

# THE CHRONICLE

*A Newsletter for the Residents of Canterbury Common*  
Port Perry, Ontario  
[www.canterburycommon.ca](http://www.canterburycommon.ca)

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## **REPORT FROM YOUR BOARD**

**Summer 2020**  
**Jim Brady, President**

I would like to take this opportunity to talk to you about the challenging issues that our residents have had to endure during the time of the ongoing Pandemic and the extremes in our unseasonable weather conditions.

I am very proud of all our residents who have stepped up to help keep their neighbours and friends safe during these unprecedented times of the Pandemic. Exercising social distancing and self-isolating when necessary, taking the time to phone neighbours who are on their own, to make sure they are doing alright during this difficult time and providing and distributing homemade masks for people to wear when outside their homes are just a few examples of our caring community. All of these precautions have helped to keep our community protected from the effects of the Covid-19 virus. I would also like to say a special thank you to Terry Vos, from Vos Independent, who is providing our community with free delivery service of his grocery items which have been ordered by phone. A very thoughtful way to help our residents to stay safe.

Although we have had unseasonal snow falls, and cold, wet weather, people have kept a positive attitude and a ready smile. Smiles which had a boost when we woke up to find colourful ribbons tied on our trees to celebrate Mother's Day. Thank you to the Social Committee for their ongoing efforts to keep everyone connected.

Your Board of Directors is continuing their monthly meetings via ZOOM over the internet and the Board Committees are staying in contact by phone. The monthly Board minutes are posted on our web site. Thank you to all the Board and Committee members for your ongoing efforts on behalf of the community.

June is the month when we normally hold our Annual General Meeting (AGM) for our CCRA homeowners. The AGM is held in order to get approvals for items related to CCRA business and to induct new members to the CCRA Board of Directors. Due to the ongoing restrictions on gatherings of large groups, it has been necessary for the CCRA Board of Directors to change By Law No. 1, section 24, which states that the CCRA shall hold their AGM within 90 days from the end of the fiscal year. The change to By Law now reads that the AGM shall be held within 180 days of the end of the fiscal year. At this time, a date and process for the next AGM have not been decided.

At the upcoming AGM, three Board members will be stepping down from their positions on the Board of Directors. Ron Zamulinski and Birgit Pullen have completed their terms of office. I look forward to their continued involvement in our community. Gord Simmons is leaving the Board but will continue on as Chair of the Governance Committee and as co-chair of our Canterbury Transition Committee. Ron, Birgit and Gord have all made significant contributions on our Board. Thank you to each of you for all your input, time and efforts.

Ken Gadsden has volunteered to Chair the Social Committee and to represent the Social Committee on the Board of Directors, replacing the position held by Birgit Pullen. John Brewer has agreed, as a member of the Governance Committee, to represent the Governance Committee on the Board of Directors, replacing the position held by Gord Simmons. Dorothy Bull has volunteered to be the Municipal Affairs Director, replacing this position held by Ron Zamulinski. All positions on the Board will be presented for approval at the next AGM.

Thank you to the Board members who have agreed to stay on and to all the new volunteers who have agreed to join the Board. Your support is greatly appreciated.

On another note, the work on completing our Community Centre is progressing well and hopefully, by the end of June, we will be closer to reopening.

In closing, I would like to wish everyone a safe and healthy summer. I look forward, in the near future, to seeing everyone coming together at social gatherings to enjoy the many activities that are part of our great community.

# BOARD COMMITTEE REPORTS

## ADMINISTRATION COMMITTEE

Murray Smith, Chair

By the time you read this I hope we will have our Centre back. I'm sure everyone is as excited as I am to get moved back in.

We have received the first part of our order for the new chairs. As the Centre was locked down, we have made arrangements for temporary storage. To date we have received 160 chairs, 56 of them with arms for use with the card tables. Our supplier was not able to provide the plastic arm cover that we ordered due to his supplier closing down. He instead covered the arm with fabric, which will be replaced at a later date when the plastic arm cover is available. These chairs are of high quality and will be durable for many years to come.

We also have received the new key fobs. Each fob has been registered to a resident's I.D. When we can gather again, we will be handing out one fob to each resident. Please remember to keep your original key as it will be needed for back up as well as entrance to the pool area.

Looking forward to seeing everyone at the Centre and meeting up with new neighbours.

## COMMUNICATIONS COMMITTEE

Nora Senechal, Chair

The Communications Committee is working hard to continue to produce issues of *The Chronicle* for you to enjoy. Our challenges are mainly in generating advertising to help offset costs and in safe distribution while social distancing. We are lucky in that much of our prep work is done on the computer using email communications.

Our webmaster has been keeping us informed on what is happening in the Township and in Durham Region by posting town event links on the website, be sure to check it out. Don't forget to look at the Picture Gallery as well. We have not had many social events but there are a few good photos to see.

At this time, our committee requires help in a couple of areas. We need a Secretary to prepare minutes of the quarterly meetings. We require a new Photo-Coordinator, we need help with advertising and people interested in writing new columns and feature articles. If you would be interested in working with the group in any of these areas please call me at 982-0601 or email [chronicle@canterburycommon.ca](mailto:chronicle@canterburycommon.ca).

In this issue we will learn a bit about the history of the lake, probiotics as a healthy alternative, see some neighbour's profiles and much more. Enjoy!

## FINANCE COMMITTEE

Lee Maher, Chair

With the postponement of the CCRA Annual General Meeting (AGM) until September 2020, the Finance Committee took the unusual step of mailing out the Financial Report separately to all CCRA residents in early June. This mailing was then followed with the 2020/2021 Assessment Notices being Emailed shortly thereafter.

I would like to thank those residents who have promptly returned their assessment dues and remind everyone that a white mailbox has been installed at the mail kiosk for your assessment contributions.

You may have noticed that we have initiated a new feature for assessment dues payment – eTransfer. Hopefully this will appeal to residents who no longer find the need to write cheques!

I would like to take this opportunity to recognize the work carried out by the members of the Finance Committee and welcome a new member Tom Phipps to the committee.

While you may not have had the opportunity of having a public forum for your financial questions due to the delayed AGM, I would be happy to personally address them at your convenience.

Stay safe.



## **BOARD COMMITTEE REPORTS**

### **GOVERNANCE COMMITTEE**

Gord Simmons, Chair

Now that spring has arrived, we are getting more calls regarding new projects, mainly the replacement of decks that are now showing their age and require a bit of propping up to remain stable. We have been very pleased that people have called us before they started their projects and have been good about notifying their immediate neighbours of their intentions. Occasionally a homeowner forgets to get pre-approval before starting their project but so far, we have been able to work with them to correct the situation.

We sometimes get questions about the requirement for building permits from the Township and the conversation usually includes the statement, "my contractor says there is no need to get a permit so I just want to go ahead with the project." We explain carefully that although the contractor might be right, it is much safer and more prudent to talk to someone at the Township, who actually has the authority to determine whether a permit is required. The danger in not finding out if you need a permit is that you could end up having to tear down what was just built because it doesn't conform to the building code or occupies too much of the footprint of your property. It only takes a few minutes to do it right the first time. Please feel free to call John Brewer, Tallya Moore, Gord Simmons or Frank Young and we will be glad to discuss your situation with you prior to the start of your project.

Have a great summer!

### **SOCIAL COMMITTEE**

Birgit Pullen, Chair

In May, the Social Committee said Happy Mother's Day to all the Mothers, Grandmothers, Daughters, Aunts and Nieces in Canterbury! What a nice way to wake up on that dull day to a parade of colourful ribbons along our boulevards! Many thanks to Barb Lindensmith and Lauren Maher for initiating this campaign and the many volunteers who braved the cold Northern winds to tie these ribbons around the trees. We hoped this colourful parade would entice Spring to finally arrive!

We are all looking forward to the day that we can get together in our new Centre and celebrate our wonderful community. Stay safe and healthy everyone!

## **COMMUNITY COMMITTEE REPORTS**

### **CANTERBURY MEN'S GOLF**

George Clapham, Chair

The 2020 Canterbury Men's League golf season got off to a late start on May 12<sup>th</sup> but the weather was great and we learned to play golf while "social distancing", not touching the flag stick and not sinking our putts because there is a "noodle" blocking entry to the hole.

However, we are all happy to be back on the course and enjoying the great outdoors.

Many thanks to the members of our committee – Roy Wilson (communications/golf teams), Dave Sparling (handicaps/scoring), Gerry Paton (backup communications), Michel Leclerc (treasurer) and George Clapham (backup scoring).

There is still time to join our group. The easiest way to join our group is to call Roy Wilson 647-955-9101 or email: mbepic@gmail.com and express your interest. Roy will set you up on our website, arrange to collect your registration fee and explain our process of weekly sign-ups using the website.

### **SCRAMBLE GOLF & SOCIAL**

George Clapham, Chair

Because of Covid-19, Scramble Golf got off to a late start (May 14<sup>th</sup>) but on a very beautiful day that allowed all golfers to happily get "the rust" off their golf games.

Scramble Golf has changed because of the safety requirements – our 3Somes and 4Somes have individual



*Continued on page 4*

tee-times instead of a “shotgun start”, safe distancing and other new golf safety considerations are being practised.

Scramble Social may not return in 2020 even though our Centre will open soon. Limited numbers in gatherings will impact our Thursday evening summer socials and we will have to wait for Public Health notification to restart.

New Scramble golfers are welcome to join us. Contact Robbie MacDonald at 778-731-0381 or George Clapham at 905-982-1593 for more information.

## ACTIVITIES

At the time of printing this issue of *The Chronicle*, we are not sure what the future will bring for our activities. Physical distancing and self isolation are the new normal but we have hope that we will be back in The Centre soon. Please look for any updates on the website and in future *CCRA Information Bulletins*. If you do not receive the *CCRA Information Bulletin by email*, you may find it posted at the mail kiosk.

### 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 Sansome 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.



### STATUS OF OUR NEW SWIMMING POOL

Gord Simmons

Co-Chair Canterbury Transition Committee

The installation of the pool was held up by the provincial lockdown but is now in full swing and will be finished by mid to late June as long as the weather holds and the COVID-19 situation doesn't change. The pool at 50' x 20' will obviously offer greater space than our former pool and will also be more comfortable for groups like Aqua-Fit as the floor slope was designed to accommodate more people exercising.

Maintenance of the pool will be easier as well as there is now a device which measures the chemical balance constantly and allows us to space out the testing. An automated pool cleaner has been purchased which has a powerful high-speed scrubbing brush, a top access filtration basket, a built-in weekly timer and dual filtration options. If some of this sounds like a foreign language, don't worry as the pool installer will be coming to Canterbury to train anyone willing to help maintain the pool.

In addition to the pool cleaner a new 20' x 50' solar blanket and a roller pool cover system have been ordered. The pool manufacturer will also be bringing us a winter pool cover purchased for us by CLDC.

It is our hope that the pool will be all finished and ready for use by the end of June. This does not mean the pool will be open for use at that time as we will be bound by the Provincial restrictions put in place to keep us safe from the COVID-19 virus. It may be necessary for everyone to be patient a bit longer as we will be strictly adhering to the regulations and will not open until we have the official approval to do so. In preparation for the pool opening the House and Property Committee is still looking for volunteers who are willing to share the maintenance on the pool. Please remember that Canterbury works well because of the number of volunteers who step forward every year. It helps us stay active, young and productive. Please call Dave Sparling at 985-8001 and let him know you will help.





# ACTIVITIES

## AQUAFIT

Eileen Walter  
Nora Senechal

Our Aquafit group is suffering from the same uncertainties as the rest of our community. We don't know if our community pool will be able to open but we believe in being prepared. So, find your sun hat, bathing suit and water bottle but don't forget your pool noodle!

Please note: our aquafit leaders are volunteers and not certified lifeguards or instructors. You may call Eileen at 985-7704 or Nora at 982-0601 for more information.

## BOOK CLUB

Pat Procnier



The CCRA book club began October, 1999, but the uncertainty created by the pandemic means we have to postpone the 2020 book club until we know when we can meet again. Until then, keep reading the books we were to discuss in 2020 such as *Educated* by Tara Westover, *Born a Crime* by Trevor Noah, and *The Quintland Sisters* by Shelley Wood, a story of the Dionne quintuplets from the perspective of a young midwife.

Some suggested books to read for 2020-2021 season include *Where the Crawdads Sing* by Delia Owens, *A Long Petal By the Sea* by Isabel Allende, *The Book Women of Troublesome Creek* by Kim M. Richardson, and *The Island of Sea Women* by Lisa See, a novel set on the Korean Island of Jeju through many decades of Japanese colonialism of the 1930s and 1940s, World War 11 and the Korean War of the all-female diving collective working in the sea.

Have a safe summer reading great books.

## 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.

## CRIB CLUB

Audrey Thompson



We are waiting patiently for permission to get back at it. In the meantime, if you are really missing the game, you can play for free on your computer if you have one. Just Google "free cribbage play".

Hope to see you soon. Stay safe and keep up the good work.

## THE KNITWITS

Robin Stamper  
Jane Sibul

The KnitWits have been on hold along with the rest of the world, but that hasn't stopped us from knitting!

We are hopeful that when you read this, the new Centre will be open and you will find us once again, gathered around the fireplace Friday afternoons.

Please stop by and see what we have been up to and join us for a chat and perhaps some handiwork.

See you every Friday, from 1:00 p.m. until 4:00 p.m.

## LADIES' BRIDGE

Carol Hough  
Jane Sibul



Ladies' Bridge will not resume until we are back in the Centre again.

Thanks for your patience and have an enjoyable summer.

## MAH JONGG

Carol Sambrook

We have our new cards and are ready to play as soon as The Centre opens.



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.

## MIXED BRIDGE

Carol Hough  
Barb Lindensmith



Mixed bridge will not resume until we are back in the Centre again.

Thanks for your patience and have an enjoyable summer.





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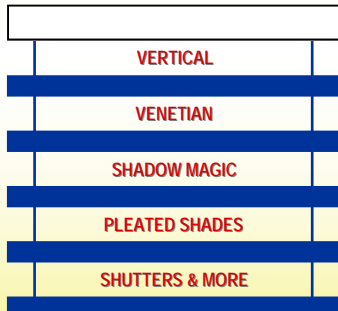
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## **NEIL SIMPSON**

June of 2020 marks the end of an era as the Simpsonian age comes to an end with the departure of Neil and Mary Lou Simpson from Canterbury.

They will be sorely missed as Neil's vision, drive and energy contributed so much to making this the great community that it has become.

His creative and passionate mind launched many projects and with his charismatic leadership skills he guided them to fruition.

When the dragon boat races came to town, he decided Canterbury should enter a team. Not only were we to enter but at an average age of 72 we were to be competitive. So we practiced, with paddles, at the side of the swimming pool until we got it down and then for seven years the Canterbury team raced, winning several awards and raising money through various schemes to the tune of more than \$100,000 in aid of Breast Cancer work at our local hospitals.

In 2018 along with Lauren Maher Neil co-chaired the Canterbury 20<sup>th</sup> anniversary celebration. A huge tent was erected on the north parking lot at the Centre and again through many events leading up to it, \$66,000 was raised in aid of the Port Perry Hospice.

Among his many contributions were:

- \* Scramble golf emcee for two years
- \* Longest day golf tournaments
- \* Canterbury Idol contest
- \* Car rallies
- \* Amazing race
- \* Photo scavenger hunt
- \* Wednesday wanders, men's golf
- \* Many articles in *The Chronicle*
- \* Election, all candidate meetings



To assist with the fundraising Neil organized parades, photographed every resident in Canterbury and organized ribbon campaigns, to name just a few.

Neil says he had a fantastic time, enjoyed meeting so many people and the opportunities to work with so many. He hopes that in some way his efforts have shown that Canterbury is so much more than a group of old retired people.

So long Neil and Mary Lou. We hope you enjoy the rest of your life's journey, we will miss you!

Best regards,  
Ken Gadsen





## OUR FRIEND NEIL

Bev Bone

If you have lived in Canterbury you will know, know of or have benefited from Neil Simpson. From his height to his hearty laugh to his energy there is nothing small about Neil. His contributions to Canterbury are also large.

Shortly after he and Mary Lou moved here in 2003 Neil, an avid golfer, took over as master of ceremonies at our weekly Scramble Dinners, a position he held for three years. He introduced us each Thursday evening to various forms of entertainment from actors at the Town Hall to local musicians.

About the same time Neil became interested in the Dragonflies, a charity organization raising money for breast cancer. He organized and participated in the rowing team for ten years. One of Neil's strengths is his ability to enthuse others. Small volunteer groups spawned in this endeavour to sell t-shirts and hats, write jingles and cheers, arrange dinners and provide snacks for rowers at practices.

When there was an upcoming election we could count on Neil to invite local candidates to come to Canterbury to express their views and answer questions.

When our community was about to celebrate its 20<sup>th</sup> anniversary Neil wanted to get involved. Coincidentally a new hospice was planned for Port Perry. This seemed like a very appropriate cause to get involved in. It was thought \$20,000 would be a doable goal. Neil got to work. His enthusiasm caught fire and people were volunteering to run events. There were golf tournaments, house tours, car rallies, photo directories, raffles, parades and ribbons everywhere. The culmination was a huge sit-down dinner for 250 people in a party tent in the parking lot. The Hospice Committee was presented with a cheque for over \$60 000.

Of course this couldn't have been done without a lot of support at home. Neil's wife Mary Lou was always there answering the many phone calls, participating in many of the events and joining the volunteer groups.

Neil was born and raised in Toronto. When he finished his formal education, he began teaching in Toronto. He taught a variety of grades before becoming an administrator. Always looking for new adventures, one year Neil took his family to Australia. Neil and Mary Lou have four sons and six grandchildren. In their spare time the Simpsons have taken many road trips and several cruises, one time circumnavigating the globe.

All of this would exhaust most people, but in the winter for several years Neil chaired a cancer drive in Sebring Florida bringing in several thousand dollars for the American Cancer Society. He was also the chairperson for Highland County Senior Games and reporter for a local newspaper.

Now the Simpsons have decided to try a new adventure. They are moving to a condo in Oshawa. They will be near their families and have time to travel, read and play pickleball.

They have been great neighbours and friends and will be sorely missed. We wish them well in this new adventure.



Here's a look inside of what just one person is experiencing during self-isolation. (Edited to Add: This article was written in April and since it is now June, a few things have changed. Mom and I have bright, beautiful flowers growing thanks to Bev Bone who drove us to Century Greenhouse. And I got my buttermilk powder thanks to another neighbour Judy who went to Bulk Barn for me.)

- For many, many years pre-Covid, when my niece and I would greet each other we would hug for a long, long, long time. And then when it became evident how long it was and slightly awkward for our audience, we'd laugh and say, "Release." A couple of weeks ago I texted Lara and said, "Honey. Next time we're allowed to see each other and are able to hug, I won't be saying 'Release'."
- When I go to pick up the mail, I take a pair of gloves and a shopping bag. I put the gloves on to get into the mailbox and put the mail or packages into the bag. Upon returning home, I pour the mail onto the treadmill, get a Clorox wipe and clean every single piece of mail. I slide the gloves off, throw them onto the work bench and use the Clorox wipe to make my way into the house to wash my hands.
- Grocery delivery day. Mom and I put on thin winter gloves and haul the bags into the house. I change into latex gloves and as Mom takes every item out of the bags, I use a Clorox wipe to sanitize every can, box, bag, jar, package, etc, etc, etc. The whole exercise wrecks my nerves.
- What wrecks my nerves even more is what we get in the grocery bags. Sometimes you get things you don't want. After weeks of partaking of the incredibly generous free delivery from Vos; I have ordering pretty much down pat. I send Brenda an email. The email is broken down into categories like: Bread, Fresh Vegetables, Dairy, Deli, Frozen, Pantry.....you get the idea. I also arrange the categories in order of how you would get around the store if you're starting from the fresh fruits and vegetables area. I have learned to be very clear on what and what not we'll accept substitutions for. (yes I ended that sentence with a preposition. It's now allowed according to Grammarly in some instances)
- One day I ordered 2 bags of 200g Hershey's 70% Dark Chocolate Chunks. I neglected to add "no substitutions." What I received was two TWO-POUND bags of Hershey's 50% chocolate Chipits. After I phoned Vos and explained that I'm an ex-pre-diabetic and on disability, I received a refund for \$24.98. Because Vos didn't want the chocolate back, friends and neighbours have been receiving baggies of Chipits. If you need chocolate chips for baking, give me a call.
- Once, I didn't receive my order of malt bread which I love toasted and spread with peanut butter for breakfast. So I thought, "I'll show you." I'll make one of my favourite breads in the bread machine and that will replace the beloved malt bread. I opened my binder of bread machine recipes and found the one I was looking for. My heart sunk. I had forgotten that the recipe takes buttermilk powder. That would be fine if I could get to Bulk Barn; but a 45-minute walk to and a 45-minute return walk is beyond my current level of strength.
- I am chomping at the bit for flower season to start. We need colour and beauty more than ever. I phoned my neighbour Bev Bone and asked if, when she and Bruce go to Century Greenhouse, could I go if they take the van and I sit in the back wearing a mask and gloves? Bev said, "Sure, but if I get into an accident, I'm going to tell the officer that I don't know how you got in the back of my van."
- I'm wondering what our little town will look like when this is over. Will our favourite stores and restaurants be able to open again? I mourn for those that won't.

It's a bizarre world right now. I keep busy; although pretty soon I'm going to run out of tasks to do. I exercise religiously. My eating hasn't changed because I want to remain an ex-pre-diabetic. As a dyed-in-the-wool, life-long bookworm, I should be plowing through books. I don't. I've stopped reading. My frustration at not being able to go to stores is mounting. Imagine my acute sorrow when my neighbour across the street was crying in the middle of the road because her friend's husband had just died and I couldn't hug and comfort her. I limit myself to watching CTV News at 6:00p.m. Information overload is detrimental to your health: mental and physical.

I have 3 wishes that I hope will come true after this horrible time. The first is to hug my beautiful niece and nephew to my heart. The second is that ALL of my loved ones and neighbours get through this healthy and relatively sane. And the third is to visit any store I want, when I want.



## MEET OUR NEW NEIGHBOURS

Neil Simpson

### Nora & Mort Symington 76 South Garden Court

In the early spring this year, Nora and Mort Symington were recovering from health setbacks. Mort hurt his shoulder while doing some of the heavy lifting as they were busy packing up their home. They were also selling items on Kijiji and planning for changes to their new home at 76 South Garden Court.

Mort was born and raised in Sault Ste. Marie where he devoted his spare time to hunting and fishing at a time when owning a gun wasn't a bad thing. Nora lived in downtown Toronto, Willowdale and Scarborough. She attended Cedarbrae Collegiate where she served on the student council and attended dances.



Mort's career in municipal assessment started with a company based in Toronto which had him travelling the entire country. He later joined the City of Oshawa Assessment Office and is happy to report that some of the reassessment work he was involved in back in the early 70s wasn't adopted. If the proposed transfer of taxes had taken place, property taxes could have been much higher than they are now.

Nora worked as Confidential Secretary to the Clerk for 13 years in the Region of Durham Headquarters in Whitby. One of her jobs was recording minutes of council meetings, a task she also performed during her 12 years with the Township of Uxbridge as Assistant to the Clerk. She loved being involved in the running of municipal elections and continued to do so for Scugog Township after retiring.

In 1976, Nora, an attractive, divorced mother of two girls met Mort, a confirmed bachelor while they were both working for the Assessment Department. He succumbed to her beauty and she felt comfortable and safe with him. They married at the Anglican Church of the Ascension in 1981 where they are still members.

Not wanting to live in Oshawa or Whitby, the couple came to Port Perry looking for a large home with a small price tag. They had their four bedroom home on Chester Crescent, near the Beer Store, built to accommodate the girls plus Mort's Dad, who lived with them for three years prior to his death.

The girls attended Immaculate Conception, R.H. Cornish and Port Perry High. Danielle has spent the last ten years living in Paris working for UNESCO. Nicole, mother of two boys, lives in Waterdown. Both boys are hockey players. The older one played junior hockey in Minnesota this winter until Covid-19 forced him to come home.

Nora has been a member of the Beta Sigma Phi sorority in town for 38 years and for five years ran the Annual Christmas Church Bazaar. She is passionate about quilting, a skill acquired in retirement. Her grandmother taught her to sew when Nora was ten and she used this talent to make her own clothes and her daughters' as well.

Mort is quite the handyman. He served on the Town Hall 1873 Board for 23 years and is proud to have worked on the Town Hall's extension. The family cottage is at Batchawana Bay on Lake Superior, less than an hour north of the Sault but an eight hour drive from Port Perry. The cottage was built in 1943 and in retirement, Mort has built an addition. The long drive means that they only get to the cottage to open it up in May, spend four or five weeks in the summer and close it at Thanksgiving. They doubt they'll be able to spend much time enjoying cottage life this summer .

As well as being a handyman, Mort likes wood carving and golf. The couple belongs to Probus and enjoy euchre. Nora likes to walk and hopes to be able to join the aqua-fit ladies in the new pool.

After 39 years in their home, they were looking for a bungalow but didn't want to leave Port Perry. Nora knew she had found the right place as soon as she walked into 76 South Garden.

They'd be happy to have neighbours stop by for a chat. Nora is the one with the fashionable clothes and the extensive shoe collection. She is very organized, bubbly and outgoing. Mort is steadfast, has a good sense of humour and is the calm one, always able to handle anything in a crisis.





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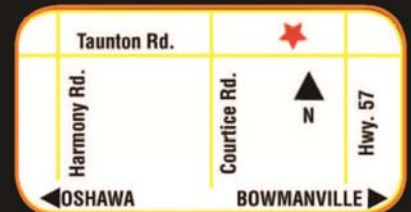
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**Blast from the past!**



**Can you guess who?**

*Answer is on page 27*





**7 Foods From The Grocery Store You Can Regrow**

Many of us are attempting to grow vegetables at home now that we have so much time on our hands. Have a look at some easy gardening tips we have put together for you.

**Celery**

Planting celery is very simple: Cut off the base or the bottom part of the vegetable and



place it in a bowl with warm water. Place the container in a spot that has direct sunlight most of the day. After a week, you'll notice that there are leaves growing at the base of the celery. Once you see these leaves, it is now ready to be transplanted in the soil.

**Romaine Lettuce**

Romaine lettuce is easy to grow from leftover scraps.



Instead of throwing the bottom of the full head of lettuce in the trash, place it in a bowl with a bit of water. Keep this bowl in a place with direct sunlight. Mist the leaves with water consistently. After two to three days, you will see that there are shoots of new leaves appearing. Once you see

them, your lettuce is now ready to be transplanted or simply harvested for salads.

**Bean Sprouts**

Growing bean sprouts is easy. Just soak a handful of dry beans in water then



leave it overnight. Drain the water and place the beans in a container. Cover it with a towel, leave it overnight, then rinse it again the next day. Keep doing this until you see the sprouts growing, then transfer them to your garden.

**Onion**

Cut the root of the onions off and plant it in a garden plot or container. Cover the root with potting



soil but leave at least half an inch of the onion exposed. In a few weeks, you will start to see leaves growing. For Green Onions, use the top part of the onion and leave the bottom 2-3 inches with the roots attached. Place them in a container with water covering the roots. In no time you'll see the tops of the green onions growing new green. You can keep them this way and just continue using the tops and allowing them to grow in the water. Just change the water periodically and rinse the roots.

**Garlic**

For garlic, choose a whole bulb or



individual cloves that have started to send out green sprouts. Place the bulb or clove in a small amount of water and change the water daily.

**Potato**

Did you know that you can grow a



potato out of potato peelings? Check the peelings to see if there are eyes on them. Cut the peelings into two to three-inch pieces but make sure that there are at least three eyes on each peel. Dry these peelings, then plant them in your soil, about three to four inches deep. In a few weeks, you will see a potato plant starting to grow.

**Tomato**

Don't throw away the seeds from ripe tomatoes!



Rinse them and allow them to dry. Once dried, you can start planting the seeds in a rich potting soil. Once the seedlings are a few inches high, you can transplant them outdoors where there is plenty of sunlight. Try to use heirloom tomatoes.





Marg Chellev's goodbye dinner  
- back in February when this type of thing was still allowed.



Helping a neighbour  
hem her pants.



Photo: Nora Senechal

Neighbours keeping  
busy while social  
distancing



Photos: Barb & Linda Kaban



HAPPY MOTHER'S DAY 2020 IN CANTERBURY

Collage: Marg Jackson







More pictures from Neil and Mary Lou's parade.



Photos: Andy Stamper and Frances Hurst





It seems to me that one of the most popular topics in natural health care these days is Probiotics. Even family doctors have jumped on the bandwagon. Since choosing the right one can be so difficult, I thought it might be good to try to gather more information on the topic.

The human body is composed of many types of cells. It is believed that up to 3% of your body weight is made up of microbial inhabitants, which include fungi, bacteria, and other microscopic cells that have a “symbiotic” – **mutually-beneficial** – relationship with our body. These microbes not only help maintain immune health, they can also help our bodies fight disease, make vitamins out of small compounds in what we eat, and aid in digestion. They can even treat certain bowel disorders such as ulcerative colitis and Crohn's disease.

**Probiotics** are supplements containing large amount of these good microbes, and can help our bodies replenish and maintain a healthy level of bacteria in our bodies. The balance of our microflora can be damaged by pollution, processed sugars, low fiber diets, excessive alcohol consumption and antibiotics. The problem lies in trying to decide which probiotic is right for us.

**What Should I Seek In A Good Probiotic?** Our bodies contain lots of bacteria – in the **trillions** – so you need to make sure the supplement you get has enough bacteria to make a difference. Too few bacteria and they won't make it through the digestive tract to your body, where you really need them. That's why you should make sure that when you buy a probiotic, it contains at least **30 billion CFUs** (colony-forming units).

**More Than One Strain.** Multiple strains can help our bodies in multiple areas – some bacteria help with digestion, others are associated with immune health, etc – so make sure you find a supplement with a **minimum of 7 or 8 strains per dose**. Not all strains are created equal, and some have more research put into them than others. You need to know which exact strains you're getting. It is also important to go with a brand you can trust. Ask your doctor for suggestions. You can also do research on your own to see which brands get high grades. While you're at it, look for studies that back up any claims made by the maker of the probiotic.

**Other ingredients.** Make sure everything in the probiotic is safe and there's nothing you're allergic to, like soy or dairy.

**"Use by" or expiration date.** The amount of CFUs may go down as the product gets older. Check that you're not buying something after, or close to, the date on the package.

They have a lot of promise, but probiotics aren't going to work for everyone. You have a different diet and different gut bacteria than the next person. Don't stop any medical treatment you're already getting just because you're trying a probiotic. Once you start, give it a month to see if it works for you. If it doesn't, it's probably time to try something else.

Research has shown that some strains seem to be more effective than others for treating certain conditions. Therefore, you're more likely to get good results by taking probiotics that have been shown to achieve specific effects, such as controlling diarrhea or constipation. Certain probiotics have been shown to help relieve bloating, abdominal pain and other symptoms of irritable bowel syndrome.

There are 3 basic families of probiotics—Lactobacillus, Bifidobacterium, and Saccharomyces:

- Lactobacillus bacteria predominantly live in your small bowel (the portion of your gut that follows the stomach). Probiotics that contain Lactobacillus species help to repopulate the small intestine with these friendly organisms that aid in supporting digestion and immune function.
- The Bifidobacteria bacteria predominantly live in your colon or large intestine. They produce the very important short-chain fatty acid butyrate, which supplies energy to your colon cells to keep them functioning optimally. But butyrate is also absorbed by the body, where it regulates a variety of metabolic processes, including your sensitivity to the hormone insulin (which regulates your blood sugar) and even memory formation in the brain.
- Saccharomyces is a friendly yeast that can be given concurrently with antibiotic therapy, which supports the gut lining from the effects of antibiotic-induced dysbiosis leading to leaky gut syndrome.



If you're most interested in taking a probiotic supplement for overall gut health, it is suggested that you start with 30 to 50 billion CFUs. Take your chosen probiotic on an empty stomach once or twice a day for at least three months. After that time, reassess and decide if the benefits you achieved warrant continuing a maintenance dose of the probiotic supplement

Trying to decide which probiotic is right for you is obviously a difficult task. Many mainstream doctors have warmed up to the idea of pro-action instead of re-action and it is best to talk to your doctor before trying anything new.







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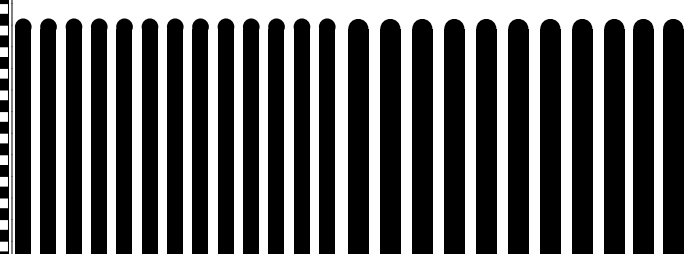
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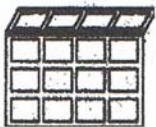
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a variety of people who know what to do.

The same now applies to Covid nineteen.  
Distance and common sense, masks to be seen.  
We lean on the science and medical skills  
for prevention and cure of all of our ills.

Ignoring all rumours and staying the course.  
Thanking the nurses and all front line force.  
Doctors and carers and firemen too whose  
lives they are risking for me and for you.

We offer our prayers in this ungodly hour  
That all will be saved by omnipotent power.

L. Patricia Bayley

April 15, 2020

## **PORT PERRY WATERFRONT ACTION PLAN**

The Port Perry waterfront area, geographically located along the eastern edge of Port Perry, along with the preservation and adaptive reuse of the Port Perry Grain Elevator (Old Mill) remain as strategic initiatives for the Township. The future of this area requires attention due to its importance in terms of tourism, culture, recreation and economic development.



An extensive public consultation campaign called #MyWaterfront launched earlier this year to gain public feedback and ideas for future redevelopment of the Port Perry Waterfront. Based on the feedback, three possible options have been created for community input. Please take a moment to review the options in the interactive survey and vote on each of the proposed elements. Here is an online survey.

<https://waterfront-action-plan.metroquest.ca/>



## **SMILE OF THE DAY**

### **Just Be Careful**

It's happening.....

Just be careful because people are going crazy from being in lock down.

Actually, I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything.

Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing.

The vacuum was very unsympathetic...told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip.

The front door said I was unhinged and so the curtains told me to....

Yes, you guessed it.....pull myself together.

David McBride



## **SNIPPETS** ...Lake Scugog...too shallow, too deep, too much rice, muck and starry stonewort

Ann Miles

Lake Scugog had originally consisted of two sluggish channels on each side of Scugog Island, its unspoiled wetlands home to wild rice and cranberry bogs. But when the first grinding mill was built on the Scugog River in Lindsay in the 1830's, Lake Scugog's depth increased by ten feet causing a massive outcry. That dam was destroyed and replaced by a second which increased the depth by only six feet.

Scugog Village became Port Perry in 1852 after the first post office was established, and rose to prominence as a railhead with the coming of the first train that arrived at the Port Perry station from Port Whitby in 1871 powered by the locomotive "Scugog". Lumber from Fenelon Falls and Bobcaygeon was transported by boat to Port Perry dock, then loaded onto the railroad cars for transport to Port Whitby to be loaded once again onto ships.

Efforts to maintain the level and quality of the lake remain a constant source of concern. Records as far back as March, 1900 indicate Port Perry's Reeve and Councilman went to Ottawa to address maintenance of water levels required for navigation. Not only the level of the water but also the presence of rice and muck presented difficulties to navigating our very shallow lake.

In 1907 the lake was two feet below the proper level making navigation from Port Perry to Lindsay pretty much impossible and again the Reeve went to Ottawa looking for help, but after a long wait, was allowed only a seven minutes hearing. The year 1907 saw the Council conducting negotiations with the owners of a powerful steamboat to destroy the lake's weeds.

In 1928 the Lake Scugog Improvement Association was formed hoping to maintain the water level, keep the channels open, control weed growth and secure a good fish supply. A donation of \$1,000 from Mr. A. R. Wilson of Seven Mile Island to the Association would have been at that time a major stimulus.

Port Perry became a pleasant vacation spot and the lake an important part of Port Perry activity with boating and fishing in the summer with excursions by steamboats being quite the rage. In January 1911 the 40<sup>th</sup> Annual Ice Racing Event was held and around that time I read that the winner received \$50.00, a very good prize. I have not seen when and why this activity was discontinued.

In 1980 the Eurasian water milfoil arrived and it caused too much decomposition. The year 2006 saw a new water milfoil appear creating boating problems, and in 2016 Starry Stonewort came on the scene.

Scugog Lake Stewards continue to be the eyes on the lake. I would strongly recommend that you access that website. It contains so much information as to the history of our area and the lake as well as the work that had been done and is being done by this group on our behalf. We might well consider supporting its work by becoming members.



And to follow up....two Canterburyans contacted me with regard to the bowling lanes here in Port Perry. Yes, there had been a bowling establishment...but of course not on the second floor of the building formerly known as Almost Perfect, but on the main level. Carol Sambrook said she and five others had joined a league there in 1998. Jim Burnett advised me that yes, the bowling alley had been in operation for many years and that he had been a pin boy there some 65 years ago.





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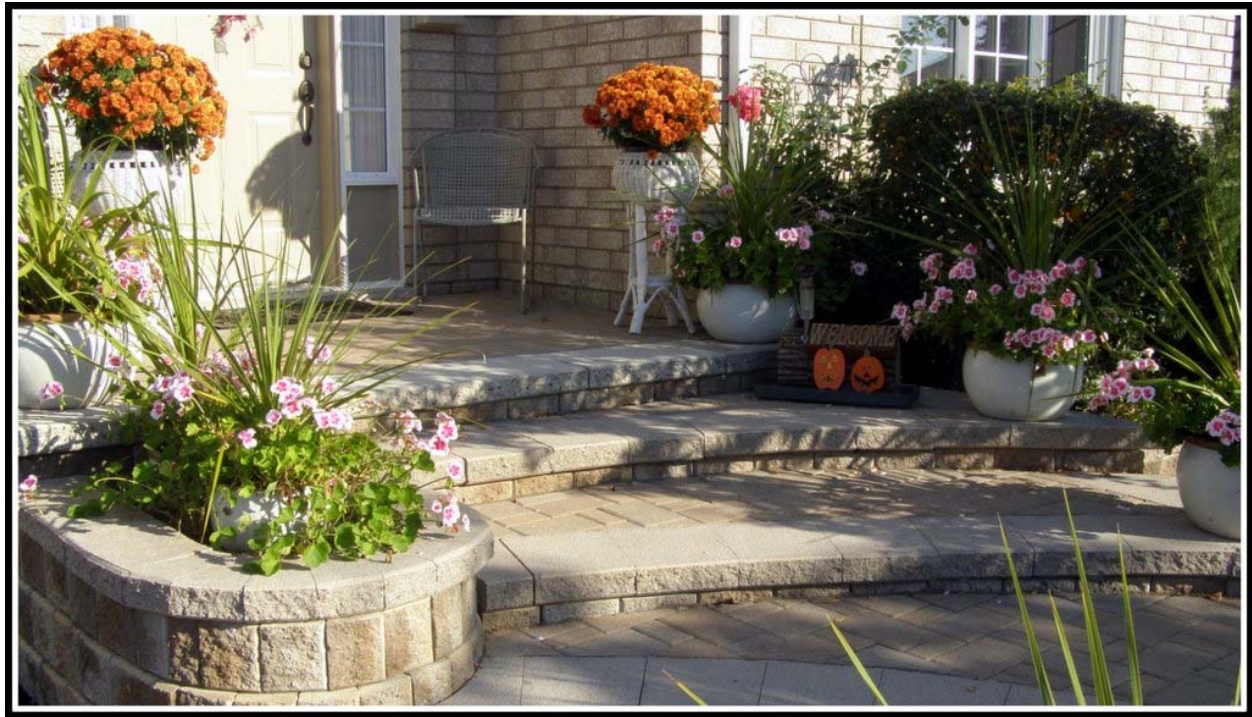


Photo: Marg Jackson

## In Memoriam

Apr 16	Doug Delaney
May 6	Bob McCallum
May 8	Freida Cochrane
June 19	Barbara Morrish

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