

THE CHRONICLE

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

Summer, 2019

Jim Brady, President

REPORT FROM YOUR BOARD

Spring has finally arrived and after much hesitation the sun has started to shine. As I come to the end of my first year as President of the CCRA, I am very pleased and relieved to have this very busy time behind me and look forward to the new challenges that face us in the year ahead.

What has impressed me the most in the past year is the number of volunteers it takes to make our community function as well as it does. When you observe the countless hours of planning, meetings and negotiation covered by the members of the Canterbury Transition Committee (CTC), the temporary closing down of The Centre for expansion and renovation, numerous maintenance tasks carried out by the House and Property team, organizing of social activities, liaison with the Township, administration of the Protective Restrictions, managing functions at The Centre and conducting the business of CCRA, it makes your head spin. We have approximately 420 people in Canterbury and at any given time we have over 100 people volunteering their services.

Along with all of our volunteers on various committees and activities we have a dedicated group of people who stepped forward last year to represent their neighbours and friends as directors on the CCRA Board. I would like to at this time sincerely thank Marilee Egan, Harry Hough, Ken Hurst, Tallya Moore, Birgit Pullen, Nora Senechal, Dave Sparling and Ron Zamulinski for all their help and support over the last year. Special good wishes and thanks to Tallya Moore and Harry Hough who have completed their two-year terms on the Board. Both Tallya (Governance) and Harry (Finance) will be staying on with their committees and will continue to serve our community.

I am also very pleased to welcome Lee Maher and Gord Simmons to the Board. Lee will serve as the liaison board member and committee chair for the Finance Committee and Gord will do the same for the Governance Committee.

There are a lot of people who have contributed countless hours of work to the well-being of our community and I would like to be able to name and thank each one of them but space does not permit me to do so. There are two people though whom I would like to recognize because they have in the past year gone well above and beyond.

Ron Zamulinski organized and managed the closing of The Centre, which was a massive logistical task. He coordinated the task of conducting an inventory of all the items in The Centre, worked out a system to store or divest items, arranged for the disposal or sale of numerous pieces of furniture and fixtures, arranged for the identification of what could go into our annual garage sale, sold a number of items which would have gone into a dumpster otherwise and in general worked diligently to cover every little detail so that nothing was left to chance. In his off hours he also carried out his role as liaison to the municipality, herded beavers and initiated a study by the Township on the settlement pond near The Centre which was long overdue.

Barry Smythe has been an inspiration and invaluable resource for our community with his “never quit” attitude, work ethic, devotion to detail and tremendous wealth of professional engineering and construction-related knowledge and experience. As the Chair of the Engineering and Technical team of the CTC, Barry has been vigilant in ensuring that all those requirements we have identified as being necessary have been included in the renovation and expansion plans and drawings for The Centre. He, with the help of Jim Worsley and other team members, has reviewed in great detail all the numerous drawings and specifications for The Centre to ensure that each and every detail is correct, in place and meets or exceeds the obligations of Geranium as outlined in the OMB Minutes of Settlement. Barry has worked daily, for a number of months now, with the Geranium representatives, who have come to trust his engineering prowess and judgement and have on many occasions listened and accepted his reasoned arguments thus ensuring we are getting pretty well everything we have identified as essential.

Continued on page 2

Thank you, Ron and Barry, for your contributions and your efforts, they are very much appreciated, as are you. I have had an opportunity to review the final draft drawings and specifications for The Centre addition and renovation at a meeting involving CTC Co-Chairs, Gord Simmons and Ed Richards, Barry Smythe, Jim Worsley and Geranium's general contractor. On the advice and recommendation of the Canterbury Transition Committee they have been accepted and signed off as meeting CCRA's requirements and Geranium's obligations under the OMB Minutes of Settlement. Work has already commenced with a construction fence erected around The Centre for safety reasons and to meet construction regulations.

This will be followed by certain demolition activities in preparation for the renovations. While the fencing does eliminate the main parking areas and also reduces the parking at the postal kiosk, keep it mind it is there primarily for your safety.

We all feel that The Centre, when it is finished, will be better than ever but it is natural for us all to feel a bit of nostalgia over the fact that we are moving into a new era. Please keep in mind that even though The Centre is temporarily unavailable it is the people of Canterbury who really help us make all those good memories.

While we don't have The Centre, we do have the trailer supplied by Geranium. The trailer has given us a place to go to play cards, exercise and hold meetings so the business and social activities, while somewhat limited, are still ongoing. Given all the good work of our volunteers, life in Canterbury, while not the same, will go on.

In this issue of *The Chronicle*, Karen English will tell us how we can keep our information safe when using a shared computer as well as how to find some freebies on our birthdays. Neil Simpson will introduce us to several new neighbours and reintroduce us to a very familiar face, we will learn about one resident's love of yoga and another resident's visit to Harmony Hill Retirement Home.

COMMITTEE REPORTS

ADMINISTRATION COMMITTEE

Ken Hurst, Chair

In preparation for the AGM, Carol Sambrook reviewed all of the Emergency Contact Information forms we had received from our residents. Thank you to those who have completed one, we only have 50 to go. With that in mind when delivering the AGM package we included one form in each envelope for those who still needed to submit one.

Thank you to Carol Sambrook, Pat Corlett, Denise Graham, Cathy Spohn, Brad Hatt and Murray Smith for making the job easy with many hands

Also, I need to thank Marylou Burnett, for organizing her delivery team of 20 people who hand deliver AGM packages to the 241 homes.

COMMUNICATIONS COMMITTEE

Martha Simmons, Chair

I would like to take a moment to thank John Rintoul for all his help over the last few years with making sure that the *CCRA Information Bulletin*, *What's Happening* and other notices to residents reach their email inboxes. You might assume that when you receive a CCRA email, it is sent with just one quick click of the mouse, as we each do when sending out an email. However, that is not the case. Because of size restrictions on our server, John must send the emails in batches over a 2-3-hour period and does so from the office computer in the trailer. He is often called upon to get something out urgently, and always manages to get the job done in a very timely manner. Thank you, John!

As you might know, *The Chronicle* is funded entirely by paid advertising. **With the beginning of our new fiscal year and summer issue, we are looking for new advertisers, as we have lost several accounts in the last year.** If you should think of anyone (e.g. a contractor, local merchant or other service provider) who might be interested in advertising in *The Chronicle* please email Martha Simmons, simmonsmg89@gmail.com.



COMMUNICATIONS COMMITTEE

Since moving to Canterbury in 2012, I have been involved with the Communications Committee, specifically *The Chronicle* and more recently also *The CCRA Information Bulletin*. I will continue to do the monthly Bulletin and Nora Senechal has taken on the responsibility for *The Chronicle*.

However, our committee requires a chairperson. I took on the role of chairperson, on a temporary basis, when Joan Rickerd left our community last summer. I have, with the help of others, attempted to find a replacement over the last several months with no success. Our committee meets only four times/year and we have designated members in place to handle the Board Liaison, Website, advertising, proofreading and other functions, so this means that the chair person position is not at all onerous. Please contact me for more information.

GOVERNANCE COMMITTEE

Gord Simmons, Chair

In the last issue of *The Chronicle* we noted that we have had proposals which, under our guidelines would have been approved, however after being reviewed by the Township were rejected. The rejections were based on either the fact that the structure occupied too much of the footprint of the property or a minor variance was required. Without Township approval, the Homeowner would have been in danger of having the Township order the structure to be dismantled.

We noted that to prevent this in the future the Homeowner should go to the Township and obtain a building permit prior to pre-approval by the committee. In some cases, a legal survey and formal drawings may be required in order to get Township approval and granting of a minor variance may also be necessary. In order to assist you with this, we have highlighted below the different structures that require a permit and where to go to obtain one.

Under the Building Code Act, a building permit is required for the construction or alteration of any structure over 10 sq. m (108 sq. ft.) in area; for example, a structure with outside dimensions greater than 3.16 m x 3.16 m (10.37 ft. x 10.37 ft.). However, all structures must still comply with zoning requirements. For information regarding minimum setbacks, lot coverage and height requirements, please contact the Township's Development Services Staff at 905-985-7346, ext. 169.

The following is a list of typical projects that require a building permit:

- new building/additions
- alteration/renovation
- attached or detached garages, carports
- decks/porches
- fireplace, woodstoves & chimneys
- garden sheds (accessory buildings)
- new or structural alterations to windows or doors
- one or two storey additions/solariums or sunrooms
- plumbing and/or drain

To download a Building Permit Guide for Homeowners go to:

www.scugog.ca/en/township-office/resources/Documents/Building-Permit-Guide-for-Homeowners---October-1-2018-v2.pdf

Building permit applications are available online at www.scugog.ca or at the Municipal Office, 181 Perry Street, Port Perry, Ontario L9L 1A7. If you would like a form emailed to you please contact the Development Services department at Iguarnaccio@scugog.ca.

The Committee has had a few changes of late with Tallya Moore leaving the Board as Board Liaison and returning to her position as a committee member along with Frank Young and John Brewer. I have assumed the Board Liaison responsibilities and will chair the committee. Should you be interested in joining the Governance Committee or knowing more about its responsibilities, please contact any of the above members.



COMMITTEE REPORTS

HOUSE AND PROPERTY COMMITTEE

Dave Sparling, Chair

The last few months have been very busy for House & Property. The Centre closing necessitated a lot of work – getting things out and ready for storage. The trailer set up was an important process which went very smoothly.

Our normal work load of grass cutting, window cleaning, eaves-trough cleaning, sprinkler system and pool shut down all went according to plan. All was done within budget.

Due to high storage costs we gave away the pool table and will be looking for donation of another one when The Centre reopens. I would like to say thanks to our hard working committee.

SOCIAL COMMITTEE

Birgit Pullen, Chair

We held our first “trailer” Happy Hour on May 31st with 17 people attending. Everyone had a nice visit with each other and we welcomed back some of our snowbirds. Next Happy Hour will be on Friday, June 28th from 4:00 – 6:00 p.m. in the trailer.

Unfortunately, Canada Day won't be celebrated at The Centre this year as we are unable to accommodate a large crowd in the trailer. We looked into renting a venue downtown for our community, but as you can imagine, nothing was available. Therefore, you are encouraged to take in the festivities in downtown Port Perry and use the shuttle busses that run from the Recreation Centre on Reach St. to downtown.

The Social Committee has arranged a dinner get-together at the Foxridge Golf Course "Scrambles Restaurant", 350 Reach St., Uxbridge on Wednesday, July 10th at 5:30 p.m. The evening will feature singer Tom Kovacs, who will entertain us with music from the 60's, 70's and 80's. You will order your own meal with prices ranging from \$15.00 to \$25.00 p.p.

The Social Committee is planning a picnic for the middle of September in one of our common areas. More information and details to follow.

Look out for our posters at the postal kiosk and watch for upcoming events!

The Social Committee is always welcoming new members interested in making the Canterbury life more interesting. At this stage we are looking for a secretary to join our group. The requirement would be to take the minutes of our monthly meetings and to make up the agenda in conjunction with the Chair. If you would like to join, please call me at 985-3820.

ACTIVITIES

BOOK CLUB

Pat Procnier

The CCRA Book Club began October, 1999 and will continue for the 2019-2020 year on October 31, 2019 with the book *Dark Harvest* by David L. Thompson (a CCRA resident), a political thriller with strong terrorist themes. On November 28th, we will discuss *A Man Called Ove* by Frederik Backman.



On January 30th, we begin our 2020 year with *The Gown* by Jennifer Robson, on February 27th *I Let You Go* by Clare Mackintosh, on March 26th *Educated* by Tara Westover, and on April 30th *Born A Crime* by Trevor Noah. We end our year on May 28th with *The Quintland Sisters: A Novel* by Shelley Wood a story of the Dionne quintuplets from the perspective of a young midwife.

Have a happy summer reading great books. Please join us in October for an enjoyable afternoon with the author David L. Thompson discussing his new book.

MEN'S GOLF

George Clapham, Chair

Our 2019 golf season got off to a cool and wet start. However, our inaugural breakfast was great! A BIG thank you to Dorie and her staff for hosting us.



Our 2019 registration has increased. We have a total number of 43 golfers. If tradition prevails, we will add a couple more before the end of the season.

Our first tee-time is 8:30 a.m. The Ladies' league that begins at 9:00 a.m. has increased their membership again this year and to make it easier to get both of our leagues checked-in, we are supporting Mike in the Pro Shop. The new Rewards Card may hasten the "check-in" procedure.

Our online registration procedure continues to be working well. Roy Wilson (Gerry Paton – backup) sends out reminders, creates 4somes and Dave Sparling updates our handicaps and scores.

Hopefully, the remainder of the golf season will include perfect golf weather each Tuesday.

SCRAMBLE GOLF AND SOCIAL

Co-Chairs - Bill Anderson
George Clapham

Rain, rain and more rain has been the story so far this year.

May, our starting month, was almost a complete washout for golf.

So far the start of June has not been much better; at least we have seen the sunshine, but not on a Thursday. Hopefully better days are ahead.

Although we have not managed any golf days, we have squeezed in 2 dinners with entertainment.

The sign ups for our Thursdays have been very, very good. 45 - 55 for golf; 50 for dinners.

We can only hope that the rest of the summer will co-operate and conditions will allow for golf carts to be used, so we can all participate. Please keep checking your emails on a regular basis for up to the minute changes.





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Sailing Itinerary

Day	Port / City	Arrive	Depart
15 Feb	Fort Lauderdale, Florida		4:00 pm
16 Feb	At Sea		
17 Feb	At Sea		
18 Feb	Cartagena, Colombia	8:00 am	5:00 pm
19 Feb	Colon, Panama	9:00 am	6:00 pm
20 Feb	Puerto Limon, Costa Rica	7:00 am	4:00 pm
21 Feb	At Sea		
22 Feb	Roatan, Honduras	9:00 am	6:00 pm
23 Feb	Puerto Costa Maya, Mexico	8:00 am	6:00 pm
24 Feb	Cozumel, Mexico	8:00 am	5:00 pm
25 Feb	At Sea		
26 Feb	Fort Lauderdale, Florida	7:00 am	



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ACTIVITIES

LADIES' BRIDGE

Carol Hough
Barb Lindensmith



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
Barb Lindensmith



Mixed Bridge is played on Tuesday evenings in the trailer at 7:00 p.m. Please sign up on the bulletin board if you wish to play each week. All bridge players are welcome it is just a relaxing fun evening to socialize. Please bring a loonie for prizes.

CRIB CLUB

Audrey Thompson



Cribbage is now played on Thursdays at 7:00 p.m. in the trailer. We do not take the game too seriously and have a lot of laughs. Please come out and give it a try.

BID EUCHRE

Bev & Bruce Bone



If it's Monday night at 7:00 p.m. it must be Bid Euchre at the trailer. If you're interested in having some fun, playing some cards and catching up on local news bring a toonie and show up. If you think you would like to play but aren't sure, give us a call at 985-9732 and we'd be glad to teach you.

EUCHRE

If it's Wednesday night at 7:00 p.m. it must be Euchre at the trailer. See Bid Euchre for more details.

THE KNITWITS

Doreen Reynolds

The Knitwits are enjoying their new home in the Canterbury Trailer. We want to thank the Canterbury Transition Committee and the Board of Directors for their efforts to ensure we have temporary facilities for our meetings during The Centre renovations.

We will continue to meet on Friday afternoons from 1:00 p.m. - 3:30 p.m. during the summer, fall and winter until we return to our cozy fireplace and comfortable furniture in The Centre next year.

We are very pleased to welcome two new members; Alice Lynch and Bronwen Quirk bringing our overall membership to 21 ladies. The demand for wool by this busy group suggests we remind our neighbours to think of us when they find some wool in the basement. Just call me at 985-9858 and I will be pleased to pick it up.

Thanks for your support, love to see you any Friday afternoon.

MAH JONGG

Carol Sambrook

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

POKER BOYS

The Boys are playing Poker again. You can find us Monday nights at 7:00 p.m., in the meeting room of the trailer. Space is limited but there are still a couple of empty seats at the table. See you there.



POWER WALKING

Hedi Hampel

We meet in the trailer 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.



This issue came up recently (Thank you Donna Easter) in relation to the Canterbury office computer, but it is relevant to using ANY shared computer.

Many of us access the Internet from different locations — a friend's house to check email, an Internet café to check a stock quote, or the library to do research. Sharing a computer is a great convenience, but you must take extra precautions to safeguard your personal information.

This is particularly obvious when using Gmail. Gmail is part of a group of products offered by Google. Depending on how you changed your Privacy Settings, you might want to leave your Gmail open at all times – even after you close the internet. The next person that uses this computer will likely want to ‘google’ something (since it is the most used search engine) and find themselves in your email and accounts.



Here are a few tips from a Yahoo article that I recently read.

Use an on-demand password

On-demand passwords let you sign in to your account without using a memorized password. We will send you a new password to your phone when you need to sign in. Do not check the "Keep me signed in" box. Many sites offer this “remember” option. When a computer keeps you signed in, it usually sets a persistent cookie on the computer that allows the website to identify you so you don't have to sign in. If you check this option, you'll remain signed in after you close your browser. This is a convenient option if you are the only one who uses a computer, but if you share a computer, do not check this option.

Always sign out completely

If you use a public or shared computer, it's especially important to sign out completely. Always click the "Sign Out" link when you have finished accessing your email account.

Clear the browsing data

The browser keeps a cache that contains a copy of websites that you have visited, your download history, cookies, passwords, and similar information. The cache may be stored on the computer's local drive. Clearing the cache is simple and will prevent subsequent people who use the computer from seeing the sites you have visited. See your browser's help for details on how to clear the cache.

Watch for "shoulder surfers"

Use caution — sneaky thieves may try to watch your fingers as you type your password.

Avoid confidential transactions

Do not use a public or shared computer to log in to a bank account or other online service that accesses confidential information. You should access these websites only on a trusted computer.

Be wary of spyware

Any computer that you do not personally control is hard to trust. It could have spyware, such as keystroke loggers, or other malicious software installed. Think about the precautions you would take on your own computer and consider if other computers have the same safeguards. If a computer is infected with spyware, even clearing the browser cache or closing the browser and opening it again will not protect you, because spyware programs record everything you type. Check with the computer's owner or administrator before using it to learn what security precautions have been taken. Find out if antivirus and antispyware software are installed, how often the computers are scanned for vulnerabilities, and whether security updates are current.

Never save passwords, and change them often!

If you do decide to use a password, be careful on public computers. Many web browsers and other programs will automatically offer to save passwords for you — do not use this feature on a shared computer! If you use shared computers frequently, change your password often, in case you use a computer that's been compromised by spyware or malware. Be



Following the grandchildren can be a tricky proposition for retirees. Don't want to be too far away nor so close as to be insufferable. Worst of all, moving to be close then a new job posting takes them away and leaves the retired couple stranded.

Coming to Port Perry was one of those choices for Lauren and Lee Maher. They gave up their lake home at Sharbot Lake to be close to their only grandchildren, Benoit and Xenia, Lauren's older son Tim's children who live in Prince Albert.

On the day the Mahers arrived ten years ago, Barb and Frank Lindensmith popped by and suggested they attend that night's Scramble Dinner. They did and Lauren was quickly conscripted to help out on the Social Committee where she was more than happy to tackle any job that needed to be done. It wasn't too long before Lauren was co-chair then chair of the committee for five years.

Lauren is thrilled to have been a part of Canterbury's Got Talent, Elvis Night, the International Dinner and so many more great events. Last year she co-chaired Canterbury's 20th anniversary celebrations.

Four years on the CCRA Board, with the final year as vice president, along with two years on the Canterbury Transition Committee have given Lauren a deep insight into the workings of our community. As well, her leadership roles have allowed her to meet and work with lots of interesting and talented residents.

Lauren was a member of the Canterbury Players and the Silver Dragons. When invited to paddle with the dragon boat team, Lauren decided she needed to get fit and started her daily four mile jaunts around town. After two years of solo trips, Barb Annette joined her and now the pied piper of Canterbury has attracted as many as eleven ladies (dubbed the "Walkie Talkies" by Lee) who walk at least five mornings a week in all kinds of weather except for freezing rain.

Lauren was raised in Campbellford, a small town east of Peterborough noted for its stately homes and Lock 13 of the Trent-Severn Waterway. Her aunt was a nurse at Wellesley Hospital in Toronto so her grandfather drove her mother to the big city for the delivery of her first child. An eight day stay in hospital resulted in a tiny baby and a \$2.00 bill. Lauren was certainly worth every penny.

Lauren loved small town living where one set of grandparents lived across the road and the other down the hill. All 12 of the kids on her street learned to ride on just one

bike. Lauren enjoyed elementary school where she recalls spending recesses playing alleys and broom ball. At the age of 12 she was thrilled to be a crossing guard with her white belt and slicker.

In high school, Lauren was a cheerleader, played on the basketball and volleyball teams and was a member of several clubs; book, art and drama, as well as being on the student council serving as president in her final year. Lauren was also a Brownie, Girl Guide and member of CGIT.

After grade 12 Lauren went to business school in Peterborough for a year, studying to be a medical secretary. By this time she had taken up with Terry. She continued her studies in Toronto, returned after two years and soon married Terry. He accepted a teaching job in Pembroke and that's where they raised their sons.

Terry was having dizzy spells and a local doctor wrote it off. After rear ending a car, it was discovered that Terry had a brain tumour which took his life just nine months later, in the fall of 1985. During treatment, Terry



would spend weekdays in Ottawa and come home for weekends where Lauren was doing her very best to keep routines as normal as possible for their two teenage sons.

As fate would have it, one of Terry's school friends was now footloose and fancy free and living in Vienna. When Lee returned to Canada, a chance encounter led to a dinner invitation and a wedding eight months later. Lee and Lauren had known each other for years, double dating and attending each other's weddings.

Getting married two years after losing a husband can raise eyebrows in a small community. Lauren was given good advice. It's no one else's concern.

She had the blessings and encouragement of friends and family and forged a new life with Lee. It was obviously a wise decision.



No more work outside the home for Lauren. Most of her time must have been spent packing and unpacking as they have moved 17 times in their 32 years together. They have lived in Ottawa (more than once), Washington, D.C., Mississauga, Santa Fe, Oakville, Sharbot Lake and Port Perry.

Lauren's favourite places to visit include Vienna, San Diego, Santa Fe, Sedona and Canada's East Coast. She wants to explore Western Canada and Newfoundland and hopes to do some more cruising but knows that Lee's flying days are over after a career which involved extensive air travel.

Anyone who knows Lauren is well aware of her compassion. She is bubbly, energetic, full of life and believes in living every day to its fullest. Thanks, Lauren, for helping to make Canterbury an even

UPDATE YOUR EMAIL ADDRESS

Karen English

We all want to be in touch and find out what is going on. Many of you have changed from Bell to Rogers or vice versa and to some other providers in the last few years.

Your first note should be to make sure you get the CCRA Monthly Information Bulletins from Martha Simmons. The email account set up for this is: ccraportperry@powergate.ca. When you notify this account it will also make sure you receive any *What's Happening* memos sent by the Canterbury Transition Committee or the Board.

Your second step is to change your Canterbury website profile (if you have one). Once you sign in to the website - there is a message below which reads: If you would like to view or change your personal information, please visit your [profile page](#). Click on that and it will bring you to your user profile.

You can change your password, phone number, email address and other personal information there. Enter your changes and at the bottom press [save](#).

If that is unclear you can email info@canterburycommon.ca and I would be more than happy to update your profile for you.

The last step is for the golfers and Scramble dinner guests. You will need to go to the website: <https://www.canterburyscramblegolf.ca/> and look at the bottom of the page to see who to notify for the dinners and who to notify for the golf.

Sounds easy? Now you need to notify everyone else! Friends, family, utilities, etc.

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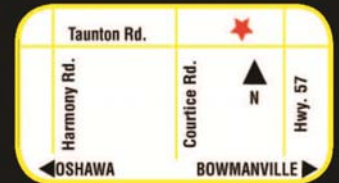
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The Chronicle - Summer 2019

I was 16 years old and rummaging around the local Coles; a not unusual pastime for a four-eyed bookworm. My hands picked up a little, white, spiral-bound book called *The ABCs of Yoga* by Kareen Zebroff, a Canadian gal. Yoga and I became best friends from the moment I opened that book. Forty-six years later it's still a love affair; although bittersweet now that I have MS and balancing is a problem.

When I was 42 I travelled to Houston to become certified as a yoga teacher - not just to bring in extra money, but to honour the discipline that had brought me so much joy. I was such a hard-core yogini (a female who practices yoga), I believed in yoga so much, that I hounded the head nurse at Enbridge where I worked, until she relented and let me teach yoga to my fellow employees. It was a hoot. I taught a girl who became and remains, after 18 years, one of my three best friends. It was a good gig until they built a gym in our building and wanted 20% of my profits. I declined, but I was still proud of my achievement.

After that, I hung up notices all over my neighbourhood and was asked to teach at a local condo building. I nearly died when during the sign-up a little, and I mean little, delicate, 80-year-old Asian woman joined the class. I panicked and was sure I was going to break her so I approached her and asked if she was sure about this. She explained that she had just lost her husband and needed "something." She promised to go slow if she needed to. What a trouper she was, she did not break, nor get hurt in any way and I was happy that my class filled the void in her life.

I remember attending a class at a gym in Toronto. The young, blond Amazon who was going to teach the class bounded in and cried out, "Is everybody pumped?" I rolled up my mat and left. Yoga and "pumped" do not belong in the same sentence.

Yoga is a different experience for everyone. You won't lose a significant amount of weight - but you will learn to balance on your own two feet much better. You won't become calm and Zen after a few classes (or after 46 years) - but you will learn discipline. You won't be the best practitioner in the room - but neither is anyone else because yoga is not a race or competition. You might never learn how to hook your leg behind your head - but holding yourself in Tree pose for 30 seconds can be glorious. If you haven't tried yoga now's the time to start. If you feel you're too old or too infirm, have a talk with the yoga teacher. You'll be able to get a sense of her ability and morals.

If you are interested, here are a couple of studios in Port Perry you could contact:

Port Perry Flowyoga Studio
Port Perry, ON
(905) 441-7874

Maya Healing Arts
Yoga Studio
Port Perry, ON
(905) 985-4147



HARMONY HILLS RETIREMENT HOME TOUR

Nora Senechal

On April 24th I was lucky to be included in a large group that left our neighbourhood to go for a tour of the Harmony Hill Retirement Home in Oshawa. This Home is run by the company who will be building the four storey retirement home in Canterbury Common. Our large group of 14, including board members, Canterbury Transition Committee members, interested neighbours and representatives from the Township, were greeted by several members of the Greenwood team. They took us on a tour of the Home answering questions and explaining how things work in the Home as we went along. My first impression of the buildings inside and out was WOW! This place is really clean. When we entered the main lobby it was spacious and open with lots of conversation nooks and a bright airy feel. The center of the lobby held a staircase which was surrounded by open space often with groupings of chairs or couches where people enjoyed the sun coming in the many windows. The open space was surrounded by several rooms including offices, dining rooms and even a postal room with boxes for residents.



The tour continued with a peek in a few residential rooms, the general store, several health and fitness rooms, an indoor pool, theatre, bar and a hair salon. Short-term respite suites are available to the public with varying levels of care. They even have meeting rooms that may be rented by the public. These services were a mix of different types of businesses from entities run by the home, volunteer-run operations, to entities run by independent companies who rented space from the home. In many cases the businesses have clients from within the home and also the surrounding community. I commented to one of the staff that residents really don't need to leave the building for anything – her response was that when she is able to get an eye doctor that will be the case. The Harmony Hills Retirement Home was very impressive.

As we walked around the campus it became clear that this Home was considerably bigger than what we can expect here in Canterbury. The facility here will not be big enough to support an indoor pool but businesses such as a hearing aid clinic, hair salon or physiotherapist will probably be available options.

On our tour we saw many staff members, cleaning and cooking; there was also a birthday party in the bar area for residents who had birthdays during the month of April. Everyone was very friendly and helpful whenever we asked questions. One of the things we learned is that the building in Canterbury is not even in the planning stages yet. We know from the Town Hall meeting that soil will be moved at some point this summer but this does not necessarily mean that construction will follow quickly. Information on what the building will look like and the amenities it includes will be shared when it is received.



Information on what the building will look like and the amenities it includes will be shared when it is received.

Photos: Harry Hough





AGM

Photos: Martha Simmons



ANOTHER FUN "HAPPY HOUR" IN CANTERBURY

Photos: Frances Hurst
Collages: Marg Jackson



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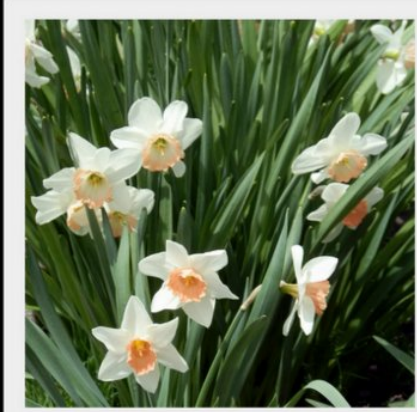




A LITTLE BIT OF SPRING SUNSHINE AND THE BLOSSOMS AND LEAVES START ARRIVING



SPRING SUMMER



Photos: Marg Jackson



Vicky Anderson

After her husband, Tom, passed away from cancer two and a half years ago, Vicky Anderson looked to leave her home at Honey's Beach to find a place where she would have options to keep her busy.

Canterbury Common was an obvious choice as she loves Port Perry with its great shops and friendly people. Vicky moved into 20 Coulter in mid-April and in her short time here has been impressed by the number of people who have taken time to stop on their walks to chat.

Vicky was born in Weston and attended York Memorial Collegiate, recently ravaged by fire, before her family moved to Aurora. Once married, Tom and Vicky lived in Toronto and Aurora before buying a cottage at Honey's Beach on Lake Scugog, just north of town. After three years, they tore it down and had a house built with a great view and a big dock.

Some twenty five years ago, the couple started a trucking company called CCT Logistics. The two of them worked from their basement and built a company that serviced all of Canada. While the company was still small, Vicky was in charge of accounting and payroll.

Vicky loves to travel, having visited Antarctica and has made numerous trips to Europe. She really enjoys river cruises and sailing on the smaller cruise ships.

She plays bridge in Port Perry and Oshawa each week, enjoys reading, doing crosswords and Sudoku's as well as cooking, especially hot Indian dishes. Vicky would like to attend the Scramble Dinners to meet more Canterburians and looks forward to being included in anything she can here in Canterbury.



Barb & Steve Holt

By the time this edition of *The Chronicle* is published, both Barb and Steve Holt will be recent retirees from Enbridge. Steve spent 34 years working as an operations manager while Barb served in various capacities, the last 10 years coordinating the internal moves of hundreds of employees.



Both were raised in Scarborough, finished their high school careers at Agincourt Collegiate, but didn't meet until introduced by a co-worker at Enbridge. Barb brought two sons and a daughter to the marriage while Steve added three sons. They now have seven grandchildren ranging in age from 18 to 10 months.

Barb's kids grew up in Port Perry. She later moved to Brooklin with Steve and was anxious to return to Port. Steve had thought of Toronto as a retirement destination but likes the trail by the lake, the local markets for fresh produce and the friendly neighbours here in Canterbury.

Since coming to Canterbury, they have wound down their careers and overseen numerous improvements to their house at 61 Waterbury. Steve is looking forward to this next chapter in his life when he hopes that his interest in art can be rekindled as he works on improving his sketching and drawing skills. Barb feels that she might be able to help with *The Chronicle* after she acclimatizes to retirement and would like to play euchre and learn bridge. They both would like to do some volunteer work in the community and they also plan to do some travelling to the west coast and Europe. They loved the river cruise from Amsterdam to Budapest.

Barb says that Steve is an awesome leader and listener, a wonderful husband and a great father to all six of their kids. Steve says there's never a dull moment with Barb and that she is the most loving, interesting person he has ever met.



Elaine & Will Houthuys



Unlike most Canterburians, Elaine and Will Houthuys are both still working. Elaine has worked for years in transportation as a fleet manager spending the past five years in this role at the Greenwood Mushroom Farm at Line 6 and Hwy 12. This huge operation is expanding again to provide mushrooms that are picked, packed and shipped fresh 365 days a year. Will is just about to wrap up his career with the Durham Region Water Department where he looks after the water once it leaves the filtration plant, dealing with broken water mains and much more.

Elaine grew up in Havelock, just east of Peterborough, and lived in Windsor and Guelph before moving to Port Perry. Will was born in Oshawa and lived in Bowmanville and Ajax prior to moving to Port Perry where he attended R.H. Cornish P.S. and Port Perry H.S.

Will loves anything to do with sports and is a fan of the Blue Jays, Maple Leafs and Raptors. He played football, hockey and baseball in high school and is an avid card player enjoying euchre, poker and cribbage. Elaine isn't "sporty" preferring to read and enjoy walks.

This happy couple has been together for eight years. Each says the other has a heart of gold. Elaine says that Will is very easy going and keeps her grounded. Will's children live in Port Perry, Oshawa and Whitby while Elaine's are in Barrie and Peterborough. Between them they have two granddaughters and three grandsons.

They lived on Lakeview Drive and looked at half a dozen Canterbury houses before downsizing to their home at 256 Waterbury where they have been busy with home improvements since arriving in March.

Elaine isn't ready to retire but knows that she would like to volunteer with the elderly when she does. Their travel bucket list includes Alaska, the Maritimes and Holland, Will's Dad's home land. Their surname is pronounced howt house and translated means wood house.

Sue & George Munroe

Recent arrivals from Unionville, Sue and George Munroe sold their previous home last summer then rented it back until they could find a home in Canterbury. Having lived in Unionville since they married in 1980, they were ready for a bungalow in a friendly community. While on numerous trips to Peterborough to visit an ailing relative, they'd stop at Hank's and drive through Canterbury.

Since moving into 25 Waterbury in May, they have been impressed by the welcome they have received by all who pass by on the sidewalk.

Sue attended Leaside H.S. and graduated from nursing at Wellesley Hospital where she worked in Emergency for four years before taking off for Europe with a friend. They spent a year in a ski resort town in Austria. Sue returned for another two years in Vienna and had to decide whether to return to Toronto or make Vienna her full time home. She opted to come home and a romance blossomed with George who had befriended Sue's brother while at Lakehead University.

George worked for a company that inspected mining machinery. His job took him throughout North and South America as well as to Africa. Work kept him away from home much of the time with dangerous stints in Honduras and Ghana. Sue moved into occupational health and retired from Enbridge.

Sue loved skiing, enjoys bike riding, exercise classes and reading. She hopes to get involved in volunteer work in the fall. George played football at Jarvis Collegiate. He's a reader a gardener a woodworker and likes to ride his bike.

The couple has two children, Andrew 37 and Shannon 35 and are very satisfied with life, having a good family and good friends. Sue admits that she likes to talk and George feels very lucky to have married such a caring and giving wife.





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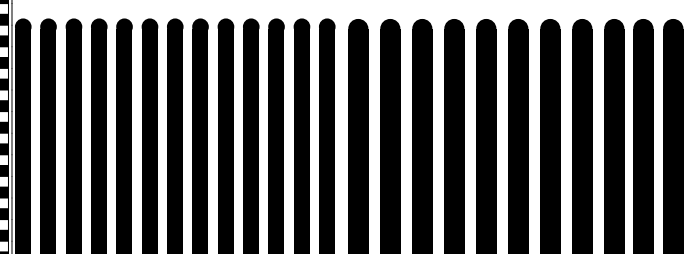
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Elaine & Rick Salwonchuk

Family is first and foremost for Elaine and Rick Salwonchuk who are the proud parents of two daughters and a son and the grandparents of eleven ranging in age from seventeen down to two.

Elaine grew up in Scarborough, graduating from Wexford Collegiate. Rick was born and raised in Toronto and is a Danforth Tech. graduate. He then went on to Sheridan College and Trent University.

Elaine and Rick met in Scarborough. Once married, they moved to south Ajax then to Whitby, owning two houses in each town. They tried condo living in Brooklin for three years but yearned for the feel of grass under their feet. Looking for a home in a quiet subdivision, they passed through Canterbury in October, bought in January and moved into 284 Waterbury in February.



After working at Manulife in downtown Toronto for ten years, Elaine chose to leave, raise a family and be closer to home. When the kids were grown, Elaine worked and retired from Ontario Power Generation in Pickering. Rick worked ten years at the CNR yard in Maple then spent the rest of his working days in process efficiencies for Lear Corp. in Oakville, Ajax and Whitby.

A cottage on Chandos Lake keeps them busy during the good weather. In the winter they rent a home in Port Lucie for a month. They have tired of Caribbean cruising but loved the Alaska cruise, the Rocky Mountaineer train trip and a Maritimes trip. One of the very best vacations was in Punta Cana with 33 family members and friends.

Rick and Elaine are huge fans of the Blue Jays and Maple Leafs. Their eldest grandson is with the Ontario Blue Jays and hopes to play college baseball.

As with all newcomers, they continue to put their own stamp on the house and are enjoying the openness of Canterbury and feel truly safe here.

PLEASE SLOW DOWN

Two residents raised an important issue at the Annual General Meeting. With the loss of the parking lot, while The Centre is being renovated, residents are parking along the street in front of the trailer. In addition, there are often cars parked on the street, in both directions, in front of the postal kiosk. The result is that this bend in the road, that at the best of times creates visibility issues, is now even often difficult to navigate safely.



A couple of residents also mentioned that, as pedestrians, they have almost been hit crossing this stretch of road.

We would ask all residents to please be cautious and slow down in this area.



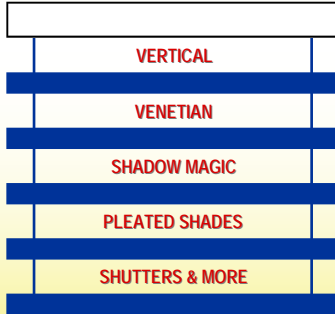
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FREEBIES

Karen English

Are you interested in this free stuff you can get in Canada on your birthday? I can tell you from experience (last month) that the Kelsey's one is for real. My daughter-in-law was given a free piece of cheesecake!

- Marble Slab Creamery** – sign up for their marble mail and receive a free ice cream cone
- Dairy Queen** – Sign up for the Blizzard Fan Club and receive a buy 1 Blizzard get 1 free coupon
- Orange Julius** – Join the OJ Quench Club and receive a Buy 1 get 1 free smoothie
- Boston Pizza** – Free dessert
- Betty Crocker** – Free birthday parties download
- Baskin Robbins** – sign up for the birthday club and you'll receive a coupon for free ice cream
- Starbucks** – register your Starbucks card for a free drink
- Timothy's Coffee** – Free baked treat with any medium coffee purchase
- Red Robin** – sign up to receive a free burger on your birthday
- Quizno's** – Free cookie with the purchase of any sandwich
- Denny's** – Free Grand Slam on your birthday. ID must be shown (Western Canada only)
- Applebee's** – Free dessert shooter on your birthday. Must show ID
- Papa Murphy's** – Free cookie dough
- The Keg** – Mention that it's your birthday and you'll get a free slice of Billy Miner pie
- Jack Astor's** – Free dessert
- Kelsey's** – Free dessert
- Swiss Chalet** – Free dessert
- Joey's** – Birthday offers get sent to you 7 days before your birthday
- East Side Mario's** – Spin the in-store wheel and win a prize
- 7-Eleven** – Free small Slurpee on your birthday
- Sephora** – Choose a free mini set from Fresh or Marc Jacobs Beauty
- Pizza Pizza** – Free slice of pizza and a can of pop for kids only
- What a Bagel** (greater Toronto) – Buy 6 bagels, get 6 Free with photo ID
- Milestones** – Free entree when you purchase 3 other entrees. Must show ID
- Booster Juice** – Free regular smoothie on your birthday
- American Eagle** – Save 15% off during your birthday month
- RW&Co** – 25% off the last ticketed price on all merchandise
- Swagbucks** – 50 Free Swag Bucks on your birthday
- Michaels** – a coupon for 20% off entire regular priced purchase
- Menchie's** – \$5 bonus treat
- Thrifty Foods** – Free Birthday Cake on your child's first birthday
- Payless Shoes** – 25% off your purchase during your birthday month
- Kelly O'Bryan's** – Free birthday meal when you come in on the day of your birthday



BOOK SWAP

Some residents have indicated that they really miss our Canterbury Library so we have set up a small 'book swap' area in the trailer. The bookcase will hold 24 books and the idea is that you take out one book and replace it with another one. Please stick to the "one in, one out" rule as the space is limited.

STAY ALERT

With the start of construction work on our Centre, there will be more traffic coming into our community. There will be trades people working on The Centre and also interested people just driving through to see what is happening in Canterbury.

It is a good idea to keep your doors locked, even when home, especially if you are working outside at the back of your property. Keeping your car locked is also a good idea. If you see something that seems out of place call someone. If you see a car going slowly through the neighbourhood, you can approach the driver to ask if he/she needs help in finding a specific address. In the majority of cases, the person might just be lost or perhaps interested in moving into Canterbury, but if not, now that you can connect the face with the car, the person will not be inclined to stick around to cause trouble.

REMINDER - UPDATING TELEPHONE NUMBERS/ EMAIL ADDRESSES

If you need to update your telephone number or email address, please send the updated information to ccraportperry@powergate.ca. If you do not use email, please put it through the mail slot of the office door in the trailer.

If you have set up a Profile on the Canterbury Common web site, please remember to update that information as well. Just sign in and click on the Image to enter your profile and then click Edit and make the changes to your contact information.

GERANIUM CONTACT INFORMATION

On April 17th Geranium provided us with an emergency contact number, you may call 905.479.7379 to report anomalies on the construction site. Please be thoughtful when calling, only use this number for serious issues and unless it's an emergency please wait to call until common business hours.

If you are interested in the houses Geranium is building you may register on the website courts ofcanterbury.com.

CCRA RESIDENTS INVITATION TO VIEW GERANIUM MODEL HOME

We have been advised that Geranium will soon extend an invitation to CCRA to attend an advance viewing of the new Sales Centre and Model Home in mid-July. We will let you know when we receive the definite dates for this advance viewing.

SMILE OF THE DAY

Dave McBride 985-6231

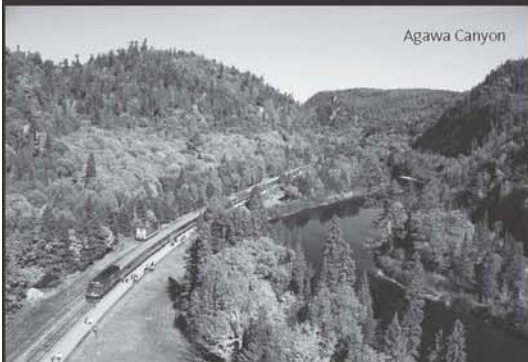
The Shredder

A young engineer was leaving the office at 5:45 p.m. when he found the CEO standing in front of a shredder with a piece of paper in his hand. "Listen," said the CEO, "this is a very sensitive and important document, and my secretary is not here. Can you make this thing work?" "Certainly," said the young engineer." He turned on the machine, inserted the paper and pressed the start button. "Excellent, excellent!", said the CEO as his paper disappeared inside the machine, "I just need one copy."

Lesson: Never, never, ever assume that your boss knows what he's doing.



Autumn Adventures!



Agawa Canyon

Agawa Canyon (All Canadian) – 4 Days

September 23, 25, 27, 30, 2019

Explore Canada's majestic north on a 4-day tour to the Agawa Canyon. Double: \$1,295, Single: \$1,545.

Agawa Canyon (Plus Mackinac Island) – 5 Days

September 23, 27, October 1, 2019

Bask in the brilliant glow of autumn on this tour of Michigan and the Agawa Canyon. Double: \$1,795, Single: \$2,095.

PRICE INCLUDES: Deluxe motorcoach transportation, accommodation, breakfast daily, all meals and highlights as indicated on website, Tour Director, Connections Program and all taxes.



Mont Tremblant, QC

Quebec Colours – 5 Days

October 6, 2019

The Laurentians are one of the world's oldest mountain ranges. In October they blaze in bright autumn hues. Walk cozy Ville de Mont Tremblant's cobblestone streets to alpine inspired chalet shops. Cruise beautiful Lac Tremblant, surrounded by a carpet of crimsons this time of year. Stop in Ottawa for two nights and enjoy some free time before heading home. Double: \$1,495, Single: \$1,995.

PRICE INCLUDES: Deluxe motorcoach transportation, 4 nights accommodation, 4 breakfasts, 2 lunches, 1 dinner, all highlights listed, Tour Director, Connections Program and all taxes.

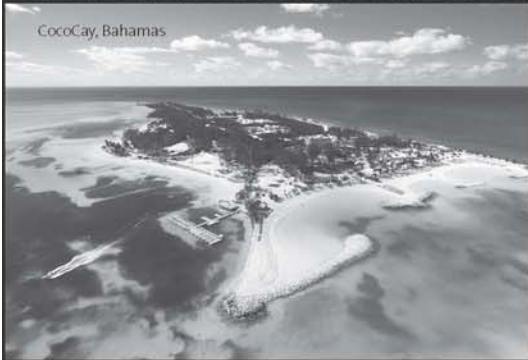


Vermont – 5 Days

October 15, 2019

Known for its quaint villages, historic attractions and gorgeous scenery, Vermont is a sightseeing dream. Explore Vermont's delights while staying at the Golden Eagle Resort and experience stunning mountain views within walking distance to the charming village of Stowe. Double: \$1,595, Single: \$2,095.

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CocoCay, Bahamas

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November 6, 2019

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CANTERBUURY



MAY 2019

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Paul O'Neill	March 24, 2019
Don Edwards	March 25, 2019
Milvi Sillaste	April 17, 2019

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