.
3. Meanwhile, cook quinoa in 2 cups of water until tender. Cool slightly.
5. To make dressing, mix garlic, lemon zest and juice, olive oil and black pepper. Whisk until combined.
5. Place quinoa, cherry tomatoes, asparagus in a medium-sized bowl. Add dressing and mix thoroughly. Season with salt and pepper.
6. Fill pepper halves with quinoa mixture. Crumble goat cheese on top.
7. Place peppers back in oven for 5 minutes until asparagus is tender-crisp and goat cheese is softened.
8. These can be served immediately or at room temperature.



Salmon & Asparagus Muffin Tin Frittatas

Makes 12 servings

Ingredients:

1 tbsp butter
1/2 onion, diced
1 bunch asparagus, trimmed and cut into small pieces
8 extra large eggs
1 can (213 g) Pink Salmon
1/2 cup fresh basil, chopped into small pieces (optional)
100 g goat cheese (feta cheese can be used to give a stronger flavour)
Coarse salt and freshly ground pepper to taste

Directions:

1. Preheat oven to 350°F.
2. Grease a 12-cup muffin pan with olive oil or use silicone muffin pan liners.
3. Heat butter in small pan. Add onion and asparagus. Cook until onion is translucent, and asparagus is bright green.
4. In a large mixing bowl, beat eggs. Add salmon, basil, onion and asparagus. Season with salt and pepper and whisk with a fork to combine well.
5. Finish by adding the goat cheese (or feta cheese) into the mixture, folding it in, so it remains in chunks.
6. Distribute egg mixture evenly into the muffin pan.
7. Bake for 15-17 minutes or, until completely cooked through.
8. Remove from oven and let sit for 10-15 minutes. Remove the frittatas from the pan and serve.

** Cherry tomatoes chopped in half or spinach can be added for a different twist.*



It's Always Sunny in Bayshore

Q: What do you call a rooster staring at a pile of lettuce?

A: A chicken sees-a-salad.

* * * * *

These next two jokes are from "Butter My Butt and Call Me a Biscuit (And Other Country Sayings, Say-Sos, Hoots, and Hollers)" a funny little book I found at the Ramara Library.

* * * * *

Luke was having a hard time living up to his promise to his wife not to drink any more corn liquor. One day as he was driving back from town, he stopped and picked up a hitchhiker who was fixing to visit his granny. No sooner did the young man get seated in the pick-up than Luke pulled a gun on him and ordered him to get the jar of moonshine out of the glove-compartment. "Take a big swig," Luke said, waving the gun. The frightened hitchhiker took a gulp and darn near gagged to death. But he was shocked even more after what happened next; Luke handed him the gun and said, "Now you take the gun and force me to take a drink."

* * * * *

"You don't want to do any business with that Jake." Elmer told his friend Trace. "He's slicker than a leaky oil pan. Heck, he could steal the buttons off the long-johns you're wearing and sell them back to you as rare coins."

"Ain't that the gospel," said Elmer. "Why, just last week, I was over at Jake's place, spitting nails and carrying on. I hollered, 'Jake you no good snake in the grass, that mule you sold me is half-near blind!'"

"And Jake says, 'I told you before you bought him, he was a fine mule, but didn't look good.'"

* * * * *

I am somewhat of a clairvoyant. The gift first came to me when I was 9. I had a vivid dream that I unzipped the stomach of one of our pet rabbits and babies came pouring out. At the time, we assumed we had two female bunnies and had no reason to think that any funny business was going on. They did not hint at having any kind of romantic relationship. Regardless, because the dream was so real, when I went to feed them in the morning, I looked inside the hutch for babies. Of course, there were none. I closed the hutch and walked away but my dream was still nagging at me so I went back to the hutch to do a more thorough search. Lo and behold,

when I moved the cedar shavings around, there were three little pink babies hidden underneath. Crazy eh? I know, I was just as shocked as you.

* * * * *

For many years, my power of prophecy was dormant, but last week, the power was visited upon me once again. Just as I was falling asleep, I saw in my mind's eye, Leni peeing on the front hall carpet. It was such a disturbing vision that I couldn't fall asleep until I convinced myself that it wasn't true. Leni had not had an accident since she was a puppy. I had forgotten all about the vision until Joey greeted me in the morning with, "Did you see what Leni did by the door?" I ran to the front entrance and sure enough, there was a big yellow stain on the carpet. I started screaming, "No way! That's incredible! I have ESP! I can see the future!!" Joey is used to my theatrics so instead of asking for clarification, he continued to drink his coffee and play on his iPad. I, on the other hand, started making phone calls to all the people in my life who would be fascinated by the events that had just transpired. Okay, so I made one phone call to my mother. She hung on every word and encouraged me to share my gift with the world. The woman is a Saint.

* * * * *

So, Bayshorians, for the low, low price of \$19.99, I am at your service. If you ever need to know whether to lay down some extra newspaper or buy a bigger bag of carrots, call 1-800-I-SEE-PEE. Satisfaction is not guaranteed. I know, I need to get out more.

* * * * *

Why do dogs always race to the door when the doorbell rings? It's hardly ever for them.

* * * * *

Tried calling the tinnitus helpline. No answer. Just kept ringing.

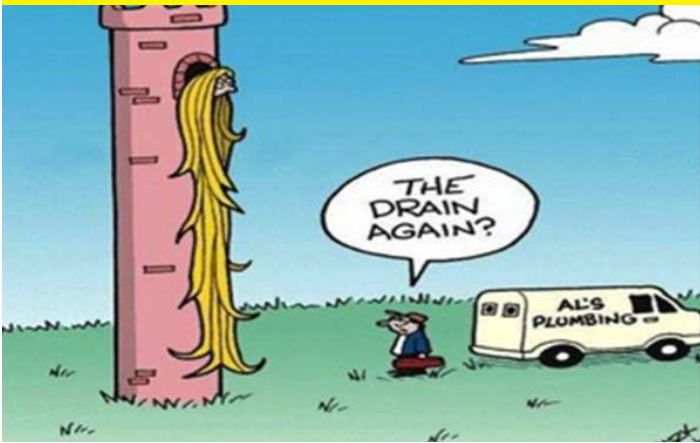
* * * * *

My sisters and I are very competitive. We laugh about it but I laugh the most.

* * * * *

Stay sunny (and healthy) Bayshore! Lauren Torchia

It's Always Sunny in Bayshore



Jokes from: "Butter My Butt and Call Me a Biscuit" by Allan Zullo and Gene Cheek, rd.com, Harry Hill, red-dit.com, boredpanda.com



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Bayshore Village Car Club

Bayshore Village Car Club's First Cruise of 2020

We had a great time on May 20th on our first cruise. The weather was great, we practiced social distancing, and had a tailgate lunch in Huntsville overlooking the river. I have attached photos for those that couldn't make it. Apologies from the navigator for the one gravel road segment we encountered. :)

1st Stop: Washago – VIA Rail Station

2nd Stop- Huntsville – Lions Lookout

3rd Stop- Haliburton – Tim Hortons

4th Stop- Minden – Kawartha Dairy on highway 35 (for ice cream)

5th Stop- Kirkfield – skipped this stop, because of time constraints.

Our next cruise is planned for Blue Mountain in Collingwood for early June.

Regards, James Schulz and Susan Kingston

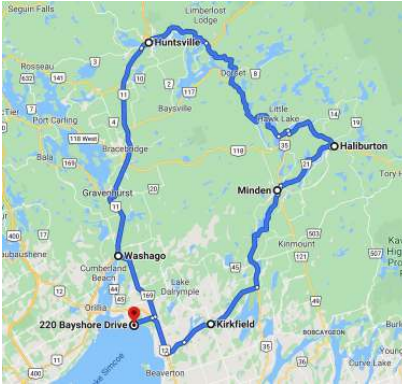


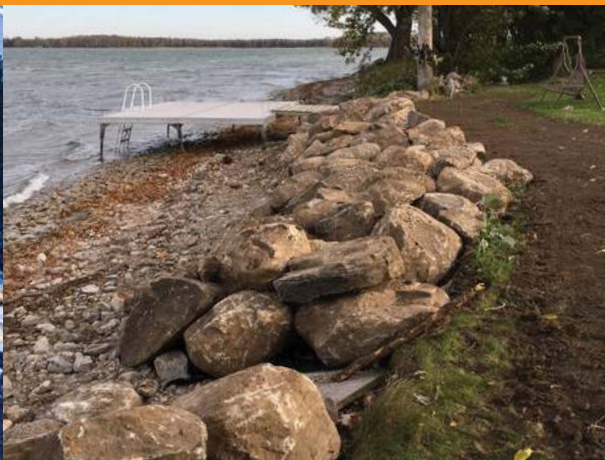
Second Cruise of 2020 - June 24th



The second cruise of the BVCC was to Thornbury via Wasaga Beach and Collingwood. The weather was not promising at first but it turned out to be a great day. We practiced social distancing at our lunch spot by Georgian Bay which included a great view. The turnout by members was great and enjoyed by all of us. As usual, those that completed the cruise together, somehow found themselves indulging in an ice cream.

Susan





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The Importance of Buying Local

In this time of Covid 19, it is important to support our local businesses in and around Orillia and region. In the struggle to stay in business, companies are doing their best to meet the needs of our government's legislation to prevent the spread of this virus. For newcomers to Bayshore and possibly the area, I thought I would discuss the history of Mariposa Market on Mississauga Street in Orillia. This is a very popular store that makes wonderful baking and luncheon foods for the public to enjoy.

People have been baking at the same site for nearly 150 years. It was the original site of George Vick's general store, opening in 1857. There were three massive baking ovens at the back of the store and horses were used for delivering the freshly baked bread. These horses were stabled in a large shed that was later incorporated into the building, forming the present back hallway entrance to the store. In 1911, the Vicks replaced the wooden structure with a beautiful two-story brick building which we observe today.

In 1929, the store was converted to Orillia's premier furniture store called Anderson's Furniture. Inside, balconies

were added in 1940 and the lower floor, now occupied by Apple Annie's, was the only toy store in the town in the 1950's. Remains of the old ovens and an old safe lined with WW1 stamps, as well as a lovely old tin tile ceiling, are rich reminders of the store's history.

In 1988, the Willsey family bought the store and have operated it since. It was renamed the Mariposa Market and opened on April 27th, 1988.

This family has done much to support the downtown core and are well known for the friendly atmosphere and delicious goodies that are baked in their store. Their coffee and lattes can't be beat either. Their outside patios are now open and the store itself has recently gone through a renovation while they were closed. They now have wonderfully refurbished hardwood floors and new laminate flooring at the back of the store. Everything looks spiffy and welcoming. So, if you get an opportunity to go into Orillia, don't miss the Mariposa Market. You will often see the owner, Bob, working along with his staff. The décor is wonderful, the food is excellent and the staff is always very welcoming. Everyone seems to really like working here!

By Marilyn Goulter

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Kate WhiteC21



-katewhite_c21

*Volunteer for Bayshore Pool & Advertising
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*Kate White has been a member of
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"Our signature is your guarantee"

We originally listed our home with another Realtor in April, with limited success. In December we decided to contact our fellow Bayshore resident, Asmita Raina. From our very first contact Asmita was enthusiastically "off and running"!

She suggested staging the property for a photography session to produce HD pictures, drone shots, virtual tour, and an excellent brochure. (She even hung a supply of brochures right outside on the sign.) We were delighted with Asmita's excellent hands-on marketing approach! She brought in several offers, including the 2 competing ones that we ultimately had to choose between (with her sage guidance).

To have sold 'over-asking' amid a flat market and a Covid-19 Pandemic, speaks volumes to the perseverance and negotiation skills of this lovely lady.

We would unhesitatingly recommend Asmita to any prospective seller!



Jim & Astrid Bruce,
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Photo by Kate White

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Photo by Jon Wagner

Milestones : In Memoriam



The Trilliums from Ida's Sandlewood garden, now a flourishing memory, in my front garden at 205 Bayshore Avenue and fittingly on the cover of the Spring Bayshore Banner.

Adele Ida Herbert - 1916 to 2020

Transcript of article written by Astrid Bruce April 19th:

It is with heavy heart that I must share the news that our long time Bayshore resident and friend, the "one-of-a-kind", Ida Herbert passed this morning, April 19, 2020, at Victoria House in Orillia. Ida passed peacefully and of natural causes, and thankfully was unaffected by the Covid-19 virus.

She was born in London, England on August 21, 1916, and shipped out to Canada via Halifax, with her beloved husband, Michael. During her years in the Village, she was an energetic, diminutive and irrepressible presence, teaching Yoga to her "Ida's girls" and others. At the age of 96, Ida achieved an entry to the Guinness Book of Records as the oldest practising Yoga Teacher in the World.

She was one of the original Bayshore Heartbeats in support of the Heart and Stroke Foundation Big Bike campaign, and still gently participated at the age of 100 + yrs, on the last occasion, in 2017.

Ramara Township honoured her longevity and local high profile by inducting her to the Ramara Wall of Fame, in the same ceremony as Glen Gould. *The following pictures fuzzy because they are from another document.*



Wall of Fame



Big Bike 2017



Ida with her girls at her 100th birthday party



2012 Guinness Book of Records

Due to the Pandemic restrictions, no immediate arrangements were made. Ida's wish was for cremation and for her ashes to be scattered in the waves of Lake Simcoe by "Ida's Rock" in Harbour 33.

A Celebration of Life will be arranged in better weather and circumstances, in compliance with her last wish, as an opportunity for "her girls" and other friends to say goodbye to this lovely little lady.

Astrid Bruce

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