

THE CHRONICLE

A Newsletter for the Residents of Canterbury Common
Port Perry, Ontario
www.canterburycommon.ca

20th Anniversary 1998 - 2018

Spring 2018

REPORT FROM YOUR BOARD

Gord Simmons, President 982-1330

By the time you read this report the GolfNorth maintenance building located on Coulter Street will be a memory, the Geranium surveyors will have erected the tree protection fences and tree removal will be well underway, if not completed. With these events the reality of the changes to our Canterbury community becomes clearly visible. While we may not like having fences behind our houses we need to keep in mind that they are there for our protection.

True to their word, Geranium informed us about the dismantling of the maintenance building a week before the demolition. As we are informed of other developments we will do our best to keep everyone up to date. The Canterbury Transition Committee (CTC) continues to meet with the Township and Geranium to keep the lines of communication open and our residents informed.

The Board of Directors continues to review, update and rewrite the Policies and Guidelines by which Canterbury is governed. We have been very fortunate to be able to call upon the expertise of Pat Proconier, Vern Reynolds, Ed Richards, Doug Thiemann and Jim Worsley to assist the Board. Our goal is to complete this huge task, along with a review and rewrite of CCRA By-Law No. 1 before the Annual General Meeting in June 2018. All of what we have been doing and need to be doing takes time and dedicated people.

What I am about to say may be disturbing to some of our residents but it must be said.

Over the years, many people have come forward and contributed to making Canterbury a self-sufficient, effectively operated community and it has been a wonderful place to live because of that. **Our community is in a very precarious position at the moment and our only real solution is for more people to share some of their time helping to keep Canterbury positioned as a well-managed volunteer-run community with low annual resident assessments.**

We recently sent out a request for volunteers to all residents, to become involved in participating on the Board of Directors or becoming a Committee member. **No one came forward.** Prior to that we had sent out a request to have people assist us in writing and procuring grants for Canterbury projects. **To date no one has come forward.** In the November issue of What's Happening we asked people to come forward and volunteer to be considered as a member on the Canterbury Transition Committee. **Guess what, to date no one has come forward.**

As a result of this lack of response, we have reluctantly started to discuss the possibility that we may, out of necessity, need to explore hiring external resources to handle some of Canterbury business affairs and activities that for the past some 20 years have always been done by volunteer community residents. It is important to emphasize that our volunteer-run community business model has accounted for the fact that resident assessments have been kept very low within a range of \$400.00 annually. It is very frustrating for us to even consider having this discussion but as in every organization we must plan ahead or get left behind.

I am sure we have some well-meaning residents willing to write in to tell us how to manage the situation, or how to do things differently and provide a critique on what we have done so far. However, what we really need right now is for people to come forward and volunteer their services to help those of us who are already working tirelessly on behalf of all residents.

We have approximately 420 people residing in Canterbury all of whom have varied talents, backgrounds, knowledge and experience from having worked in different types of careers and occupations with many having special hobbies and interests that would make them suitable candidates to fill certain volunteer positions either on the Board or a committee.

I want to be clear. With the exception of the CTC, given their significant involvement in all matters related to the Geranium development project, the amount of work and responsibilities as a volunteer serving either on the Board or one of the standing committees is not something that demands a lot of your personal time. It is something that can be easily handled without interfering with your normal daily activities and vacation plans. By volunteering some of your time and expertise you will be investing in your own community and importantly helping to preserve Canterbury as a one of a kind unique adult lifestyle community.

The situation demands that those who are able to help keep our community as a volunteer- run operation not sit back and wait or expect others to fill the void but offer their services like so many other residents have done over the years and continue to do so. The situation requires your serious thought as we are very shortly going to need to finalize our budget for next fiscal year and need to know what additional expenses we may need to incur.

Three positions will become vacant on the Board of Directors at our Annual General Meeting in June. Having served two consecutive two-year terms, Lauren Maher, Vice-President and Liaison for Social, Joan Rickerd, Liaison, Communications and David Thompson, Liaison, Municipal Affairs will be retiring. Remaining on for the second year of their two-year terms will be myself, our Secretary Jane Smythe, John Rintoul, Administration, Tallya Moore, Governance, and Dave Sparling, House and Property.

For the last few years, it has been a real struggle to find people willing to serve on the Board and committees. The new Board will play a crucial role with the Transition Committee and Geranium in executing the next phase of our development. **I strongly encourage you to seriously consider bringing your expertise and skills to the table by volunteering on either the Board or one of the Standing Committees. You may contact any member on the Board or the committees to discuss opportunities.**

In this issue of The Chronicle, you'll find articles on events and activities being planned for our 20th Anniversary and you'll meet another six new residents in our community. As well, you'll enjoy reading the reprint from the Globe and Mail, written by our Webmaster's 90-year-old former art instructor on When it Comes Time to Give up Your Car and another on "Best Before" dates on food packaging and, if you want a faster/cheaper means of commuting, running errands, or just for recreation, don't miss the article on the e-bike



COMMITTEE REPORTS



ADMINISTRATION COMMITTEE

Ken Hurst, Chair 982-2633

If you have booked The Centre in the past for a private family Thanksgiving or Christmas get together, please remember that there will be NO Private Bookings accepted after September 30th this year. This is due to the expansion of The Centre, with renovations expected to start later in the Fall.

Please be advised that the Battery and Mobile Phone Re-cycle containers have been removed from The Centre. One of our residents brought to the attention of the CCRA Board the fire hazards connected to leaving used batteries, particularly lithium-ion ones, in a container in the front foyer of The Centre. They can overheat, leak, burst and even explode and catch fire, causing serious injury if not stored or disposed of properly.

Remember that there are curb side battery pick ups. Information about battery collection can be found on page 11 of the Durham Region Waste Collection calendar. The next pick up is April 19th.

COMMITTEE REPORTS

COMMUNICATIONS COMMITTEE

Joan Rickerd, Board Liaison/Chair/Editor

You will notice that this issue of The Chronicle is printed on a different paper stock. For the last few years it has been published on coloured stock in accordance with the changing seasons. The original format is produced in colour. (Those of you who have access to our website view this version). The printed issue is converted to black and white and then printed on selected stock. Depending on many variables, including the types of cameras and lighting available, photo quality may be affected. In an effort to improve this process, we looked at producing the entire publication in colour. As expected, the cost would almost double present printing costs. Hence, the new look. Although it still has to be converted, lighter paper stock should enhance your reading experience. You'll also notice that the Port Perry Hospital article has a new by-line. Cindy Lister, Executive Director of the Port Perry Hospital Foundation, has recently retired. For the last six years she has been providing us with hospital news and activities, and most recently, updated progress on the hospital reconstruction. Her successor, Rachel Agnoluzzi, Chief Executive Officer of the Foundation, has graciously agreed to provide a continuum in the close association Cindy established with our community. Her first article appears further on in this issue.

Communications will be dedicating the fall issue of The Chronicle entirely to our 20th Anniversary - a commemorative, keepsake souvenir of this memorable year. Strategic Board and Committee information will appear in our What's Happening newsletter or in the monthly Information Bulletin.

FINANCE COMMITTEE

Harry Hough, Chair 982-0748

The Finance Committee met in early February to review the Third Quarter In-House Financial Statements. Total expenses for the nine-month period were 59.8% of the total Operating Budget. This percentage would have been 66.2% had we not received the refund cheque of \$6,986 from the Municipality covering the realty tax on The Centre property for 2017.

We have asked the Standing Committees to submit their draft budgets for the coming fiscal year. We anticipate finalizing the budget for submission to the Board by early April.

MEN'S GOLF COMMITTEE

George Clapham, Chair 982-1593

It's time to think about dusting off the golf clubs and cleaning your golf shoes. Spring is here! The 2018 Canterbury Men's League golf season is fast approaching.

This is just a reminder that our 2018 schedule of events at Sunnybrae Golf Club starts soon.

Registration for Men's Golf is scheduled for April 24th at 1:00 p.m. at The Centre and our first golf game in 2018 is scheduled for Tuesday May 1st, so mark your calendars.

Go to our website at www.canterburymensgolf.ca and click on **2018-Golf-Schedule.pdf** to view our weekly golf games. You can even try to LOGIN to the website and see if you remember your PASSWORD from last season.

GOVERNANCE COMMITTEE

Tallya Moore, Chair 985-8370

Winter months bring little activity for the Governance Committee to review or investigate projects. However, we do monitor projects that have not yet started or been completed. If you are planning modifications to the exterior of your home or property, please contact us to submit an application for preliminary approval.

Spring has arrived and we are once again gearing up to provide our residents with assistance in interpreting the Protective Restrictions. Please feel free to call any of us, (John Brewer 985-8244, John Rintoul, 982-8872, Frank Young, 982-0482 or me), should you have questions or require information regarding work you would like to carry out on the exterior of your home.



COMMITTEE REPORTS

SOCIAL COMMITTEE

Lauren Maher, Chair 982-1510

Since the last edition of the Chronicle

Your Social Committee provided a “magical” setting as we celebrated New Year’s Eve, dining and dancing the night away.

Dabbers ready—residents and friends sat listening to the bingo balls rattling in the cage in anticipation of winning at our Bingo/Pizza Night. Congratulations to our winners!

Spring was in the air, and The Centre was decorated with brilliantly coloured butterflies and floral arrangements as we welcomed our guests to the Ladies Luncheon and Fashion Show, with Lucille Huron providing background music on the piano. A delicious lunch provided by Pantry Shelf was enjoyed by all before some of our “lovely” Canterbury models were joined by staff from Brittany & Bros., as they walked the runway in beautiful fashions, shoes and accessories.

Mark and Ellen Brewer continue to book very interesting speakers for our Thursday Coffee Mornings. We encourage you to check the bulletin boards at The Centre and in the kiosk as well as the Monthly Calendar for details. A good start to your day!

Watch for the signup sheet for our RAMA TRIP on April 18th.

By the time you receive this issue, tickets will be ready for the PANCAKE BREAKFAST on April 28th and dates announced for ticket sales for our much-anticipated MYSTERY DINNER THEATRE on May 12th. Please check the green flyer and watch for details on the bulletin boards.

DE-CLUTTERING?? Watch for details of our Annual Canterbury Yard Sale, scheduled for Saturday, May 5th. Buyers come from far and wide, as this is one of the most popular yard sales in the area \$\$\$

Be sure to check your Canterbury Common Calendar for events planned to celebrate Canterbury’s 20th Anniversary May through September. Volunteers will be selling purple ribbons for our trees, as we highlight our unique community and the generosity of its residents. More information is provided by our convenors in this issue of the Chronicle and a thermometer will be placed at The Centre to track our fundraising for the Oak Ridges Hospice.

Plans are underway for our CANADA DAY CELEBRATION and the always popular FARM TOUR. Watch for details.

Interested in joining the SOCIAL COMMITTEE? Please visit with our volunteers at the AGM in June or call anytime.

“In the spring, at the end of the day, you should smell like dirt.”

- Margaret Atwood

ALL CANDIDATES MEETING

The Provincial Election will be held on June 7th. Candidates from each of the parties represented in Durham Riding have been invited to participate in an all candidates meeting in The Centre on Friday, May 18th at 9:00 a.m. Each candidate will be invited to make opening and closing remarks with the rest of the time devoted to questions from residents. Be sure to reserve the date. This event is already listed in your 2018 Canterbury Calendar.

REMINDER

As we all know, Canterbury would not exist without volunteers: no Board or committees to guide daily operations; no book club, coffee hour, golf, bridge, etc., and no social events. We also know that The Centre as the hub of these activities necessitates a raft of volunteers to keep it clean and tidy.

If you happen to drop into The Centre on a casual basis for a cup of coffee or a visit with friends and neighbours, please remember that **AS A RESIDENT IT IS YOUR RESPONSIBILITY** before leaving the clubhouse to ensure that tables and coffee pots are cleaned, and cups disposed of or washed and put away. Volunteers are not responsible for these cleanups.



HARVEY GRAHAM WILL BE INDUCTED INTO THE AGRICULTURAL HALL OF FAME

Martha Simmons, Submissions Coordinator 982-1330

We certainly know how much Harvey has contributed to CCRA in a number of ways over the years, including organizing his ever-popular summer farm tours for us. He is truly an inspiration to all of us so finding out that another organization is recognizing his contribution comes as no surprise. I am sure that all our residents will join us in congratulating Harvey on this very well-deserved honour.



What follows is taken from the web site. (<https://www.realagriculture.com/2018/02/ontario-agricultural-hall-of-fame-announces-inductees-for-2018/>)

Harvey John Graham (1935-) Harvey Graham of Durham Region has spent his entire career working as an agricultural advocate locally, provincially, and nationally to ensure a sustainable future for the beef industry in both Ontario and Canada. He was a director and president of the Ontario Cattlemen's Association (now Beef Farmers of Ontario), a director to the Canadian Cattlemen's Association, helped to establish the Ontario Feeder Cattle Loan Guarantee Program, was instrumental in establishing the Environmental Stewardship Award and relentlessly encouraged beef farmers to institute the latest management practices to enhance their herd health, marketing, accounting and the environment. He also helped to implement the national beef check-off program to fund work in support of the beef industry. (Nominated by Beef Farmers of Durham Region).

The official induction ceremony will take place on June 10, 2018, at Country Heritage Park at Milton, Ont. Tickets are available through the Hall of Fame association's website at www.oahf.on.ca.

ACTIVITIES

AQUA-FIT

Eileen Walter 985-7704

Things to look forward to.....

Put away your shovels, boots and winter coats. It will soon be time to pull out your bathing suits and water noodles.

Once the pool has been opened for the season, Aqua-Fit will resume on Monday, Wednesday and Friday from 1:00 p.m.-2.00 p.m., depending on the weather conditions.

Check for the sign on the pool gate and in the Kiosk.



BOOK CLUB

Pat Procnier 985-3775

On April 26th we will read the first of a series of historical crime fiction novels featuring the seventeenth-century schoolmaster Alexander Seaton by Shona MacLean, the niece of famous writer, Alistair MacLean. The novel is vividly set in the 1620s in Banff, Scotland, where the local apothecary's assistant collapses in the street and is found dead in Alexander Seaton's house the next morning. As his best friend is charged with murder, Alexander investigates amid inflamed prejudices that lead to a witch hunt, cruelty and accusations of treacherous Catholic plotting.



We end our year with lunch out on May 31st and the book "Up and Down" by Terry Fallis, a gentle satire about space travel and a public relations contest to send a pair of "ordinary citizens" into space - one each from Canada and the United States. The American winner is a suspiciously macho man and, when David is ordered to find an acceptable Canadian equivalent-like-hockey player, he finds L. Percival of Cigar Lake, B.C., a self-trained astronaut, who is also a female geriatric bush pilot.



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Sailing Itinerary

Day	Port / City	Arrive	Depart
18 Feb	Fort Lauderdale, Florida		4:00 pm
19 Feb	At Sea		
20 Feb	George Town, Grand Cayman	7:00 am	4:00 pm
21 Feb	At Sea		
22 Feb	Cartagena, Colombia	7:00 am	4:00 pm
23 Feb	Oranjestad, Aruba	4:00 pm	
24 Feb	Oranjestad, Aruba		6:00 pm
25 Feb	Willemstad, Curaçao	7:00 am	7:00 pm
26 Feb	Kralendijk, Bonaire	7:00 am	3:00 pm
27 Feb	At Sea		
28 Feb	At Sea		
01 Mar	Fort Lauderdale, Florida	7:00 am	



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The Chronicle - Spring 2018

ACTIVITIES

CANTERBURY CHORUS



Coordinators: Pat Corlett, 985-4966, Tony Graham, 985-9041, Lucille Huron, 982-2769,
Frances Hurst, 982-2633
Choirmaster and Musical Director: Carol and Brian Strachan

CALLING ALL CHORUS MEMBERS – PAST OR PRESENT

We have a project in the works with several people excited about it. We are planning a CHORUS REUNION + spouses, for June 10th at The Centre from 2:00 p.m. - 4:00 p.m.

In a cabaret setting, we'll have a slideshow, some singing, lots of memorable conversations, and a bite to eat. This includes anyone you know who was involved in any way in the chorus concerts - any Santa, Mrs. Santa, page turners and elves who came to visit. As well as getting together again, we would like this event to be a Chorus contribution to our community's drive to fundraise for the Hospice. We would ask each person to contribute \$5.00. Any more than that would be graciously accepted!

Look forward to seeing everyone on June 10th.

COFFEE HOUR

Ellen and Mark Brewer 985-0738

(Thursday Mornings October to April, social time at 9:30 a.m. followed by the speaker from 10:00 a.m. - 11:00 a.m.)

Coffee Hour resumed on Jan 11th after the holidays and will continue until our last session on April 26th. This is a chance to meet your neighbours and hear from a variety of speakers on a number of interesting topics. The schedule for each month is posted on the back of the calendar of events which is available at the Postal Kiosk at The Centre each month. There is also a monthly bulletin sent by email to remind residents of CCRA events including upcoming coffee hour topics. One week prior to each Thursday a more detailed summary of the week's coffee hour is posted on the Bulletin Boards at The Centre. Remember to bring your own cup to all coffee hours if you plan to have tea or coffee.



SCRAMBLE GOLF AND SOCIAL

Carol Strachan, Chair 985-4423

As the snow starts to melt – again and the Snowbirds are ruing that they have only a month or so remaining in the warmth, those of us who have “toughed it out” are starting to think that golf would be such a relief! I can see the green grass already!

One would hate to repeat oneself, but I haven't had my phone ring to reply to the Winter Chronicle requests. Perhaps summer would come earlier if you volunteered to help us out with running the weekly Scramble Golf and Dinner.

We are always looking for new people to -

1. Conduct an Open Mic evening.
2. Act as an emcee for an evening.
3. Become a member-at-large to be a support for the committee.
4. Become a meal convener.



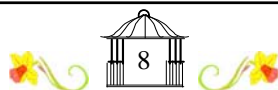
CANTERBURY WORKS BECAUSE ITS MEMBERS HELP

Please call Carol Strachan 905-985-4423

REGISTRATION FOR SCRAMBLE GOLF

April 18th & 25th at The Centre - 11:00 a.m. – 1:00 p.m.

OPENING DAY - May 3rd



ACTIVITIES

POWER WALKING

Hedi Hampel 985-5465

We meet in The Centre Monday to Friday from 8:10 a.m. – 9:00 a.m. I am pleased to guide the “Power Walkers” five days a week as we exercise to a series of Leslie Sansone tapes engaging muscles of the upper and lower body. This walking program improves range of motion, muscle conditioning and stretching to keep our bodies fit (and young?). No cost and no commitment. Everyone Welcome.



RAMA TRIP

Audrey Thompson 982-2156

Come and join us for a FREE bus ride to Casino Rama on April 18th. We leave The Centre at 9:00 a.m. sharp or earlier if everyone is on board. You are responsible for your own lunch but the casino will give each of us \$15 in FREE slot play. Bring your players card if you have one and photo ID. We are usually home before 4:30 pm. A sign-up sheet will be posted in The Centre at the end of March.

SUNSHINE CLUB UPDATE

Martha Simmons, Submissions Coordinator 982-1330

Carol Sambrook and Lucy Dale started the Sunshine Club shortly after moving into Phase 1 of Canterbury Common back in 1996/97. At that time most residents moving in were in their 60s and a pretty healthy bunch so there wasn't a lot of demand for get-well cards. However, when word did spread that a resident had succumbed to illness, Carol and Lucy were quick off the mark to drop off a get-well card. Originally Netty Kuipers managed to get cards donated from a store with whom she had connections. Later, Pat Mosey started printing cards and has been providing them ever since.



We have these kind ladies to thank for all those thoughtful wishes through the years, giving individuals a smile and lift when feeling poorly. Carol and Lucy are now having to invoke the “sunset clause” on this long-held practice as it has become increasingly more difficult to keep track of those who might be ill especially with health issues being much more prevalent in our aging population.

They will continue to send out sympathy cards and Carol will continue to keep track of changes in home owners within Canterbury and welcome the new residents.

Our sincere thanks go out to Carol and Lucy for all their efforts through the years on our behalf – they epitomize what makes Canterbury so special.

SWIMMING POOL

Bill Gerber, Pool Coordinator 985-8595

Hold the phone, stop the presses, here we go again. Another swim season is just around the corner and we all know what that means. Yep it's volunteer time again.

Before everyone leaves town trying to get away from me, let me remind you that it's not that painful - just a few minutes a day once a week is all it takes. It's probably the easiest volunteer work in our community.

To all the new residents of Canterbury Common this is a great way to get your feet wet in the community (no pun intended lol). Think it over because you will probably be hearing from us; watch the kiosk and the bulletin board for a signup sheet March 1st.

Spring has arrived and summer is just around the corner.

For more information call me or Bill Craning at 985-3875.



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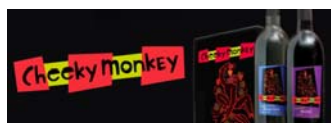
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The Chronicle - Spring 2018

LADIES' BRIDGE

Carol Hough 982-0748
Jane Sibul 982-0196



Ladies' Bridge is played on Wednesday afternoons at 1:00 p.m. year round. If you wish to play with a friendly group of ladies, please come and join us. Bring a loonie for prize money. New players are most welcome too.

MIXED BRIDGE

Carol Hough 982-0748
Cecilia Del Genio 985-4855



On April 3rd the Mixed Bridge group returned to its regular Tuesday evening time of 7:00 p.m. Please sign your name on the sheet posted on the bulletin board each week so we can make the tables even. We look forward to having some new people join us for a fun night of cards. Please bring a loonie for the prizes.



DUPLICATE BRIDGE

Doug Thiemann 985-4644

The Duplicate Bridge group continues each Friday at 9:00 a.m. We regularly have four tables but always have room for more. We also need spares on occasion so please call if you can be a spare or come and give it a try. If you need a partner, we can help with that. For more information, please contact me.

CRIB CLUB

Audrey Thompson 982-2156

Cribbage will be wrapping up for this term at the end of April but that still leaves time for you to come out on a Thursday at 7:00 p.m. and check it out. We do not take the game too seriously and have a lot of laughs. We were happy to have some new members join us this year.



We don't know where we will play starting again in October but we will find somewhere and will keep you posted.

EUCHRE

Barb and Mike Kaban 985-7599

Euchre is played every Wednesday night at 7:00 p.m. in The Centre. We encourage anyone interested to come out and join us for some interesting local gossip, a few laughs and some darn good euchre. It's still only a toonie for a good evening of euchre and a shot at the 50/50 draw. Join us on any Wednesday evening at 7:00 p.m. in The Centre and give it a try.



KNITWITS

Doreen Reynolds 985-9858



Wow! Did you see that we made the January edition of Focus, our Scugog magazine, in the Letters to the Editor section?

We were proud to see a special thank you from Karen Teed and Sandy O'Hare of Operation Scugog Food Bank to the Canterbury Knitwits who have gone above and beyond this year with an array of hand-knit outerwear garments and lovingly produced dolls and toys. We were so pleased to be recognized in this manner.

Another Wow! Our Canterbury community has an objective to raise \$20,000 for the Oak Ridges Hospice of Durham. The Knitwits wish to help reach this objective and we are preparing a beautiful afghan with individual sections knitted by our ladies. You will have the opportunity to purchase tickets for a draw to win the afghan, likely in April, and we will contribute the funds to the Canterbury objective. The winner will be announced in the next issue of The Chronicle.

You are welcome to join us on Friday afternoons at The Centre, 1:00 p.m. - 3:30 p.m. as we gather around the fireplace.

LIBRARY NEWS

Jane Sibul 982-0196

The library runs on the honour system; there is no need to sign the books out and there are no fines. Just return the books when you are finished with them. The book return box is on the lower shelf to your right when you enter the library.

We appreciate donations of paperback books but just a couple at a time in good condition. Please - **NO** magazines, textbooks, cook books or coffee table books.

MAH JONGG

Carol Sambrook 985-1556

Mah Jongg is played every Tuesday and Thursday at 1:00 p.m. in The Centre. New members are welcome and we are happy to teach you how to play.

POKER BOYS

Harvey Graham 985-6446



We meet at The Centre on Monday evenings from 7:00 p.m. - 9:30 p.m. We welcome new participants. Come on out and join in the fun.

LADIES' LUNCHEON 2018



Photos: Marg Jackson

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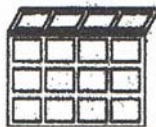
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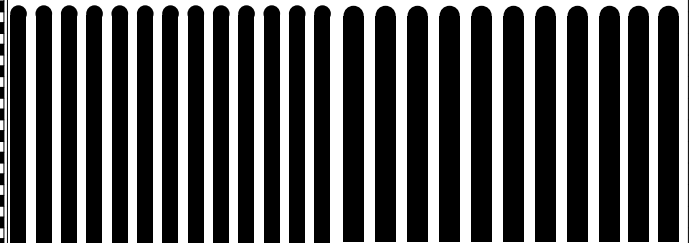
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Photos: Marg Jackson

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IS AN ELECTRIC BICYCLE IN YOUR FUTURE?

Errol Yeaman 985-9016

Every year, I, like everyone else, look forward to the arrival of spring with great anticipation. Russian author Leo Tolstoy said "Spring is the time of plans and projects." One of my spring projects is preparing my electric bicycle for the upcoming riding season. Spring is the time to dust off the bike, oil the chain, check the brakes and pump up the tires. As the number of daylight hours increases and as temperatures gradually creep north of zero, I think about all of the places that I'm going to explore over the coming riding season.



The e-bike for me is purely a recreational vehicle; something that I use to explore new places and to get so many health-related benefits that I probably would not get to the same degree by doing any other form of exercise. In general, as we age, participation in certain physical activities becomes more difficult. Many seniors develop arthritis, have knee or hip replacements, have heart problems, develop diabetes and so on, all of which can have a negative impact on the quality of life. Conditions such as these can lead people to become discouraged and stop exercising which can cause them to gain weight and put additional stress on knees, hips and heart. It is often because of these types of problems that e-bikes are gaining so much attention from seniors. In fact, it is said that seniors make up the largest group of electric bike purchasers in North America.

Using an electric bicycle makes riding for exercise easy, and almost effortless; but most of all, it makes riding fun. If exercise becomes fun, you will likely want to do it more often. For another growing group of seniors who find that driving is no longer feasible, an electric bicycle or tricycle can act as a replacement vehicle for a car. An e-bike or e-trike can be used for not only exercise, but can also be a means of transportation to visit family and friends or for travel to local stores for shopping. Electric tricycles are especially popular among seniors who normally would find riding a "two-wheeler" difficult for whatever reason. Electric bicycles are not only popular amongst seniors; it is thought that the second largest group of purchasers is millennials. A growing number of young couples are finding that an electric bicycle makes a very good replacement and much cheaper alternative to a second car. More and more people are finding that commuting to work and doing errands is often faster, cheaper and again, more fun than driving a car. For them, instead of a second car, an electric bike means no costs for insurance, fuel, maintenance and parking, but most of all it means no more sitting in traffic. For many young people with growing families the electric bicycle is the way of the future. Do you see an e-bike in your future?

If you are thinking that an electric bicycle sounds appealing, please be sure to check with your doctor to make sure that cycling is an appropriate and safe activity for you. Also, if you are going to purchase an e-bike, please do your research and talk to the appropriate sales professionals so that you will be capable of making an informed decision as to which bicycle is best suited to your needs and is matched to your abilities.

Happy riding.

BATTERY AND MOBILE PHONE DISPOSAL

Used batteries and mobile phones can no longer be left at The Centre for disposal. One of our residents brought to the attention of the CCRA Board the fire hazards connected to leaving used batteries, particularly lithium-ion ones, in a container in the front foyer of The Centre. They can overheat, leak, burst and even explode and catch fire, causing serious injury if not stored or disposed of properly.

More information is available on the Government of Canada web site

<https://www.canada.ca/en/health-canada/services/toy-safety/battery-safety.html>.

Information about battery collection can be found on page 11 of the Durham Region Waste Collection calendar. The next pick up is April 19th.

CANTERBURY'S CHARITY GOLF TOURNAMENT

Mark your calendars June 16, 2018 at 1:00 p.m.

This fun day will include 9 holes of golf, played on one of two courses – Sunnybrae or Crestwood, followed by a roast beef dinner at our Centre. (\$60/person)

There will also be a silent auction.

Registration is open – you are encouraged to sign-up your own 4-somes, which can include family members and/or friends.

Dinner-only guests (\$30/person) will be accommodated if space is available which will be determined after all golfers have registered.

Sign up now, as this special day will only be open to the first 144 golfers.

A golfer registration form is inserted in this issue of The Chronicle.

Additional copies are also available on the hall table in The Centre and in the display box inside the Mail Kiosk.

Money raised through this event will support the Oak Ridges Hospice of Durham.

COMPUTER HELP CORNER

Karen English, Webmaster 985-8255

Computer Tablet Tips and Tricks

These options were suggested in an article by Simon Hill from Digitaltrends.com. When I started to review them it seems that each device has its own wording on some things, but you should get the general idea.



*** How to uninstall apps**

You generally tap and hold on an app, or another piece of content, if you want to remove it from your tablet. The Uninstall option should appear in the top right. You can also uninstall apps or games one by one by going to Settings > Apps & Games. Tap on the app you want to get rid of and then tap Uninstall.

*** How to change your wallpaper**

If you'd like to change the background image on your home screen, then you need to choose a new wallpaper. To do so, go to Settings > Display > Wallpaper. You'll see a few options here, but you can also tap Pick image to use one of your own photos as your wallpaper.

*** How to manage notifications**

Some apps on your tablet will send you notifications that pop up in the notification shade. That can be useful when you have an incoming email or there's an update worth downloading, but sometimes you'll get notifications that you simply have no interest in receiving. If you find that a particular app or game is sending you too many pointless notifications, then you should turn them off. You can do so by going to Settings > Sound > Notifications. Tap on the app in question and you can block notifications completely.

*** How to free up storage space**

You may find that you run short on storage space after having your tablet for a while, especially if you use it to take photos or shoot video. If you want to check on how much storage you have, go to Settings > Storage. You can get a detailed breakdown of what's on your tablet. You can go into each category, and choose to delete files to free up additional space.

*** How to take a screenshot**

If you want to grab a picture of your tablet screen, then all you need to do is hold down the Power button and the Volume down button at the same time. If it works properly, you should see an animation and hear a capture sound. You'll find your screenshots in the Photos app or gallery.

There are other tricks like setting up profiles, installing new apps, etc. Google your particular phone or tablet and see what you can find!



20/20 CAMPAIGN TO KICK OFF IN MAY

Port Perry is to be home to Durham's first residential hospice which will provide a safe, quiet, home-like setting for end-of-life support without charge. Medical care and pain management plus emotional and spiritual support will be tailored to the dying person's needs and wishes. Support will also be provided to the patient's loved ones.

Canterbury's 20th Anniversary Committee is proud to be organizing the 20/20 campaign in an effort to raise \$20,000 in our 20th year to support the Oak Ridges Hospice of Durham.

You'll be reading a great deal in this and upcoming editions of The Chronicle as well as in the CCRA Information Bulletins that will be sent out via e-mail.



Former Residents

It is hoped that everyone in Canterbury will reach out to former residents to keep them informed of all the activities planned to celebrate our 20th anniversary. Extend an invitation for them to participate in the Parade on June 9th, play in the golf tournament at Sunnybrae or Crestwood on June 16th, join in the House and Garden Tour on July 7th & 14th, come along to the Loonie Auction on August 17th or attend the September 8th Street Party. If they would like to join us, be sure to help them to register for the Tournament, purchase a passport for the Tour or buy a ticket for the Street Party. If they would like to make a contribution to our fundraiser, please have them make out a cheque payable to **Oak Ridges Hospice of Durham** and send it to Joan Grills at 41 Candlelight Court, Port Perry, L9L 1S1 by the end of August. All donations of \$20 or more will be issued a tax receipt and added to Canterbury's total donation.

Prizes

We'll be having raffles and auctions as part of the June 16th golf tournament, the August 17th Loonie Auction and the September 8th Street Party. You could help us to round up prizes by letting us know if you have a very strong connection to a local business which might be willing to donate a prize. We don't want hordes of Canburians swooping down on our merchants. If you think you could help to get a prize from a local business, please email Neil Simpson at nsimp76@gmail.com with your name and the name of the merchant. A master list will be compiled and only one person will be asked to visit that business. Another way of seeking prizes is to reach out beyond our community to businesses that you frequent outside of Scugog. You could also touch base with relatives and friends who are still working to see if their companies could help us with a donated prize. You might even call on your former employer for support. Check around the house, there could well be a brand-new item that you may want to "re-gift".

On September 8th, our auctioneer, Harvey Graham, will want a variety of unique items to raise funds for the Hospice. Think of an item or service that you could offer -

- A ride on a motorcycle or in a boat, plane, sports car, tractor, line painting truck...
- A day at a spa, cottage, farm...
- An invite to a picnic or a dinner at your home...
- Tickets to a play, sporting event, musical performance...
- Your help as a handyman, painter, gardener, landscaper, seamstress...

These are just a few suggestions. Use your imagination to come up with a creative way that you could make a difference. Please email Connie Petley at cpetley@sympatico.ca or call her at 905-985-1007 to discuss what you have to offer for the auction.

How can I get involved?

- Join one of the groups that is planning a fundraising activity by emailing the coordinator.
- Commit to attending several events and convincing at least one neighbour to attend with you.
- Donate an item for one of our auctions.
- Offer to have your house or garden on the tour.
- Reach into your wallet to spend at the many events.
- Write a cheque and receive a tax receipt.

TIE ONE ON FOR THE HOSPICE

Those who were living in Canterbury in the spring of 2014 may recall awakening one morning to find the community festooned with giant ribbons to help celebrate the Canterbury Silver Dragons' final year of competing in the Dragonflies Dragon Boat Festival.

On Mother's Day 2018 it is hoped that Canterburians will arise to find trees, lamp posts and porch railings decorated with large purple ribbons to celebrate our support for the Oak Ridges Hospice of Durham. In January, a group of ambitious ladies got busy cutting plastic table cloths to prepare 500 ribbons. On May 1st volunteers will be calling on each Canterbury homeowner asking them to support the cause by buying one, two or several large ribbons at \$5.00 apiece. Early on May 12th a horde of elves will be out tying the ribbons. All proceeds from the sale will help us to reach our goal of raising \$20,000 for the Hospice in our 20th year.



Barb Lindensmith has created quite a mess getting ribbons ready for the tie one on campaign



Rowena Fowler and Barb Lindensmith measure a tablecloth for the ribbons.



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Photo: Lauren Maher



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Dorothy Bull

Dorothy moved to Port Perry in 1984, living in a house on Simcoe St. just north of the Ridge, but it took her 33 years to turn into Canterbury. When she did, she found home at 227 Waterbury Crescent with its views across the lake. Dorothy was born in Lancashire, England and moved to Hamilton when she was nine. She was married to Bob for 47 years before he suffered a fatal heart attack a little over a year ago. Dorothy has two sons living in Bowmanville and Oshawa, a daughter in Greenbank, three grandsons and a granddaughter. Bob served on the Hamilton police force and Dorothy worked at Sears and Bell Canada. Bob saw a future in Tim Horton's but it took Dorothy three years to agree to open a franchise, which they did in Oshawa in 1980. In 2002, Dorothy was diagnosed with lymphoma. She had a second bout with cancer but is now free of the disease and would be happy to provide support to others dealing with cancer. Dorothy takes yoga lessons and is continuing with world travel, including recent trips to Cambodia, Bali and Viet Nam then around the tip of South America with a visit to Antarctica. Dorothy likes to do new things and usually agrees to them before thinking through her commitment carefully.



Web and Eleanor Caddick

Stable would be one word to describe Web and Eleanor. They grew up two blocks apart on the same street in what was York Township in Toronto. They went to the same schools, started dating in grade seven, married and lived in the same house in Richmond Hill for 52 years before getting out of the hustle and bustle where one didn't know the neighbours. Web worked 46 years as a machine operator at Maple Leaf Foods. Eleanor was an executive secretary at Canon Canada and Faberge for many years. They have two sons and the one in Uxbridge encouraged them to come east. A real estate friend encouraged them to look in Port Perry, a town they had passed through many times on the way to Peterborough. They saw a house on Simcoe Street but that was much too busy. The day after first viewing 355 Waterbury they bought and are glad they did. After living here for just over a year, they appreciate the friendliness and are impressed by the talented residents. Web and Eleanor have enjoyed the coffee hours, scramble dinners and bus trips.



Rod and Mary Ilott

The Ilotts arrived last July after living in King's Bay for close to 12 years. They wanted a smaller house in town and 45 Waterbury fit the bill, despite the fact that they would lose the golf course view with houses built behind them. You may have seen Rod on the streets in town as he has been a school crossing guard for the past 10 years, first at 7A and Simcoe and now at Prince Albert P.S. Rod was born in England and emigrated when he was 17. Mary was born and raised in North York. They met while working at Eaton's in Toronto, married and lived in North York and Scarborough before moving out this way. Mary was an elementary school teacher in North York and Scarborough. Rod worked for the Federal Government and served as a union steward for many years then worked at the Scarborough Mirror. They have two daughters. One lives in Richmond Hill. The other is currently working in Haiti, much to her parents' dismay. She has worked in England, Spain, Morocco, Chile, Kenya, Sudan and the U.S. Rod and Mary were able to visit her in England and also in Kenya, where they found the people to be delightful.



Jane Lawson

Canterbury Common appeals to Jane because it is such a welcoming community, the people are so friendly and there is pride of ownership. When you meet Jane, you'll know that she fits right in as she is so open and welcoming herself. Jane was born and raised in the Long Branch area of Toronto. While out for a Sunday drive before they married, Jane and Dave discovered a small cottage on a big piece of land at St. Christopher's Beach on the east side of Lake Scugog. They lived in Guildwood in Scarborough, worked at Bell Canada and summered in the boathouse on Lake Scugog. After 23 years they cleared the lot and built a retirement home with a six-car garage to hold the classic cars which they used to attend area car cruises. When Dave passed away two years ago, Jane knew she had to sell the lake house but had no intentions of leaving Port Perry and knew that Canterbury was right for her. She looked at five or six houses and when she was told that 24 South Garden was going on the market, she came, she saw and within ten minutes she bought.



Luise & Tony Suchy + Berta Stuber

Luise and Tony were born in the same small town in Yugoslavia. From there, Tony moved to Austria for five years and Luise to Germany for seven years. It was love at first sight when they were introduced by a cousin in Toronto. Tony's English was not good when he arrived in Canada so he picked tobacco for a summer then was able to utilize his training as a tailor to land a job in a textile factory where he stayed for 22 years before going to work at Magna for 21 years. Luise worked in retail sales for numerous companies. In 2016 they sold a home in Holland Landing and moved into Luise's mother's house in Richmond Hill then started looking for a new place the three could call home. They have two sons, a daughter and seven grandchildren. Their youngest lives in Uxbridge and suggested they look in Port Perry. They were impressed with the waterfront, the houses and the cleanliness. Once they found Canterbury they weren't going to look anywhere else. They were outbid on one house but were tipped off by a realtor that 23 South Garden was going on the market and were delighted to take possession in mid-November.



Tracy & David Vernest

The Vernests bought their home at 259 Waterbury last fall and had extensive renovations done while they were at their winter home in Sebring, Florida. They plan to move from their home in Castle Harbour/Cawker's Cove during April. Tracy was born and raised in Bowmanville. David was born in Scarborough and moved to north Pickering in grade seven. Their first home was in Green River where they renovated a house that had been acquired by the government for the Pickering Airport. After five years they bought Tracy's uncle's farm in Blackstock. Tracy was a nurse at Oshawa General Hospital for 38 years, the last 18 in oncology. David was working in computer maintenance in Toronto but, after a year of commuting from Blackstock, took up farming with thousands of free-range chickens. He sold the eggs to hatcheries and was paid for each egg that hatched. They sold the farm and moved to Port Perry in 2002 when David took ill. They have three sons who live in Boston, Guelph and Toronto. Their one grandchild, a three-year old girl, was born in Singapore which "forced" Tracy to make many trips to Asia. Other travel has included European river cruises plus cruises in the Baltic, Mediterranean and Caribbean. They enjoy pickleball and golf and Tracy loves line dancing.



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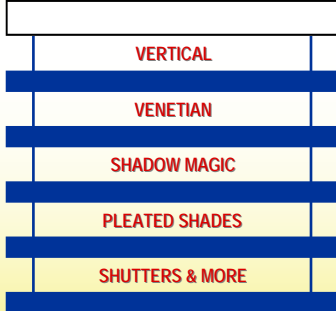
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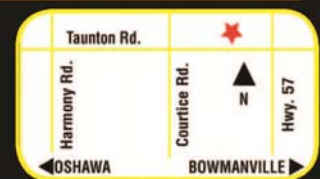
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SMILE! YOU'LL BE ON CANDID CAMERA

To celebrate Canterbury's 20th anniversary, the Communications Committee will be dedicating the Fall Chronicle entirely to Canterbury's 20th Anniversary. This commemorative issue will include a photo directory of everyone currently living in Canterbury.

On Saturday, May 12th all residents are asked to take five minutes out of their day to come to The Centre to have their photo taken. Park your car, walk over to register, take a seat on the designated bench by The Centre and you'll be finished in a matter of seconds. The photos will be head-and-shoulder shots similar to the ones shown below. Couples are to arrive together, naturally.

To keep the morning running smoothly you'll be asked to arrive at the time shown below, based on the first letter of your surname. These times are also listed in the 2018 Canterbury Calendar for easy reference.

If you have a neighbour who can't get to The Centre easily, please offer to bring them at your photo time.

We don't want to miss anyone.

- Not able to make it at your designated time? Come between 12:00 and 1:00 p.m. on May 12th.
- Can't make it on the 12th? Come between 9:00 and 11:00 a.m. on Tuesday, May 15th.
- In the event of inclement weather, photos will be taken on Monday, May 14th following the same schedule

A 8:00 a.m.	B 8:15 a.m.	C 8:30 a.m.	D 8:45 a.m.	E & F 9:00 a.m.
G 9:15 a.m.	H, I & J 9:30 a.m.	K & L 9:45 a.m.	M 10:00 a.m.	N & O 10:30 a.m.
P, Q & R 10:45 a.m.	S 11:00 a.m.	T, U & V 11:30 a.m.	W, X, Y & Z 11:45 a.m.	or A - Z 12:00 - 1:00 p.m.

Away on holidays? e-mail Neil Simpson at nsimp76@gmail.com to arrange another time.



Eleanor & Web Caddick



Joy McDonald & Ian Donnelly

CANTERBURY ON PARADE SATURDAY, JUNE 9TH AT 3:00 P.M.

Many will recall what great fun we had when all of Canterbury came out to watch or participate in the parade held in June, 2014 to celebrate the final year of the Canterbury Silver Dragons. It went over so well that your 20th Anniversary Committee has decided to have another parade to help celebrate our great community by bringing residents together for a fun filled afternoon.



Residents are encouraged to ride on a bike, scooter, motorcycle, lawn tractor or in a convertible, classic car or pick-up truck. You may choose to walk, skip, rollerblade or just watch from the end of your driveway. You might choose to dress up in some outlandish costume or get dressed to the nines. However you decide to show your community spirit, do plan to participate.



The parade will start in front of The Centre, follow Waterbury north all the way around to South Garden where it will head down to Waterbury then turn back north. Once the parade has made its way around the route twice, everyone is invited to gather in the clubhouse where hot dogs and cookies will be sold for just a toonie.

I GET AROUND

A car is freedom. A car is independence. But I've traded all that in for something more my speed, 90-year-old John Fisher writes.

Contributed to The Globe and Mail by John Fisher, Published January 12, 2018

Submitted by Karen English with permission from the author

I recently gave up driving. I passed my test last year, but I stopped voluntarily. I turned 90. It was time.

Needless to say, my family was relieved. They don't have to have "that talk" with Dad. My doctor was relieved, too. Next to diagnosing an incurable illness, taking away a senior's driving licence is probably one of the hardest things he has to do. As a widower, I made this decision alone, although I'm sure my late wife would have approved. I knew my reflexes were slowing down. My peripheral vision was deteriorating. It hurt to turn my head when backing up, and, after lengthy shopping trips, I was exhausted. I had already stopped driving at night and I avoided the 400-series highways. It was time.



As I handed over the keys of my 2013 Honda Civic to my son, I thought of all the cars my wife and I had owned over the years. It was like a mental archaeological dig. Every car represented a stage in our 56-year marriage that began in Calgary in 1952. Our first car was a 1936 Ford Coupe convertible we bought for the princely sum of \$300. It had a rumble seat and a canvas top that required two people to operate it. With a V-8 engine and mechanical brakes, it was hopelessly overpowered and it became a standard joke in our family that a good day was when I didn't go off the road, or get laid off.

As our fortunes improved, a house was built, children came along and we became part of the great postwar baby boom period. We traded up to a 1949 Ford Meteor and toured Western Canada. In 1959, we bought a brand new Vauxhall station wagon and began our camping expeditions. For a while, we were a two-car family when we bought a 1963 Pontiac convertible, with red vinyl seats and our first automatic transmission. American Motors seduced us with a new 1968 Nash Rambler, and when that conked out, it was replaced with a bright red Datsun station wagon as we were building a house in the country and needed better cargo capacity. We had a brief romance with a British-made Austin, but it quickly rusted into oblivion and was replaced by a sturdy Subaru, which took us into early retirement to run a B&B in Prince Edward County, Ontario.

Wintering in Florida, we needed something more comfortable for long trips, so a Dodge Lancer hatchback entered our lives and stayed with us for 240,000 kilometres. When we truly retired, we traded that for a Plymouth Breeze, and then a long-term relationship with Honda Civics began. As our lives changed, our cars changed to match.

A car is freedom. A car is independence. A car is an extension of your personality, and without one, you seem somehow diminished. I miss my car like hell. No doubt about that.

I have a son who lives close by and we shop together at least once a week. Good friends also offer me rides, and bless them for that, but the idea of being dependent on other people after a lifetime of independence is hard to take.

I've learned to adapt and change. With my own car, I could take off at a moment's notice. My car also acted like a giant purse: It carried an extra coat, cough candies, sunglasses, water bottle, shopping bags and my own music. I rarely used the umbrella stored in the trunk. But now, my horizons have shrunk and I must plan ahead for everything, from grocery shopping to medical appointments. No more "popping out" for milk or bread or impetuous afternoon drives. No more lengthy trips to shopping malls to search for bargains. I've discovered Amazon and online shopping.

I still get around. Last year, I decided on a nice new four-wheel electric scooter. It's my convertible for life in the slow lane. At a top speed of 12 km/h, it now takes 20 minutes to get to a grocery store. And I'm lucky to live in small town where the old rail trail goes right past my back door. My route is free from traffic and noise, with trees and shrubs making a path of greenery. I sail along with my Canadian flag and DayGlo reflective jacket draped over the back of the

Continued on page 31

seat. It's a necessary precaution. When I am back on the city streets, the last thing a distracted motorist expects to see is me bobbing up on my scooter.

At 12 km/h, you get to smell the flowers and freshly cut grass. You can hear birds sing. You get to talk to people who jog by, walk their dogs or ride their bikes. You see more. You learn to slow down. Better yet, you sail past gas stations where frustrated motorists are filling up with ever increasing gas prices, and you smile indulgently as they make feeble jokes about the mileage I'm getting. Oh, sweet revenge.

The winter is another story, of course. I have to leave my trusty scooter safely in storage and plugged in until the snow is gone and the weather gives me back my freedom. The first day of spring is clearly marked on my calendar and I dream of sunny days and new adventures. Without a car, you pay more attention to public transit, or lack of it. You rely on volunteer drivers and taxis. You come to terms with the aging process.

Giving up driving is a state of mind, and some of us never accept the loss and let it colour our lives. I refuse to do that. For me, it's the culmination of a long and lucky life. Life in the slow lane is turned out to be so much fun, and so much cheaper!



LAWN SIGNS

With the arrival of spring so too are contractors with their inevitable lawn signs advertising services. Our Protective Restrictions state that a sign of moderate size identifying a contractor may be placed on the property during the time the work is being carried out. However, once work has been completed, **residents are responsible for ensuring when the contractor leaves, the sign leaves.**



SMILE OF THE DAY

Dave McBride 985-6231

Sound Familiar?

Most of us are blessed with grandchildren and we are fond of boasting about them at times. At a recent communal get-together, one of our ladies was expounding on the wonders of her seven-year-old granddaughter.

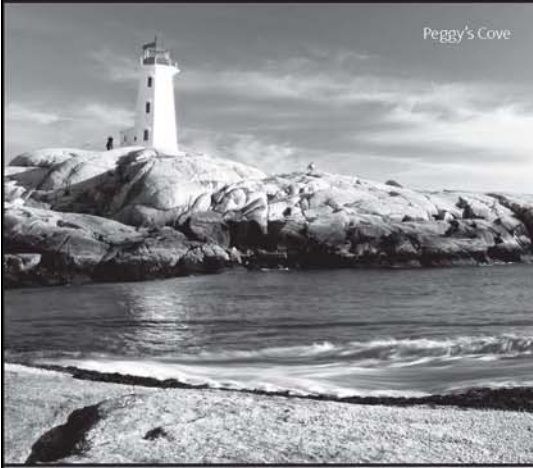
“She had just come back from Sunday school,” our neighbour said. “She went over to our bookcase, pulled out the family Bible, and started to look through it when a large pressed leaf fell out. My granddaughter looked at it for a moment, turned to me in astonishment and said: “Grandma, I think it’s Adam’s underwear!”

When the laughter subsided, another member spoke up to tell about one of her experiences. “As you know, I spend a lot of time volunteering at a local old folks’ home. I took my youngest grandson with me one day, and as we were passing by one of the bedrooms, he stopped, and stared at a set of false teeth sitting on a dresser. Finally, he turned to me, wide-eyed, and said: “The Tooth Fairy isn’t going to believe this!”

We all had a good chuckle that day.



Join us for an
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Peggy's Cove

Canada's Maritimes – 10 or 15 Days

June 16, July 11, August 17, September 5, 2018

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PRICE INCLUDES: Accommodation, all highlights listed, a DeNureTours Tour Director, Connections Program and all taxes, 10-Day Tour: Return flight from Toronto, 9 breakfasts, 4 lunches, 5 dinners, 15-Day Tour: Deluxe motorcoach transportation, 14 breakfasts, 6 lunches, 8 dinners. Prices are in Canadian dollars, are per person and include HST and TVQ.



St. John's

Newfoundland – 10 Days

June 17, June 19, July 11, August 4, 2018

12-day tour including Labrador also available!

Watch huge chunks of ice that break off Greenland glaciers drift by in "Iceberg Alley" and discover the rugged beauty of Gros Morne National Park. Take a catamaran cruise to Witless Bay Ecological Preserve, home to Canada's largest population of humpback whales and nearly half a million Atlantic Puffins. A tour of L'Anse aux Meadows lets you explore the artifacts of daily Viking life in North America's oldest Viking settlement. Double: \$4,495, Single: \$5,295.

PRICE INCLUDES: Return air fare from Toronto, deluxe motorcoach transportation, 9 nights accommodation, 9 breakfasts, 5 lunches, 6 dinners, all highlights, a DeNureTours Tour Director, Connections Program and all taxes. Prices are in Canadian dollars, are per person and include HST.



Hopewell Rocks

New Brunswick Tour – 8 or 10 Days

July 13, 2018

Once upon a time, New Brunswick was a secret playground for U.S. Presidents and the wealthy elite. They came to stay in its rustic lodges, walk in the woods, and catch giant salmon. Today, New Brunswick remains Canada's quiet province with deep wilderness, quaint Acadian villages, coastal islands, the rarest whales in the world, and the highest tides on earth. 8-Day: Double: \$3,595, Single: \$4,295, 10-Day: Double: \$3,695, Single: \$4,595.

PRICE INCLUDES: Accommodation, all highlights listed, a DeNureTours Tour Director, Connections Program all taxes, 8-Day Option: Return flight from Toronto, 7 breakfasts, 2 lunches, 3 dinners, 10-Day Option: Flight to Fredericton, return motorcoach home, 9 breakfasts, 3 lunches, 4 dinners. Prices are in Canadian dollars, are per person and include HST and TVQ.



For more information or to make a reservation, contact your travel professional or DeNureTours.

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BB WHAT?

Nora Senechal, Asst./Special Projects 982-0601

When I decided to write this article, it was supposed to determine what the difference is between expiry dates and Best Before dates on the food products we buy. What I had not realized is that this issue really does not exist anymore. I did not notice when this changed but it seems that very few products have an actual expiry date printed on them any longer – the products that still do include certain meal replacements, supplements and infant formula. So, what does this mean to us as consumers? Well, we get to try to figure out what manufacturers are trying to tell us with their Best Before (BB) dates.

The BB date, also known as the durable life date, tells us when the durable life period of a pre-packaged food ends.... clear as mud, right? So, durable life (as defined on the Canadian Food Inspection Agency website (www.inspection.gc.ca)) means the anticipated amount of time that an **unopened** food product, when stored under appropriate conditions will retain its:



Freshness,
Taste,
Nutritional value, or
Any other qualities claimed by the manufacturer.



Please note, BB dates do not guarantee product safety (and it is not illegal for a store to have items which have passed their BB date on the shelves). However, they do give you information about the freshness and potential shelf-life of **unopened** food. If you check out the Canadian Food Inspection Agency website you will see several other types of date markings such as *sell by*, *prepared on* and *use by* dates but I think I will look primarily at the BB date. The Food Inspection Agency requires a BB date for food items with a shelf life less than 90 days. It demands a standard format for the appearance of the date. The year is not required but if it is included it must come first, followed by the month and then the day, e.g. 18 FE 28.

As we continue to explore the ins and outs of a BB date, I feel I must pass on some information that I read in virtually every article on the topic, “When in doubt throw it out!” This is logical and should be applied to our food even if it has not passed that BB date. If a food item has changed in color, texture or scent, chances are that it is no longer a good idea to eat it.

I have read several articles on this topic and all the authors seem to agree that as there are no standards for determining a BB date, each manufacturer comes up with their own way of assigning these dates. Manufacturers tend to set BB dates to ensure their customers have a satisfactory food experience; they want you to enjoy their product so they tend to err on the side of caution. What does this mean? Well BB dates can be used as a guideline; we do not have to throw food out March 1st because the BB date is February 28th. Having said that, we must be realistic; if the BB date is February 28th we probably don’t want to consume the item on September 1st. Many people do not think we need BB dates on products such as pop or snacks but if you have ever opened a can of pop a couple of months past the BB date you will understand why the information is there. It just does not taste the same.

I have phoned manufacturers when I found foods past the expiry date and here are some tips I have been given. Packaged crackers, cookies and snacks may be consumed past their BB date and most will not make you sick if you eat them. However, freshness is an issue with these products; a week or two past the BB date will not affect the taste much but wait a month and it can taste like a different product. When it comes to dry goods “mixes” it is important to check if the item has a leavening agent. Baking soda and baking powder used to make items such as cakes or biscuits rise will often spoil before the rest of the ingredients. These leavening agents often have a lower shelf life than the rest of the items in the mix. If you try to use the item it will not rise, if it gets too old it can spoil the item and actually make you sick. Most dairy products are still safe and edible for approximately a week past their BB date.

The Food Inspection Agency considers many items such as pasta and most canned goods as shelf stable and not requiring a BB date. Canned goods can be consumed when a BB date has gone by but most manufacturers don’t recommend passing the six month mark. They suggest that the food will probably not hurt you but it will not taste very good and it may lose some of its nutritional value. When it comes to pasta products some manufacturers claim to have added a BB date because consumers have complained that old pasta breaks when they cook it.

As it is the responsibility of the manufacturer or retailer to determine a BB date, I’m not sure that I trust this information is actually for the benefit of the consumer. If the bakery at a grocery store feels the muffins are sitting on the shelf too long will they adjust their formula when calculating their BB date? Will manufacturers place shorter BB dates on items hoping that we will throw them out and purchase more? I find that although I learned much by writing this article I am still not sure what to do with the BB information on many food packages. I guess I will have to continue to use common sense and the recommendation “When in doubt throw it out.”



Rachel Agnoluzzi, Chief Executive Officer
Port Perry Hospital Foundation

I've been in the role as Port Perry Hospital Foundation's CEO for just over a month, following the retirement of Executive Director, Cindy Lister, after 20 years of service. I have big shoes to fill and lots to learn, but with our very capable and passionate Board of Directors at the helm, and Ann Florence, the Foundation's Officer in my corner, I could not ask to be part of a better team.

I've been in professional fund development for the past 20 years. I've spent that time helping to enhance local healthcare on projects such as York Region's regional Cancer Centre at Southlake, as well as in social services focused on improving the lives of vulnerable children and families. I feel privileged to do the work I do and am excited to get to work on behalf of Port Perry Hospital.

Fund raising is about helping people make a difference to causes that matter to them. In my short time here, I've been inspired by the commitment of the Port Perry Hospital, and its doctors and staff, to the health and well-being of this community. And I've been doubly inspired by the tremendous pride, passion, and commitment from the Port Perry community to their hospital to help make a difference.

I toured Port Perry Hospital a few weeks ago, in hard hat and steel-toed boots. I learned about the fire damage which insurance will cover, and about the significant investment in infrastructure that Lakeridge Health is making. New electrical, updated elevator system, HVAC, and so much more are underway. The work being done is exciting. It will bring our hospital into the future, compatible and at the ready for ongoing advances in patient care.

On my hospital visit, I also saw the recently updated medical/surgical patient rooms. I'm pleased to say that similar work in the New Life Centre (NLC) to update rooms and make patient bathrooms barrier-free and more conducive to great patient care is also underway. These updates are very important and made possible because of incredible donor support like yours.

While repairs and renovations continue, Port Perry Hospital Foundation is working to bring vital new equipment to the New Life Centre. New panda warmers in each of our five NLC rooms will provide up-to-date vital signs monitoring, integrated x-ray, and so much more for the best in newborn care. State-of-the-art infant and pediatric cardiac monitoring technology will give our doctors the tools they need and even allow an offsite neonatologist to remotely read the monitor in real time should it be needed. These are just two examples of the equipment in the New Life Centre as well as across the Port Perry campus that our hospital needs our community's help with today.

I invite you to drop by our temporary Foundation office at 246 Queen St, Port Perry to introduce yourself and share your story of why the hospital matters to you. As well, please consider lending your support today and help to ensure that the very best equipment is in place for patient care when the hospital re-opens in September. You can make your donation by calling the Foundation office at 905-985-4356, online at www.pphfoundation.ca, or by mail to Port Perry Hospital Foundation, 451 Paxton St, Port Perry L9L 1L9.



Canterbury Common Residents' Association

20th Anniversary 1998 - 2018



Photo: Marg Jackson

In Memoriam

Gord Chellew

January 9, 2018

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The Chronicle - Spring 2018