

# THE CHRONICLE

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



## **REPORT FROM YOUR BOARD**

**Summer, 2021**  
**Jim Brady, President**

We are getting closer and closer to being able to get our community back together to enjoy the many positives of living in Canterbury. I would like to thank all of our residents for their patience and understanding during these trying times. When we finally have our community back to normal, we will move quickly forward for everyone to enjoy the bright new future that Canterbury has to offer.

Geranium home sales have been so brisk that of the 99 homes to be built, only four remain to be sold. We are told that Geranium is two years ahead of the projected completion date and if all continues to go well expects to have the development finished and everyone moved in by the fall of 2022. Geranium officials have indicated that the work on the homes has been accelerated in order to finish the development as soon as possible. Upon completion of the development, we will go from a community of 420 to a community of close to 600. Our "Meet and Greet Sessions", to orient all of the new homeowners to our community, will begin again as soon as the provincial restrictions are lifted and it is safe to gather inside the Centre.

The Canterbury Transition Committee is very close to finalizing the transfer of the former golf course lands property from the Township after completing negotiations for appropriate easements to the property. The target date for this transaction is August 2021. A satisfactory solution has been found to correct the degree of the slope of the buffer strip between the seniors' building site at Country Estates and Simcoe Street and the lot lines of 8 of our CCRA homes on Waterbury Crescent backing onto the senior's site. Geranium has agreed to finance a retaining wall along the strip in question, in order to mitigate this problem. The anticipation is that the work on the retaining wall will start in June 2021. At this time, the Board has not been advised by the Township of any site plans for the new seniors' building.

The Board will be initiating an information survey of the homeowners in order to obtain the homeowners suggested preferences of consideration, for the future uses of our newly acquired lands.

There are so many great volunteers in Canterbury that we would like to thank for all of their time and efforts on behalf of our community. At this time of year, with the planting season upon us, one group which really stands out is the House and Property Garden Committee headed up by Ren Blimke. The Committee consists of Hugh Allward, Netty Kuipers, Mary-Anne Matthews, Debbie Simpson and Dave and Tracy Vernest. We all have them to thank for the beautifully landscaped gardens surrounding our newly renovated and expanded Centre. A great job in transforming a tired, slightly worn-out façade into an impressive, pleasing and professionally designed showpiece for all of us to enjoy.

With the COVID-19 Pandemic restrictions still in effect, it has been necessary for the CCRA Board of Directors, to postpone the CCRA Annual General Meeting. The Board of Directors will determine, according to guidelines, when and in what format we will hold our mandatory AGM. The Board would like to plan to have the maximum number of homeowners as possible, to participate in the AGM.

Wishing everyone a safe and happy summer.  
Jim

## **FINANCE FISCAL UPDATE March 31, 2021**

### **Finance Summary Update (March 31, 2021)**

- The 2020/21 financial statements were presented to the CCRA Board, with the following summary:
  - Total income (\$147K) was \$3K over plan
    - Members assessments were slightly over plan
  - Total Operating Expenses were under plan (\$197K vs \$229K) with the continuing closure of The Centre due to Geranium construction activities. CCRA eventually regained control of the Centre in mid summer 2020, however COVID restrictions then effectively closed the Centre thru March 2021 (our fiscal yearend and it continues to be closed). Major deviations from plan include the following:
    - Insurance costs were higher than forecast (\$19K vs \$12K budget)
    - Utility costs were paid by Geranium until Aug 2020. Remainder of the years utility costs were therefore significantly lower than initial plan for the entire year (\$15K vs \$24K budget)
    - With the delay of The Centre being returned to CCRA, the expenses for centre cleaning (\$6.5K vs \$9.5K budget) and centre repairs (\$5.8K vs \$10.7 budget) were under budget
  - Replacement Reserve Fund (RRF) balance is currently \$105K, with \$46K of committed expenses remaining to be paid. Major improvements this year included sound system upgrade, parking lot repairs and new tables/chairs in The Centre.
  - Capital Fund expenses were under budget (\$30K vs \$35K budgeted) with a number of projects delayed until the 2021/22 fiscal year. Major procurements included visual system replacement and FOB purchases.

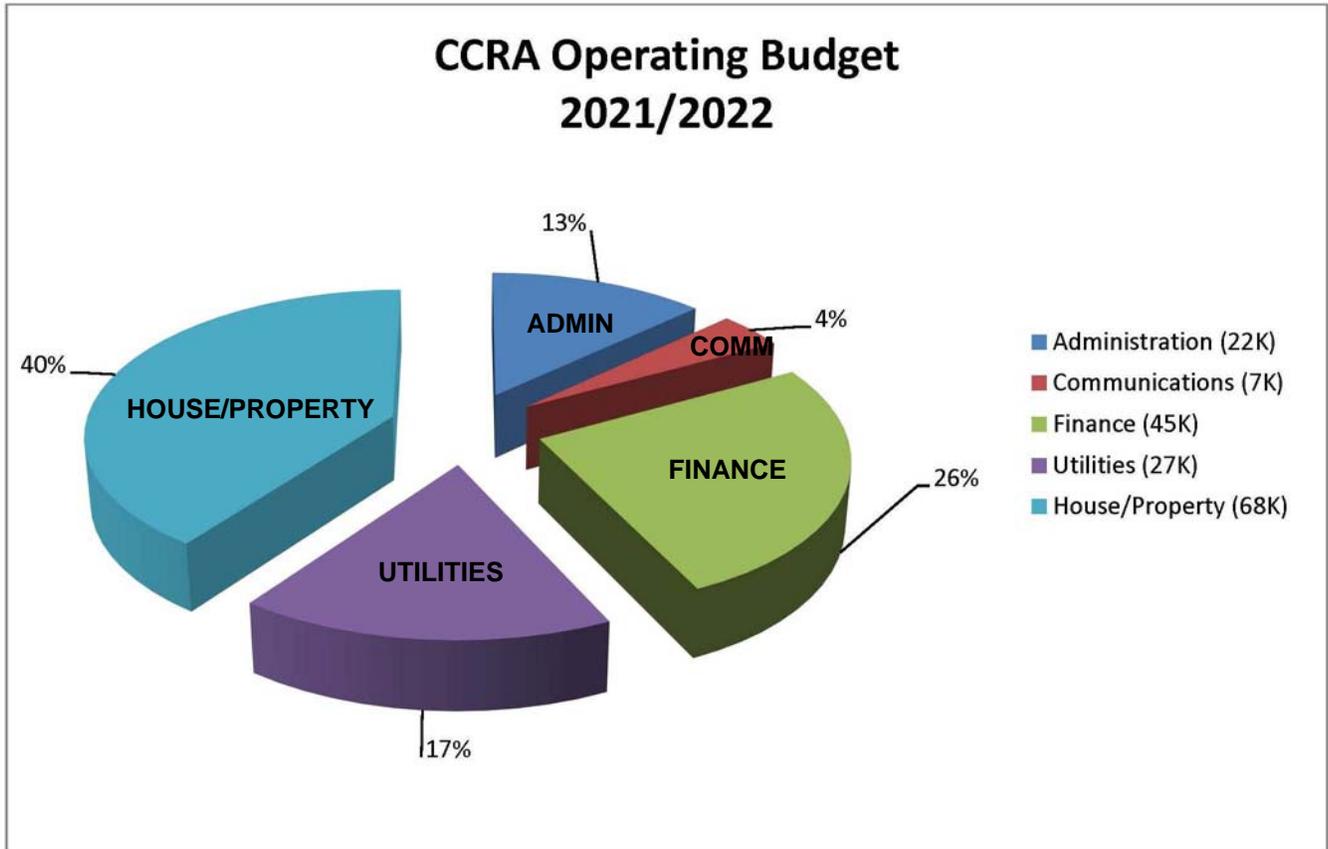
## **FINANCIAL BUDGET FOR FISCAL YEAR (2021/22)**

This budget year CCRA deals with COVID-related uncertainties; absorb significant, increased infrastructure costs, while proposing a fair and reasonable assessment for CCRA residents. The CCRA Board recommended that we hold the assessment increases to a reasonable number until such time as CCRA has a stable revenue base, firm cost structure, and a completed expansion of our Canterbury community participating in future expansion activities.

The Operating Budget was therefore established for fiscal 2021/22 at \$450/household with a Replacement Reserve Budget of \$80/household, for a total assessment of \$530/household.

## DID YOU KNOW?

The CCRA operating budget for 2021/2022 is \$170K. The pie chart details the breakdown by committee.



- The following is an abbreviated explanation of the elements comprising each expense sector of the CCRA Operating Budget for 2021/22:
  - **Communications (4%):** Chronicle, website maintenance
  - **Administration (13%):** Janitorial, meetings, Centre improvements
  - **Finance (26%):** Insurance, legal, audit, bookkeeping, taxes
  - **Utilities (17%):** Cable, hydro, gas, water, telephone
  - **House & Property (40%):** Grounds maintenance, pool maintenance, landscaping, centre exterior maintenance and repair

## BOARD COMMITTEE REPORTS

### **ADMINISTRATION COMMITTEE**

Murray Smith, Chair

As this is being written the province is beginning to open. We don't have a lot to tell you yet – but we will fill you in as soon as the Centre opens.

Right now we are placing all tables, chairs and furniture in their proper places on the ground level of the Centre. Soon we will be able to hold new resident meet and greets and some activities at the Centre. It's about time!

### **COMMUNICATIONS COMMITTEE**

Nora Senechal, Chair

The Communications Committee is working hard to continue to produce issues of *The Chronicle* for you to enjoy. Our latest challenge was in finding pictures for this issue. A request for pictures placed in *The Canterbury Information Bulletin* was a success. Thanks to all the residents who sent in pictures. We hope to be able to have many social activities later in the year that we will be able to show you in future issues.

Included as an insert in this issue is the CCRA Membership Telephone List. If you did not receive a copy of the telephone list with your copy of *The Chronicle*, please let us know at [chronicle@canterburycommon.ca](mailto:chronicle@canterburycommon.ca).

### **GOVERNANCE COMMITTEE**

Gord Simmons, Chair

#### **Buffer Zones/Common Areas**

In the very near future the transfer of the former golf course lands from the Township of Scugog to CCRA will take place and we will become responsible for an additional 14 plus acres of property bringing our total land holdings close to 20 acres. Upon completion of Phase 2 of the Geranium development our property will expand to 23.5 acres.

The Canterbury Transition Committee, on behalf of the CCRA Board, negotiated for and secured this property to not only expand the opportunities for a greater view, accessibility, more space between homes and a more open landscape but also very importantly, to be in a position to control what happens in the future.

In order for CCRA to successfully maintain the property and ensure the use and enjoyment of all of our residents, it is necessary to remind everyone, from time to time, that this cannot and will not be done without the assistance and cooperation of all of our residents. The Governance Committee and the House and Property group have the responsibility to ensure that the common property owned by CCRA is well-maintained and managed for the use of all residents.

The main thing for all of us to remember is that the buffer zones, or as we prefer to call them the common areas, belong to the Canterbury Common Residents' Association (CCRA) and since the CCRA belongs to all the Homeowners we share not only the ownership but the responsibilities involved.

Owners backing onto the former golf course lands are asked to respect their mutual property lines with the CCRA. For example, we ask you to ensure that you do not plant trees or bushes on CCRA property or trim foliage which does not belong to you. A quick call to a member of House and Property will help you stay on the right side of your survey line. House and Property will also ensure that the location of new tree and shrubs they plant in the common areas will have minimal impact on our contractor's ability to cut the grass next to your property line.

We ask that you ensure that you are not planting trees or bushes on CCRA property or cutting down any foliage

which does not belong to you. A quick call to a member of House and Property will help you stay on the right side of your lot line.

The strategy being applied in the new common areas being built is to keep the new tree and bush plantings as close to the lot lines as possible, with very few located in the middle, so that our grass cutting contractor doesn't have to be constantly dodging trees and bushes with their lawn equipment.

## Projects

The Governance Committee is once again quite busy with new projects and really appreciates getting your calls early to clarify whether you need approval to go ahead with what you are planning. Our visit time on your site is between 10 to 15 minutes and our approval time for most projects is usually over- night.

At the moment we are experiencing a few growing pains with projects requested by our new neighbours and Homeowners on McCaw Court, which has to do with the fact that the responsibilities for the utilities, roads and properties have not yet been assumed by the Township. As a result, Geranium is fully responsible for all these aspects of the development and must also ensure that the new Homeowners are aware of any situations which may breach the warranties on their homes.

In order to ensure that the Homeowners are fully aware of these situations, Geranium will be asking them to sign a waiver and provide a refundable damage deposit. It is our understanding that Geranium will notify the McCaw Court Homeowners of these requirements in the near future and give them a clear and full explanation.

The Governance Committee is not a party to the waiver and deposit requirements and is only involved in authorizing projects which are in compliance with the Protective Restrictions. Please do not hesitate to contact one of us and we will be pleased to do a site visit and explain to you, what you will need to do to get your project underway.

## Keeping Your Neighbours Aware

One of the major reasons that the Protective Restrictions process has worked so well over the years is the cooperation existing from neighbour to neighbour. We have run into very few situations where the neighbours have not been able to find a common ground regarding a project being undertaken. The key is simple, when you decide to take on a project have a quick chat with the neighbours on both sides and let them know what you are intending to do. They will appreciate being informed and may even give you some helpful input.

## Chicken Wire Fences

Over the past few years a few chicken wire fences appeared and the Governance Committee considered them on an individual basis, judged them to be small, unobtrusive and temporary and to have some reasonable purpose, so allowed them to exist without objection. The Committee also felt that there should be a guideline for fences available to guide all residents and recommended the following:

"The Protective Restrictions provide to the effect that no fences shall be erected unless the location, design and materials have been approved in writing by CCRA. Chicken wire fences of a maximum of 24 inches in height around the perimeter of a vegetable garden of modest size are allowed during the growing season only. No other fences are allowed."

Should you wish to consider a chicken wire fence please follow the above criteria. If you have any questions call one of the committee members below.

## Members of the CCRA Governance Committee

John Brewer - 905-985-8244, Tallya Moore – 905-985-8370, Tom Phipps – 905-986-4806  
Gord Simmons - 905-982-1330, Frank Young – 905-982-0482

## HOUSE & PROPERTY COMMITTEE

George Clapham, Acting Chair

### Dave Sparling

The House & Property committee with sadness would like to acknowledge the passing of their chair, Dave Sparling. Dave served on our committee for almost 4 years (his full term). He much enjoyed being part of the team, planning and completing the many and varied projects. He approached each project with exuberance. Always quick to tell a joke, a story, or remember an embarrassing moment, his smile and laughter would lighten the gathering.

We will miss you Dave, rest in peace.

**Swimming Pool** - The pool is scheduled to be opened by Acapulco Pools on May 26th.

When the pool is operational and testing completed in early June, Durham Health will be contacted to do their inspection. Once we receive their approval, opening the pool to residents will depend upon the reopening of Ontario and possible restrictions that will be in place. We will advise residents of the status of the pool opening as information becomes available.

### Gary Carmichael

Landscaping/Gardening – The grounds around the Centre are looking like somebody likes to garden. The volunteer Garden Committee members are an enthusiastic, hard-working group who have transformed the gardens attracting our attention. Thank you to everyone involved, we appreciate your gardening skills. The residents involved in making this happen include: Netty Kuipers, Mary-Anne Matthews, Debbie Simpson, Tracy Vernest and Hugh Allward. Although not officially part of the committee, Dave Vernest has also contributed significantly in these endeavors. The sprinkler system has been updated and extended to cover the larger garden and lawn areas.

### Ren Blimke

## MUNICIPAL AFFAIRS

Dorothy Bull, Chair

**Permit to access properties via greenbelts:** It has been confirmed by Scugog Township Public Works and Parks that signage has been ordered to clearly mark the rights of way across Township properties. It will state that contractors wishing to access properties using the right of way will need to pay a deposit. This will be refunded once work is completed and any damage to township property is repaired. This will avoid further misunderstandings by homeowners and contractors using Township rights of way going forward.

**Street boulevards, homeowners' responsibilities and rights:** The question arose as to whether homeowners are authorized to treat weeds or even re-sod grass in the boulevards. Boulevards are owned by the township however homeowners are responsible for cutting grass and controlling weeds on boulevards and grass adjacent to their property. The presence of *invasive* weeds may be reported to the Township via me. The Public Works department will inspect and if necessary, treat the weeds. For safety and liability reasons Canterbury Common residents are not permitted to remove or replace grass on the boulevard in front of their home.

**Trees along The Waterfront Trail:** Removing so many trees has been completed as a result of area residents and walkers reporting many fallen branches. The tree cutting was done with the oversight of Kawartha Lakes Conservation Authority. Rob Fraska, manager of Public Works Scugog, said all trees were carefully inspected to avoid any with nesting birds. The felled trees will not be removed but allowed to create new habitats for animals, birds and even fish following nature's progression where the trees eventually break down and replenish the soil.

## **BOARD COMMITTEE REPORTS**

### **SOCIAL COMMITTEE**

Lauren Maher, Acting Chair

Our recent Zoom meetings have been well attended by an enthusiastic group of volunteers. We are eagerly planning future events, when COVID restrictions are relaxed and we can access our beautiful new Centre.

A sub-committee has been busy planning a Meet and Greet for our many new residents; and preliminary discussions are underway to plan the official Grand Opening of The Centre. We are unable to provide dates and times until we have further guidance regarding reopening of our facilities.

A friendly reminder from Ken Hurst regarding CANADA DAY in CANTERBURY....

“Unfortunately, due to COVID restrictions, we are unable to host a Canada Day Celebration at The Centre. I am asking that residents decorate their homes and property with Canadian flags, red balloons, red ribbon, plant some red flowers, etc. Anything red and white! Let’s all participate and make Canterbury Common Community the showplace in all of Port Perry on Canada Day, and have some fun!”

Looking forward to when we can all be together again. Have a Happy & Safe summer!

## **COMMUNITY COMMITTEE REPORTS**

### **MEN’S GOLF COMMITTEE**

George Clapham, Chair

COVID provincial shutdowns have delayed the official opening of our golf season. As I write this we are approaching mid-May and still no indication that we are able to get our season started. By the time this article is printed, I expect that we will out on the course every Tuesday morning. That being said, you are still able to join our League and you haven’t missed a week.

Hopefully, our 2021 schedule of events at Sunnybrae Golf Club starts soon.

Our registration fee remains at \$40. Our first golf game in 2021 awaits, but it will happen on a Tuesday morning very soon (tee-off about 8:30 a.m.).

Registered members will receive an email with further instructions on sign-up to start the season. New members wishing to join our league should contact Roy Wilson 1-647-955-9101, [mbepic@gmail.com](mailto:mbepic@gmail.com)

### **SCRAMBLE GOLF & SOCIAL**

George Clapham, Chair

We began our Scramble Golf season early in June, you can still express your interest. Provincial COVID lock-down requirements have delayed the start of our Scramble Golf & Social 2021 golf season. The use of our “new” (it will soon be a year old) Centre for our social events is still not happening. Everyone is suffering from “pandemic fatigue.” That’s why we need to golf!

Since no one has played a Scramble golf game yet, you haven’t missed anything and can still express your interest in joining us for Thursday afternoons at Crestwood Golf Club. New golf members should contact Robbie MacDonald 1-778-731-0381, [rjmac13@gmail.com](mailto:rjmac13@gmail.com) to be added to our database and receive instructions on how to register for golf each week using our website. We will remind current members via email to register.

Our first Scramble golf event will be held at Crestwood Golf Club on a Thursday afternoon in the future. It will be a shotgun start at 1:30-2:00 p.m. unless we are notified of a change.

When Scramble events resume at the Centre, we will require convenors for each event. We will advertise for convenor volunteer sign-ups when dates are known.

Looking forward to starting our golf season in 2021.



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# ACTIVITIES

## AQUA-FIT

Eileen Walter  
Nora Senechal

With the provincial schedule for reopening social activities in place it looks like the pool may have been opened on or around June 14<sup>th</sup>. Although we have not been given the actual rules as yet we suspect that the rules from last year will carry forward – this will affect aqua-fit by determining that we will probably have a limit of 10 people in the pool deck area at a time. Look for more information on the website and in the *Canterbury Information Bulletin*. All aqua-fit classes will be from 1:00-2:00 p.m. Monday to Friday.

**Monday/Wednesday/Friday:** This is Eileen's class. This group of ladies has been on Eileen's list for many years. Be sure to bring your pool noodle, bottle of water and arrive in enough time to take a shower before entering the pool.

**Tuesday/Thursday:** This is Nora's class. This class is open to anyone in the Canterbury Community who wants to participate. There will be a limit (probably 10) and will be on a first come first come basis each day. Priority will be given to people who do not attend Eileen's class. Be sure to bring your pool noodle, bottle of water and arrive in enough time to take a shower before entering the pool.

Please note that Eileen and Nora are volunteers and lead each class. They are not trained aqua-fit instructors.

## BOOK CLUB

Marilee Eagan

It looks like things may begin opening up again just as we hit the summer hiatus for the Book Club. We hope to begin again in the fall with a new list of great books to read. If you have a book you would like to suggest for our 2021 reading list, please contact Marilee Eagan or Robin Stamper.



Our first two books in the fall will be *Born a Crime* by Trevor Noah and *American Dirt* by Jeanine Cummins. Look for information on the meeting dates in The Canterbury Information Bulletin later in the summer.

Have a safe summer reading great books.

## BID EUCHRE & EUCHRE

Bev & Bruce Bone

Until further notice the euchre and bid euchre games will be on hold. There will be notices when we can begin. Thanks for understanding.

## DUPLICATE BRIDGE

No submission for this issue

## THE CANTERBURY ARTISANS

Birgit Pullen

No submission for this issue

## FITNESS GROUP

Martha Simmons

No submission for this issue

## CANTERBURY CHORUS

Pat Corlett

No submission for this issue

## KNITWITS

Robin Stamper

What's new since our last issue? Well new babies need wee outfits, socks, sweaters and afghans. They're all being crocheted and knitted along with the dish cloths that are still needed. In other words the KnitWits are very busy!!

Soon you will find us gathered around the fireplace at our Centre happily chatting and knitting. It won't be long before we are back on Friday afternoons. Please drop by to say hello or bring your project and join us. We are eagerly looking forward to that day!

## CRIB CLUB

Audrey Thompson

Still waiting! Feel free to join us on Thursdays at 7:00 p.m. when we finally get permission to meet again. Bring some small change for prizes. Hope to see you soon.



## ACTIVITIES

### **LIBRARY**

Lorna Zamulinski

When we are able to visit our library again, you will find a sanitizing station to use when handling books, new lighting that will make our area brighter, plus tables and chairs for our convenience. Through donations, we have received a good selection of books in excellent condition. Donations of books in good condition are always welcome!

### **MAH JONGG**

No submission for this issue.

### **MIXED BRIDGE AND LADIES BRIDGE**

Carol Hough

Unfortunately we are still unable to enter The Centre to play bridge. We can only hope it will be soon! Please be patient and stay safe. Have a great summer!!

### **POWER WALKING**

Heidi Hampel

We exercise in the lower level of The Centre Monday to Friday from 8:10 a.m. to 9:00 a.m. Using a variety of Leslie Sansone DVDs, we power walk while engaging muscles of the upper and lower body. Each DVD covers a distance of three or four miles with some routines using an exercise band or weights during the walk.



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**EPISODES OF...**



**CANTERBURY PLAYERS - THE NIGHT CHICAGO DIED**



As children, many of us watched the Hanna Barbera cartoon Yogi Bear. We all cheered as he got a pic-a-nic basket as Ranger Jones lost another battle with the wily bear and his buddy BooBoo. As adults we all understand that it is not a good idea to feed bears; they are bigger than us, can hurt us and do damage to property. But what about the little animals? Chipmunks and squirrels are tiny what harm can they do? Rabbits, raccoons and skunks are cute when we watch them from the windows. Many of us have seen foxes and coyotes, should we feed them? The answer to all of the above is NO! It is never good to feed wild animals the only exception to this rule I seem to be able to find is that it is ok

to feed birds in the winter. The small rodents dig and burrow in our yards and even in our foundations. Rabbits, skunks and raccoons ruin our gardens and attics. Foxes and coyote go after our pets. There are many reasons for us to refrain from feeding wild animals but an article from the website Ontario.ca sums it up best.

## Feeding Wildlife: dos and don't's:

**Laws/rules:** Some municipalities may have by-laws that prohibit people from feeding wildlife.

**Consequence of feeding wildlife:** Feeding wild animals may do more harm than good.

### Threats to wildlife

- animals can become dependent on artificial food sources
- animals can lose their natural fear of humans and pets, becoming more prone to conflict
- artificial feed is not healthy for wildlife
- wild animals may gather in large numbers when they are being fed — this concentration of animals in one area can spread parasites and disease and cause destruction of natural habitat
- feeding animals near roads increases their risk of being hit by vehicles

### Threats to people

- feeding wildlife may attract "unwanted" animals to your property
- animals will learn to associate humans with food, and can become a problem to neighbours
- habituated animals can become aggressive
- feeding animals near roads increases the risk of motor vehicle accidents, resulting in property damage, injury or death

## Household dos and don'ts

### Do:

- appreciate wildlife from a distance
- keep household waste, compost and pet food out-of-reach from wild animals
- attract wildlife to your property by improving natural habitat
- work together with your neighbours to help keep wild animals wild

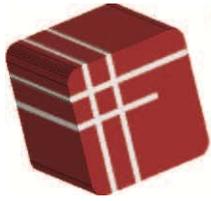
### Don't

- put out food to attract wildlife
- try to approach or touch wild animals
- feed pets outdoors or allow pets to roam free
- put garbage out until the morning of collection



Updated: May 21, 2021  
Published: March 25, 2014

Many of us moved to Canterbury for the wide open spaces, hoping to be able to see wildlife. This is a wonderful thing – buy a pair of binoculars and watch the animals, in their natural habitat, feeding in a natural way. Maybe it will prevent things like we see in the pictures provided by a resident who lives in Canterbury.



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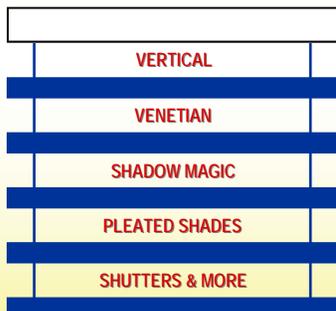
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**REMINDER – Scugog Animal Control BY-Law #85-08**

**Section 9.1** Every Owner of an Animal shall immediately remove and dispose of, in a hygienic manner, all excrement left by the Animal on any property, other than the Animal Owner's or agent's property, within Township of Scugog.



**PLEASE LEASH YOUR DOG**

**Section 3.1.3** Every Owner of a Dog or Person having control of a Dog shall control such Dog on a Leash when this Dog is away from its Household.

**IN MEMORIAM FORMAT**

Should a resident lose a loved one and would like to have the Obituary posted in the Club House and at the mail kiosk, please contact Betty Snell at 905-985-7770 or email [betty.snell@sympatico.ca](mailto:betty.snell@sympatico.ca) to provide her with the funeral home information for their loved one.

**IMPROPER USE OF GREENSPACE**

As you know Canterbury will soon receive a parcel of land that was once a part of the golf course. So then, people we

see walking down the fairway will be on Canterbury property. If we see one of our Port Perry neighbours or even a Canterbury resident breaking generally accepted "rules" of behavior, what should we do? Well, it is not the responsibility of residents to become land use police. If you see someone who has a dog off leash, not cleaning up after a pet, littering or even riding an ATV on the golf course lands you should make a note of what you have seen and call one of the members of the Land Use Development Committee or a board member. This group of people will be working with township by-law authorities to make sure that we are protected from this behavior. Why? Two reasons really: first, we don't want to be seen as people who will verbally attack someone breaking the rules. Second, it may not be safe for you to approach someone breaking rules. Sometimes it is just not worth the reaction of someone you have approached.

**SUGGESTIONS FOR THE USE OF GOLF COURSE LANDS**

Many residents have been discussing what they would like to see happen with the soon to be acquired golf course lands. Your ideas will never get off the ground if you don't inform the right people. The Land Use Development Committee is made up of John Brewer, Lee Maher, Murray Smith, George Clapham and Lauren Maher. These are the people who will be able to review your ideas and recommend them to the

Board. Be aware that we may not be able to start any projects before the end of this fiscal year but, when we do start on these projects, we will need many volunteers to complete them. The initial report and recommendations of this committee are located on the CCRA Website in the Residents' Pages under Neighbourhood News.

**LOWERING THE FLAG IN FRONT OF THE CENTRE**

Did you know that there is a procedure for when the flag in front of The Centre is lowered to half mast? The Administration Committee has been responsible for this procedure for many years. One key component involved with lowering the flag is to ensure that an explanation for the lowering is placed on the bulletin board in the Mail Kiosk as well as inside The Centre. This may not seem important but when residents see the flag at half mast with no obituary or memorial information at the Mail Kiosk, they start phoning members of the Admin Committee for an explanation. So, if you feel the flag should be lowered in respect for the passing of a resident, national or international figure or some type of anniversary; no problem, phone an Administration Committee member and let them know. If the Committee agrees, they will lower the flag. But remember, individuals in the community cannot make this decision – we have a committee who is responsible for this.



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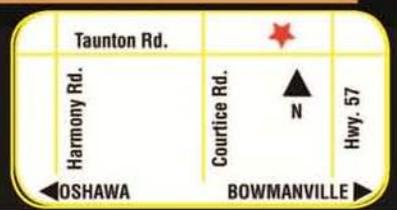
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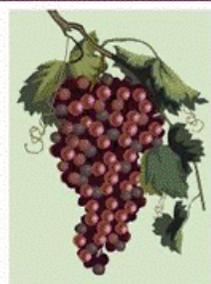
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## **6 CHANGES TO MAKE WHEN YOU'RE STUCK IN A RUT**

### **Change your physical environment**

Getting unstuck can sometimes be as simple as changing your environment. Being in the same environment day after day can be monotonous. If you are finding yourself bored or uninspired by your surroundings, then change them. This can be in the form of a vacation or as easy as taking a walk around your office or neighborhood.

Whether you are able to step away for 15 minutes or are able to plan a week-long getaway, taking time away when you feel stuck in a rut will help you clear your mind, refresh your spirit, and refocus your priorities.

### **Surround yourself with positive people**

This piggybacks on changing your environment, but it warrants its own section in this post. My Mamaw always said, "If you lay down with dogs, you're gonna get up with fleas."

The people you hang around with are a reflection of you. So take a good look at the people around you.

Don't settle with your friendships. Choose to be around those who encourage, inspire, and challenge you and not peeps that drag you down, put you down, and breed negativity.

### **Start a new routine**

I am a huge fan of routines. They are a great way for you to manage your time and get a ton of shiz done. However, sometimes you may find that your routines are holding you back instead of propelling you forward. When this happens, your routine has turned into a rut. Before you know it, these unproductive routines are making you feel worse about your situation, causing you to dig deeper and deeper into that rut. So, do you know how to get yourself out of a slump?

Does the thought of getting up early make you wanna cry? Please don't, you'll just make things awkward. Take a gander at 20 Routines to Transform Your Day. If none of those routines tickle your fancy...well, maybe you're just a lost cause, my friend. Just sayin'.

### **Form new habits**

Similar to a routine, a habit is something that we do over and over without having to think about it. They are beneficial when they are healthy, such as exercising or eating a healthy diet, but can contribute to the feeling of being stuck in a rut when we've formed unhealthy habits. Start to examine your habits and ask yourself if they are helping you or holding you back. Take it a step further and start to think of habits that will help you reach your goals and how you can ingrain those habits into your everyday life.

### **Set New Goals**

Sometimes, you may find yourself stuck in a rut when you've lost sight of your goals. Maybe life has bogged you down so much that you forgot what it is you were working towards, or maybe life has taken you in an unexpected direction.

We all get sidetracked now and then, but the important thing is to not stay sidetracked.

What is it that you want to accomplish tomorrow? Next week? Next Year? Are the actions you are taking today helping you achieve those goals? What changes do you need to make to meet your goals?

Break your big goals down into small, bite-sized pieces. Maybe your goal is to buy a house in the next 5 years. Start looking at paying down your debt one bill at a time {called the Debt Snowball Method}. Revamp your budget to help you save for a down payment.

### **Start a new hobby**

Life is busy. We go to work, we raise our family, dinner has to be made, and the house isn't going to clean itself.

Who has time for a hobby? Trust me, I get it.

...but if you don't take a little time out for yourself now, when will you?

Think back to a time when all you had to worry about was yourself. What did you enjoy doing? Why did you stop doing it? Maybe it's time to pick that old hobby back up.

Or maybe there is something you always wanted to do, but never got around to doing it. Learn how to play an instrument, take painting lessons, or plant a garden. Whatever it is, starting a hobby is a great way to get unstuck and reignite your passion.

### **Make One Change**

I hope at least one of these ideas has inspired you to make a change. Whether you choose to change your physical environment, reevaluate the people in your life, start a new routine, form new habits, set new goals, or start a new hobby—the key here is to do something different. If you are feeling like you are stuck in a rut, then something in your norm is obviously not working for you anymore. Figure out what that is and you may be surprised at how much better you feel when you finally change it.

<https://www.busybliss.com/stuck-in-a-rut/>

## ***SOCIAL DISTANCE OBSERVED! THE MIDLAND PAINTED TURTLE*** Ellen & Mark Brewer

Out on a log, basking in the sun, seven Midland Painted Turtles were enjoying the arrival of spring while four turtles swam close by. At different intervals the four turtles exchanged places, always leaving seven on the log. Were they aware of Covid number restrictions?

The Painted Turtle is the most widespread native turtle in North America and fossils show they existed 15 million years ago. Their upper shell (carapace) is olive to black in colour with red, orange or yellow stripes on the turtle's extremities. The adult female is four to ten inches long. The male is smaller. The Midland Painted Turtle hibernates on the bottom of quiet water bodies with soft bottoms. This is also their nightly abode. Males reach sexual maturity in two to nine years, females in six to sixteen years with a life span of up to 60 years.



Females nest from late May to early July, digging their nests in sandy soils in sunny areas. The clutch contains three to fourteen eggs. Hatchlings may emerge in late fall but sometimes overwinter in the nest and emerge the following spring. They can survive temperatures as low as -9 degrees because their livers manufacture proteins acting as a biological anti-freeze that prevents their tissues from freezing. Temperature and weather affect the sex of the turtle (not sex chromosomes). Warmer incubation temperatures produce more males. Raccoons, crows, foxes and skunks are their predators. Cars also pose a danger as females will use the soft shoulders of roads as nesting sites.

Lake Scugog is a perfect home for Midland Painted Turtles. Enjoy a walk along the path and take in the beauty of nature on our doorstep! Walk softly! **DO NOT DISTURB THE TURTLES!**

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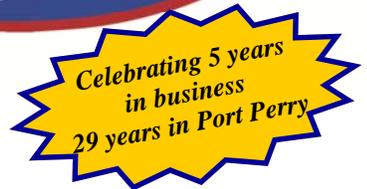
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Dear Canterbury Common Friends,

As I sit and write my letter to you today, 80% of Scugog residents over 18 have received their first COVID-19 vaccine. We're leading the way in Durham Region and I hope you share my pride in this accomplishment.

Like you, I'm counting down the days when I can shop along Queen St., visit with friends and enjoy a meal inside a local restaurant. With vaccine supply on the rise, overcoming vaccine hesitancy is the next big challenge in returning to our new normal. If you still haven't received your vaccine and find yourself hesitant to do so, I strongly suggest reaching out to your trusted physician or primary care provider, or pharmacist.

While vaccine roll-out continues, and with it a renewed sense of hope, the Port Perry Hospital Foundation continues to fundraise for the Here for You campaign to bring CT and other essential equipment to Port Perry. I'd like to thank the many Canterbury Commons residents who have recently donated to the campaign – you are bringing us one step closer to transforming healthcare in North Durham.

Our community and strong local partnerships continue to blow us away with their support. In addition to local businesses such as The Nutty Chocolatier, Port Cheese Co. and On the Reel fundraising in their store for us (at press time) we've also seen many folks find creative ways to support through COVID-safe activities. For example, residents of the Immaculate Conception Seniors building's aptly named *Seniors on the Move* challenge, saw residents getting active throughout April and asking family and friends to sponsor their steps to support the campaign.

This summer, the Roar by the Shores Car Show has pivoted to become a one-day poker run on June 27 in support of the Here for You CT campaign. We also have groups planning a July 17<sup>th</sup> Tour de Scugog car rally event and a September 12<sup>th</sup> Port Perry Pedals cycling event as part of the Port Perry 150 celebrations. Look for information and registration for these events and more via [www.pphfoundation.ca](http://www.pphfoundation.ca). We're so grateful to the event organizers and keen participants for bringing a good dose of *fun* into *fundraising* this summer!

Please email me at [ragnoluzzi@lh.ca](mailto:ragnoluzzi@lh.ca) or call the Foundation office at 905-985-7321 Ext. 45580 to learn more, make a donation, or share a special story of why our hospital matters to you.

Have a wonderful summer. I look forward to connecting with you at one of our events, over the phone, or simply out and about in the community.



Rachel Agnoluzzi  
CEO, Port Perry Hospital Foundation



Travelling by ambulance to Oshawa for an emergency CT scan, I knew I was in good hands, but I was scared and in pain, and my family was worried.

Having CT at Port Perry Hospital – that's what this community needs and deserves.

*Brent Herrington, Patient and proud supporter*

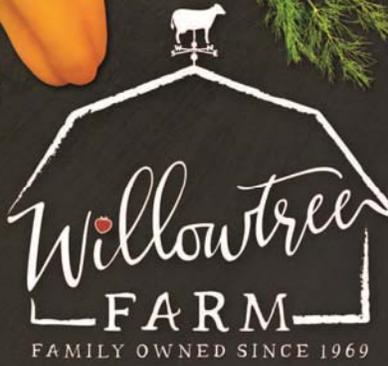
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**Blast from the past!**



**Can you guess who?**  
Answer is on page 37

I don't know where I saw it. Maybe on Facebook or Instagram. But the ad I spied for something called *My Virtual Mission* intrigued me. Who doesn't like a good mission?

So I went to the website and gathered that you could input a journey of whatever length and wherever you want on the provided map of the world and exercise your way from the starting point to the finish line.

Being a newbie, I didn't realize that the *My Virtual Mission* site uses the road system provided by Google maps. So my first "trip" from Montreal to Toronto looked like a ragged row of Frankenstein stitches instead of just a straight shot across the 401. To make matters worse, I decided to shoot north to Peterborough to virtually "visit" my niece who works there before making the final run to Toronto.

That was 397.6 miles of "can I do it?" coursing through my head every day.

Of course I did. But boy oh boy it was a slog.

You can manually record your distance using whichever activity you enjoy:

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- Cycling (Indoor)
- Swimming
- Rowing
- Elliptical
- Skiing
- Wheelchair
- Other



I usually use my little therapy bike made by Sunny Health & Fitness. It's a contraption that has two pedals, 10 different tensions and display screen on which you can see your distance (miles or kilometers), calories burned and the time you took. I sit in a chair and for 30 minutes ride 10 miles at a fairly decent clip.

On those days that the bike is just too boring for words, I plug in a Leslie Sansone walking DVD and perform a strong cardio routine for 30 minutes which equals 2 miles. It's not as satisfying entering 2 miles into the *My Virtual Mission* app as it is 10 miles. And it doesn't get you very far along your journey; but it does break up the boredom. That first "trip" was free. After that, if you decide this is for you (and I did) you pay under \$20 for a yearly subscription.

That all began on July 5, 2020. Not only was it (and still is) a great COVID boredom-breaker, it is a fantastic way to stay accountable to my fitness goals.

Shortly after my inaugural journey from Montreal to Toronto, I noticed that the same company had pre-measured trips called the *Conqueror Challenges*. They cost. Per trip. Sometimes as much as \$50 CDN. BUT, you get really cool stuff, like postcards mailed to you everytime you reach a milestone; such as reaching the 20%, 40%, etc. point of the entire trip. And the medal. Oh, the finisher's medal!! It's heavier than you would believe. Beautifully engraved on the front and back. And they plant trees for every milestone you achieve. On the app you can track your progress and see the Google street view of exactly where you are on the route.

The first *Conqueror Challenge* I completed is called the Ring of Kerry. It was a 124.3 mile journey through Ireland.

After that, I did another self-made trip of 887.4 miles from Paris to Vatican City. I nicknamed it "From Oui to Si." Clever that.

I've done other trips since then – the length of the British Isles and along the coast of Queensland for example- but the lure of the shiny medals from the *Conqueror Challenges* called again and I signed up for a very short 24 mile journey called the Inca Trail. Followed by the Giza Pyramids and Mt. Fuji.

I'll be moving out of Canterbury in the middle of June. I'm going to Port Hope to live in a lovely apartment, but I know it's going to be a shock to my system after living here for 10 years. Because of that, and because of the 15% off *My Virtual Mission* was offering on any 5 of the *Conqueror Challenges* you wanted, I have lined up:



- Hadrian's Wall – 90 miles
- Cabot Trail – 186 miles
- St. Francis Way – 312.4 miles
- Ring Road Iceland – 828 miles
- Appalachian Trail – 1968.3 miles

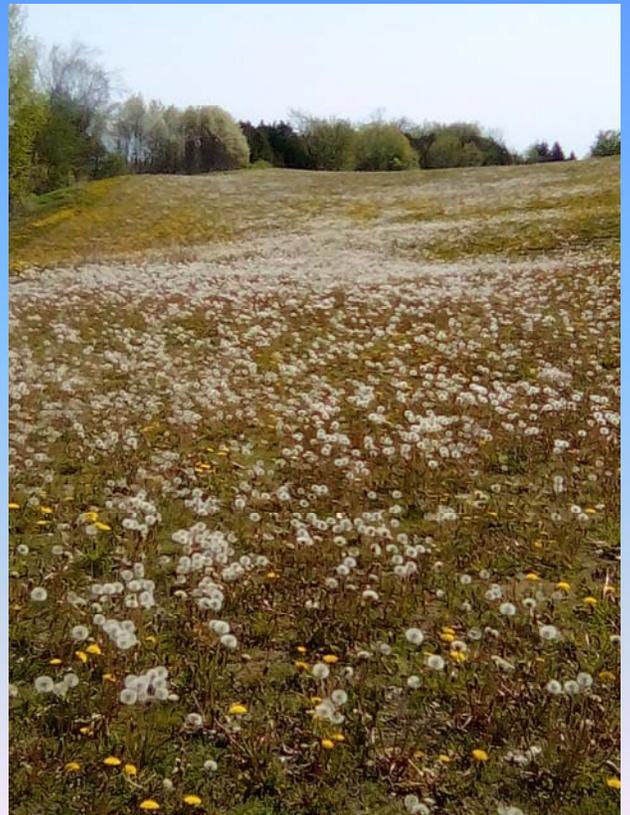
That should keep me busy for awhile.

BTW, since July 5, 2020, I have traveled 2,946 miles (as of May 12).

For more info visit <https://www.myvirtualmission.com> and <https://www.theconqueror.events>



Dandelions



Dandelions Part Deux

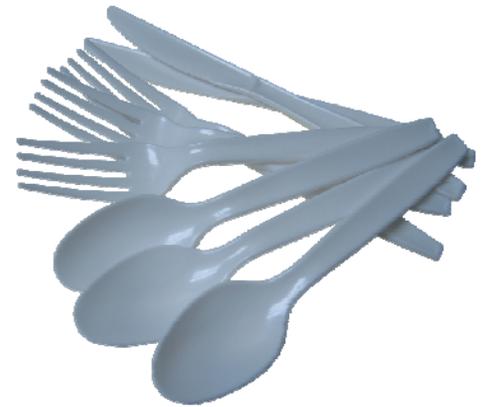
# SINGLE-USE PLASTICS

Karen English

On October 7, 2020 Prime Minister Justin Trudeau announced a federal ban of single-use plastic products, with regulations to be finalized by the end of 2021. This ban is a step in the government's plan to achieve zero plastic waste by 2030.

## What are single-use plastics?

Single-use plastics are, as their name implies, plastic products that are designed to be used once and then disposed of. They include plastic grocery bags, straws, stir sticks, six-pack rings for beer, cutlery and food ware made from hard-to-recycle plastics.



Every year, Canadians toss out 3 million tonnes of plastic waste, and only 9% gets recycled - meaning the vast majority of plastics end up in landfills or littering our environment. According to a press release announcing the ban, single-use plastics make up most of the plastic litter that is found in freshwater environments in Canada. On top of that, Canadians use up to 15 billion plastic bags every year and close to 57 million straws daily.

## Covid-19 has negatively affected every person's efforts in this area.

During lockdown many chains banned the use of reusable cups for safety reasons, while disposable face masks have been found dropped on beaches.



The World Health Organization recommends people use three-layer fabric masks in communities, unless they are vulnerable, high risk or in a medical setting. But disposable surgical masks contain plastic and cannot be recycled and need to be treated like garbage.



'Reusable cup hygiene hard to enforce'. While there is no official guidance barring the use of reusable cups, in March 2020, at the start of the pandemic, many coffee chains banned the use of reusable cups due to safety reasons.

## What can we do?

"Just say NO to disposable cups." Choose to bring your own coffee cup and leave one in your car. I have a portable thermal coffee cup that keeps my drink hot for hours.

Bring your own shopping bags. Many stores will not pack your groceries into the customer's bags but do not stop you from using them. They also sell mesh fruit and vegetable bags. Store your leftovers in glass bowls instead of zip-loc bags.

There are other eco-friendly plastic straw alternatives including paper straws, reusable silicone straws and compostable plant-based straws.

Plastic containers are a difficult one. You can choose cuisines like pizza or Mexican that don't often come in plastic containers. One local restaurant always serves too much food so I like to bring my own container to handle the leftovers.



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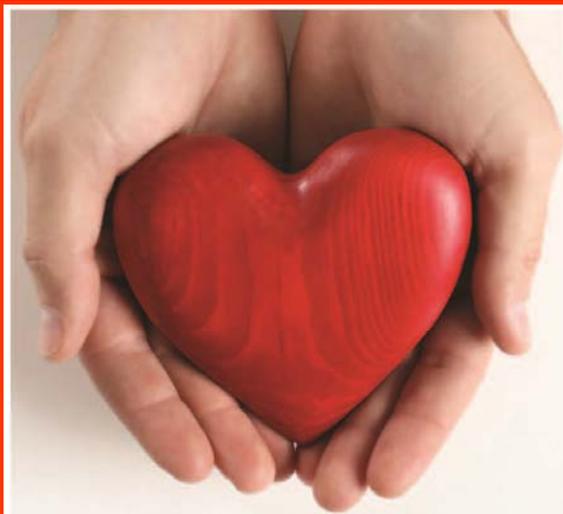


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## **FOR PEOPLE OVER 60**

Source: Arnaldo Liechtenstein, physician  
Please Share. For people over 60.

Whenever I teach Clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's." I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- Uncontrolled diabetes
- Urinary infection
- Dehydration

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma, and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process. But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

- 1) **\*Get into the habit of drinking liquids\***. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches, and pineapple; orange and tangerine also work. (Did you notice beer and alcohol is not included in this list!) The important thing is that, every two hours, you must drink some liquid. Remember this!
- 2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless, or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now?? Send this information out to others! **DO IT NOW!** Your friends and family need to know for themselves and help you to be healthier and happier.

## **CALL BEFORE YOU DIG**

This is the time of year many of us want to make our properties look beautiful. As Ontario residents we have a “Call Before You Dig” program. This is to ensure that when you are digging a hole for a new garden, tree, patio or deck you do not injure yourself or disturb the many “lines” which could be in your way.

### **How Locate Requests Work:**

#### **STEP #1 – CONTACT**

**At least 5 days before you dig**, submit a locate request at [OntarioOneCall.ca](http://OntarioOneCall.ca) or 10-800-400-2255. They will notify underground infrastructure owners that you plan to dig.

#### **STEP #2 – LOCATE**

Locators from each underground infrastructure owner will come out to **locate the buried lines & cables.**

#### **STEP #3 – DIG**

Dig safely. **Respect the marks and follow the instructions that are provided.**

When you contact them be sure to let them know what you are doing and how deep you are planning to dig. Lets all stay safe as we work in our yards this summer.



*Photo: Bryan Hazelton*



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# Exercise your brain with a Sudoku puzzle

Warm up with this one

.....

and then tackle this one

		5			2			
	4		5					6
2			8				9	
	3	8				6		5
1								3
5		7				2	4	
	8				3			4
4					7		1	
			2			8		

6						4	8		9
2		3	5				1		
			4	2				6	8
		5					7		
3	8				5	6			
		8				1	6		2
5		1	3						7

Sudoku is played on a 9x9 grid. The grid is divided into nine blocks, each containing nine squares. Each of the nine rows, nine columns and nine blocks must contain all the numbers 1-9. Each number can only appear once in any row, column or box.

Some numbers are filled in to get you started. There is only one correct answer to each puzzle.

## SMILE OF THE DAY

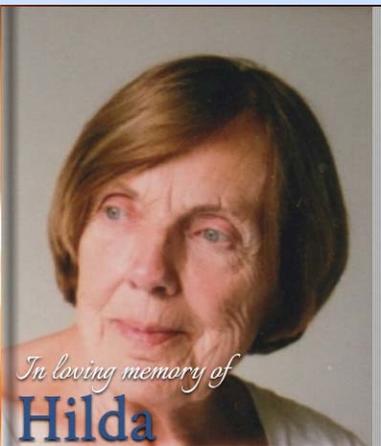
### Calorie-Burning Ideas

David McBride

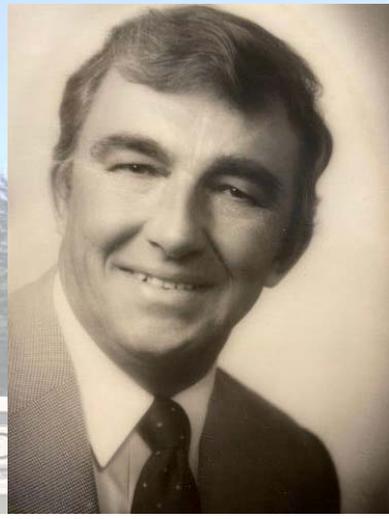
Beating around the bush	75
Jumping to conclusions	100
Climbing the walls	150
Passing the buck	25
Throwing your weight around	50-300
Dragging your heels	100
Pushing your luck	250
Making mountains out of molehills	500
Hitting the nail on the head	50
Wading through paperwork	300
Bending over backwards	75
Jumping on the bandwagon	200
Balancing the books	23
Running around in circles	350
Tooting your own horn	25
Climbing the ladder of success	750



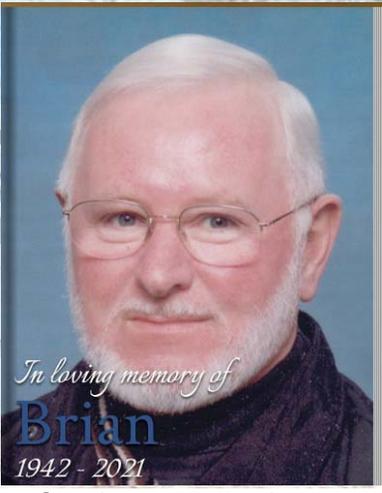
**In Memoriam**



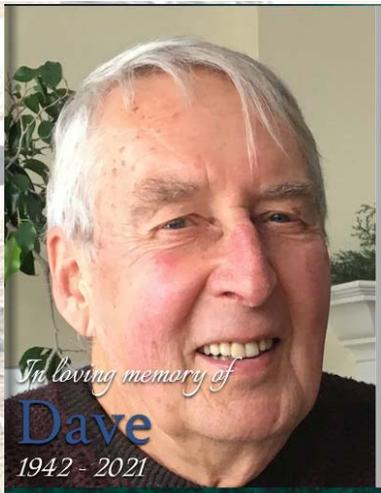
*In loving memory of*  
**Hilda**  
Hilda Elma Greifeneder – 1933 – May 22, 2021



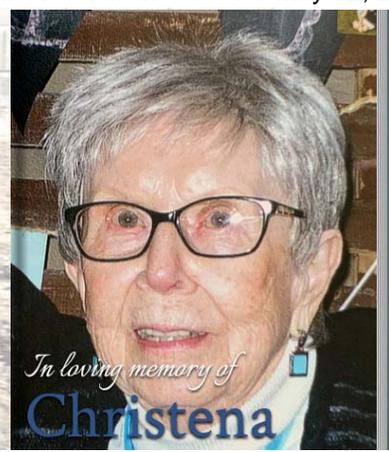
John Kalbfleisch – 1931 – May 12, 2021



*In loving memory of*  
**Brian**  
1942 - 2021  
Brian Strachan – 1942 – June 5, 2021



*In loving memory of*  
**Dave**  
1942 - 2021  
Dave Sparling – 1942 – April 20, 2021



*In loving memory of*  
**Christena**  
Christena Jane Gross – 1929 – March 31, 2021



# Canterbury Common Residents' Association



Linda Merriam's Garden

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<b>Administration</b>	Murray Smith	<b>Social</b>	Lauren Maher (acting)
<b>Communications</b>	Nora Senechal		

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<b>Administration</b>	Murray Smith	<b>House &amp; Property</b>	George Clapham (acting)
<b>Communications</b>	Nora Senechal	<b>Municipal Affairs</b>	Dorothy Bull
<b>Finance</b>	Lee Maher	<b>Social</b>	Lauren Maher (acting)
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## The Chronicle Team for the Summer Issue

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<b>Editor</b>	Linda Kaban	<b>Webmaster</b>	David Streeter
<b>Secretary</b>	Ann Miles	<b>Committee Support</b>	Alice Lynch
<b>Submissions Coordinator</b>	Frances Hurst		David McBride
<b>Advertising</b>	Wendy Lang	<b>Delivery</b>	MaryLou & Jim Burnett
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