

THE CHRONICLE

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



REPORT FROM YOUR BOARD

Spring, 2022
Jim Brady, President

Over my four years as the Canterbury Common Resident Association President, I have been constantly amazed and gratified by the dedication of the residents who volunteer their time and services to our community. It is also very satisfying to hear from our newest residents how impressed they are with the fact so many of us are willing to give so much of our time to ensure that all of us can share in the benefits of living in what is undoubtedly one of the highest ranking, adult lifestyle communities in Ontario.

Our community has a rich, successful history of which all of us can be very proud. Despite the disruption and distraction, since 2015 of a major housing development, the intrusion of a deadly virus and the passing of several very fine people who were key contributors to our everyday lives, our community remains strong.

It is very encouraging to see the enthusiasm of our newest neighbours getting involved in the activities of Canterbury and to observe the positive anticipation they have of their new life in Canterbury. For those of us who serve on the Board and various standing committees, and for all future CCRA Boards and committees, it has been and will be a satisfying challenge in meeting the communities ongoing expectations. Given our success over the past years, it will be a welcome challenge.

Our future is bright and our potential is only limited to what we determine it should be. If we all pitch in and work together, we can do some amazing things in the years to come.

I want to thank those of you who have supported me over the years as well as those who may not have shared the same views as I had. To those of you who supported me, "you made me smile", and for those who didn't share the same views, "you made me think." It has been a once in a lifetime experience from which I have gained a great deal of insight regarding our Canterbury Community and our Not for Profit Organization, run by the dedication of so many of our volunteers.

I have greatly appreciated the opportunity to serve as your President. We have a big task in front of us, which first and foremost is to work together to create an enriched Canterbury which respects the past, nurtures the present and enthusiastically looks forward to a very bright future. During the COVID-19 Pandemic, I did not have the opportunity to meet personally many of our new members of the Canterbury Community. It is my hope that I will be able to meet many of you this coming June, either at the Grand Opening of the Community Centre or at the CCRA Annual General Meeting.

Thank you for your support during my term in office,

Jim Brady

BOARD COMMITTEE REPORTS

ADMINISTRATION COMMITTEE

Murray Smith, Chair

Thankfully, our Centre is edging closer and closer to being back in full swing. In the near future, we will be welcoming our friends, families, and Caterers to once again join us for activities and events.

Our kitchen will be inspected by Durham Health early in March, enabling us to prepare for food service. I would like to remind everyone that in our effort to implement our plan for "going green" that there will be some changes in our daily routines. We have discontinued stocking canned soft drinks and bottled water. These were very high maintenance items, and also not eco friendly. We do have a new water dispenser that will provide "Reverse Osmosis" cold or room temperature water. However, all residents will have to provide their own personal water vessels. As usual, you will also have to supply your own hot beverage cups.

These are only some of the changes that we will be implementing. There will be more later, as we strive to go as green as possible. Thank you for your understanding.

COMMUNICATIONS COMMITTEE

Nora Senechal, Chair

The Communications Committee would like to welcome Linda Porter, who joined the committee at the end of 2021. Linda has taken on the very important job of Editor for *The Chronicle*. Linda has jumped right in and done a fabulous job in producing this issue. We also welcome Dave Brolley who has joined the committee to work with Dave Streeter and Karen English on the website.

The website team has, with approval of The Board, begun the huge task of moving our website to a new "provider". In order to do this, we could have paid the new carrier to program the entire website or do the work ourselves. Dave Streeter has taken on the job of doing this programming potentially saving us thousands of dollars. Dave has to recreate each page one at a time; he is working with Karen English to make sure that each individual piece of current information on the website is recreated on the new one. Dave has also taken on the challenge of creating new pages and functions for our website. With board approval, the new website will go live on or around May 15, 2022.

At this time, we are once again saying thank you and goodbye to people who have worked with us for years. Mary Lou and Jim Burnett led the distribution team for the community. One of their many tasks was to deliver *The Chronicle*, originally four times per year and more recently two times per year. They will be missed.

Linda Kaban was our Editor for the last couple years. Linda was doing a great job when she moved from the community. We were unable to find a volunteer to take her place when Linda moved so she agreed to keep the job until a volunteer was found. We wish Linda good luck in her new adventures in Port Hope.

FINANCE COMMITTEE

Lee Maher, Chair

2022/2023 Finance Budgetary Challenges

Canterbury Common Resident's Association fiscal year runs from April 1st of one year to March 31st of the following year. As such, the budgeting process for 2022/2023 began in early February of this year.

The primary theme is to balance the budget while minimizing any assessment fee increases for this year. The following represents the major challenges facing the Finance Committee and ultimately the CCRA Board in the face of achieving this objective:

- Until we have closed the books on the 2021/22 fiscal year, we do not have an accurate accounting of the Operating Fund surplus available to service the current Capital deficit (-\$18K) nor provide a carryover amount for assisting with the 2022/23 assessment calculation.
- The continuing delay in new home construction is negatively impacting both on the initiation fees collection for this year as well as assessment fees. The completed construction of the eventual 69 homes represents a total of \$34,500 in initiation fees and potentially some \$18K in assessments.

- The Operating Groups are budgeting for minimal scope/budget increase. However, with the Centre reopened and the meadows officially turned over to CCRA we recognize that our cleaning costs, utilities and ground maintenance costs will increase over last year.
- The Land Use Committee (LUC) projects will require funding this year. The LUC budget request for 2022/23 is \$27K (Currently unfunded).

GOVERNANCE COMMITTEE

Gord Simmons, Chair

THE COMMON AREAS OF CANTERBURY

The dictionary describes Common land as, "land owned by a person or collectively by a number of persons, over which other persons have certain common rights." The transfer of the former golf course lands has required CCRA to give a great deal of thought to several issues regarding the use of the land and the approach we will take to administer the sanctity of the property. It is important that all of us realize that all common areas in Canterbury are owned and operated by the Corporation of the Canterbury Common Residents' Association and are to be equally shared and accessed, without restriction, by all CCRA homeowners.

The Common areas are for the use and enjoyment of all CCRA residents and the homeowners backing onto this property. Everyone is asked to respect the property lines and ensure that they do not create new gardens or plant trees or bushes on CCRA property. There are a number of existing encroaching gardens which may remain and we request that no new gardens be established. As you are aware the grass in the Common areas will be cut by a contractor hired and paid for by CCRA and there is no need for homeowners to cut the grass on CCRA property unless they choose to do so. If homeowners are not satisfied with the grass cutting service provided, they should contact House and Property. Should there be any disputes, the Governance Committee will work closely with House and Property to ensure consistency in the application of any rulings.

HOUSE AND PROPERTY COMMITTEE

Please see the *Trees in Canterbury Common* submission on page 24 of this issue.

MUNICIPAL AFFAIRS

Dorothy Bull, Chair

I'm writing this in February and it feels like it's been a long, cold winter, although there have been many beautiful sunny and snowy days. But the thought of spring fills me with joy and excitement. I know you are all in agreement with me on that.

As for the business of Municipal Affairs, it has been very quiet over the winter. I have mostly been waiting for replies to queries sent to our Township Offices and Durham Region last fall. Just to recap, the speed limit in Canterbury has been approved to be reduced. We are waiting for the signage to be available. On Simcoe Street, southbound, we are waiting for a new directional sign showing that you are approaching Country Estates Drive. This too has been approved and also awaits the design and production of the sign. I hope as you read this, the signs are in place.

I look forward to speaking to any residents who would like me to look into any concerns with our local governments. I hope to see many of you out enjoying our wonderful surroundings in Canterbury Common.

I've said it before and I'll say it again: the best way to meet people, make friends and shape the future of your home, Canterbury Common, is to get involved by volunteering on a committee or on the Board of Directors. I never did anything like this before and it is great fun and very rewarding.

BOARD COMMITTEE REPORTS

SOCIAL COMMITTEE

Lauren Maher, Chair

Spring is in the air, and in anticipation of a return to normal at The Centre, your Social Committee is actively planning future events for your enjoyment. We have welcomed some new volunteers to our Committee, and certainly appreciate the help that has been offered in recent discussions with many of our new residents.

Our popular Coffee Hour and Happy Hour events will resume in May with dates and details to be confirmed.

SAVE THE DATES, and watch for details:

ANNUAL CANTERBURY YARD SALE: May 7th

BINGO NIGHT: May 13th

CANTERBURY 2022...THIS IS US: June 4th & 5th (Official Opening Weekend)

CANADA DAY: July 1st

Future Summer, Fall and Winter events are in the planning stages, and we are excited to announce: we anticipate having a New Year's Eve Celebration this year; it has been a long time coming.

We look forward to extending a Warm Canterbury Welcome to our new residents, and reconnecting with our neighbours and friends. See you at The Centre!

COMMUNITY COMMITTEE REPORTS

MEN'S GOLF COMMITTEE

George Clapham, Chair 982-1593

Dust off the golf clubs and clean up your golf shoes. The 2022 Canterbury Men's League golf season is fast approaching. New members are very welcome.

This is just a reminder that our 2022 schedule of events at Sunnybrae Golf Club starts soon.

Registration for Men's Golf is tentatively scheduled for Tuesday, April 19th at noon (register and stay for lunch) at Sunnybrae Golf Club, unless Covid restrictions are still in force. Our registration fee remains at \$40. Our first golf game in 2022 is scheduled for Tuesday, April 26th (tee-off about 9:00 a.m.).

Last year's members will receive an email with further instructions on registration and the start of the season. New members wishing to join our league should contact Roy Wilson (647-955-9101, mbepic@gmail.com)

SCRAMBLE GOLF & SOCIAL

George Clapham, Chair 982-1593

The Scramble Golf & Social Committee is looking forward to the 2022 golf season. The use of the Centre for our social events is still an "unknown".

At this time, no formal registration for Scramble is scheduled. When more is known about the restrictions surrounding social gatherings, we will inform the Canterbury community. New golf members should contact Robbie MacDonald (778-731-0381, 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 Thursday, May 5th. 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 signups when dates are known.

Looking forward to a long, "dry" golf season in 2022.

ACTIVITIES

AQUAFIT

Eileen Walter
Nora Senechal

It may seem like it's a bit early to talk about Aquafit, but the pool opening is just around the corner - some time in mid to late May. Once again, Aquafit will be held Monday through Friday from 1:00 – 2:00 p.m. We don't know if there will be any restrictions, so please look for additional information in the *CCRA Information Bulletin*.

Monday, Wednesday & Friday

These classes will be led by Eileen. Eileen has a list of women she has been working with for years and the class is currently at the pool capacity limit. At this time, Eileen is not taking new names for the list, so please look at Tuesday and Thursday classes if you are interested in trying Aquafit.

Tuesday & Thursday

These classes will be led by Nora. This class is open to all Canterbury residents on a first come, first served basis. Once the capacity limit is met any additional swimmers will have to wait for another day. Sounds like a really strict rule, but so far this has not been a problem as attendance for this group has been lower than the Monday, Wednesday & Friday group. Nora hopes to incorporate the use of pool weights in the class this year, so if you have a set of weights make sure to bring them.

Remember our volunteers are leaders; they are not qualified instructors.

BID EUCHRE & EUCHRE

Bev & Bruce Bone

Euchre and Bid Euchre started up again the week of November 8. Bid Euchre on Monday nights and Euchre on Wednesday nights. Games begin sharply at 7:00 p.m. Be sure to bring your COVID vaccination card and ID, as well as your mask. Two loonies will be collected with the proceeds going to supplies and prizes. We will have a refresher period for rules and procedures at the beginning of the evenings. Anyone wanting to learn either game call Bev or Bruce Bone at 905-985-9732 and we will arrange a lesson. Looking forward to renewing old friendships and making new ones.

BOOK CLUB

Robin Stamper

There are only two meetings before our summer break! Please join us the last Thursday of the month for book club. Our April book will be *Lucky* by Marissa Stapley and our May book will be *The Four Winds* by Kristen Hannah.

We will be around the fireplace ready to start at 2:00 p.m. Thursday, April 28th. Our 2022-2023 book list should be available at that time. Hope to see you there.

CANTERBURY ARTISANS

Birgit Pullen

The artisan group is up and running again! Our first project was a swiped background in acrylic paints over which we painted an owl. The results were varied and amazing! There are still a couple of spots left in our group, so if you would like to join in an afternoon of creating some art, we meet on Tuesdays at 1:00 p.m. in the lower level of the Centre. No experience needed!



CANTERBURY CHORUS

No submission for this issue.



CHAIR YOGA

Sharon Stevens

We're happy to welcome back popular Chair Yoga on Monday mornings and announce the commencement of Gentle Hatha Yoga on Friday afternoons. Winter sessions commenced March 11. Spring sessions will be announced shortly, and we will keep you informed of further details. As warmer weather approaches, we hope to have some outdoor sessions of Gentle Hatha Yoga while enjoying our lovely waterfront.

CRIB CLUB

Audrey Thompson

Nothing to report this issue.



DUPLICATE BRIDGE

Doug Thiemann

Special Invitation to All New Residents and Snowbirds who may not go South this year. If you play Bridge and would like to play Duplicate with a very friendly group, please give me a call. We have lots of room for both regulars and spares. Our numbers have declined in the past few years and we need new people. We plan to play Friday afternoons starting at 1:30 p.m. For more information, contact Doug Thiemann at 905-985-4644.



ACTIVITIES

KNITWITS

Jane Sibul and Robin Stamper

The KnitWits are like winter - they just won't go away! But we thrive on the company, the chitchats and the wonderful items that emerge from our needles. We are much warmer than winter so come find out for yourself. Every Friday between 1:00 and 3:00 p.m. you'll find us by the fireside, busily knitting, crocheting, doing handwork and ready to welcome new friends.



LIBRARY

Lorna Zamulinski

Adventure, mystery and romance are just a few of the book genres you will find in our library waiting to be discovered. Donations of books in good condition are always welcome. Thank you for all the new books that have been contributed to our library that we all will enjoy!



LINE DANCING

Alice Lynch
Cathy Spohn

If you take one step forward and two steps backwards, don't be discouraged. You just learned how to line dance!

This class is designed for those who want to learn some basic, simple line dances while exercising both brain and body. The class is held Tuesdays from 10:30 to 11:30 a.m. in The Centre. You need no "Dancing with the Stars" aspirations; just two feet and the desire to have fun....and a mask and proof of vaccination, of course. If you'd like to know more, come out Tuesday morning or phone Alice Lynch at 905-982-0766. And, if you happen to already know a simple line dance (or 2 or 3 ...) we hope that you might also share that knowledge with the group.

Remember: You don't stop dancing because you grow old, you grow old because you stop dancing! See you Tuesday.

MAH JONGG

Carol Sambrook

We are back at 1:00 p.m. on Tuesday and Thursday afternoon. Come and learn this interesting game. No money is involved.



MIXED BRIDGE AND LADIES' BRIDGE

Carol Hough

The Tuesday evening mixed bridge is now meeting Monday afternoons at 1:00 p.m. during the months of February and March. Please sign up each week on the bulletin board in the hallway.



Please join us Wednesday for Ladies Bridge at 1:00 p.m. for a relaxed, fun game of bridge.

For both activities, COVID protocols are in place. Please bring your fob, vaccination QR code, ID, a mask and sanitize your hands as you enter the building. A loonie is collected each week for prizes. All bridge players are welcome for a fun afternoon and friendship. There's no food or drink: only water at this time.

POKER BOYS

Harvey Graham
Mike Smith

We are happy to see that The Centre has opened up and we are playing poker again! We meet Monday evenings at 7:00 pm and new members are always welcome. So come out and join the fun! Harvey would like to step aside so please contact Mike Smith for more information.



POWER WALKING

Hedi 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.



This walking program improves range of motion, muscle conditioning and the ability to stretch to keep our bodies fit (and young?). No cost and no commitment. Everyone welcome.

SHUFFLEBOARD

Ginette Bailey

No submissions

THEATRE / RAMA TRIPS

Ken and Frances Hurst

We are happy to hear that the province has allowed for full capacity as of March 1st in theatre venues across Ontario! We may coordinate some of our bus trips with Lakeshore Tours. In trying to put a reasonable cost bus trip together we need to have a full bus of approximately 55 people as we have done in the past.

ACTIVITIES

Continued from page 6

Here is a list of possible plays and trips:

Mirvish: 2 Pianos 4 Hands, & Juliet, Singing in The Rain
Shaw Festival: Irving Berlin's White Christmas December 14 (With Lakeshore Tours)
Toronto Bluejays Game on any given warm summer's day
Boat Cruises in Toronto or the Muskokas



Please contact Ken and Frances Hurst for any of the above trips that interest you.

Ken - hurstk@rogers.com, 416-573-276

Frances - grove.fq@gmail.com, 905-982-2633

We encourage you to go to <http://www.lakeshoretours.ca/tours.php?list=single> to view a list of trips you may be interested in and let us know so we arrange our trips with Lakeshore Tours.

TELEPHONE LIST CORRECTIONS & UPDATES – SPRING 2022

39 McCaw Crt. - Jada Temple 289-404-0922 & Kurtis Matthews 905-537-0867
12 McCaw Crt. - Catherine Hulse 905-767-1266 & Robert Ralph 905-767-0219
239 Waterbury Cres. - Ian Donnelly 416-882-2156
35 South Garden Crt. - Robert & Marilyn Miljure 905-550-2028
12 South Garden Crt - Carol Burke 289-830-3176
43 McCaw Crt. - Brian & Patricia Macdonald 705-786-1344
40 Commons Blvd. - Carol McAllister 365-770-2905
24 Coulter St. - Helen Ferguson 905-985-6684
399 Waterbury Cres. - Theresa Bowness 416-691-4784
33 Candlelight Crt. - Allan Taylor 416-896-6091
192 Waterbury Cres. - Barb Pedder 416-727-5067 & Bob Pedder 905-409-0129
192 Waterbury Cres. - Dale & Glenn Lowe moved out
18 McCaw Crt. - Heather Roberston 613-413-3604

CABLE UPDATE

John Nesbitt

To prevent future problems with capacity, Rogers has divided our community in half. In effect, it doubles the capacity and we should have no further issues with Rogers caused by network speed. Rogers has completed the work now. Some lawns were damaged and they will return in the spring to repair any holes.

Bell has finished their fibre install and is signing up customers. Residents may wish to consider the following points with regards to switching or not:

- package pricing
- included channels
- talking into the remote for channel selection
- 911 solutions when power fails
- smart home offering like alarm bundles and lighting control etc.
- ability to bundle cell phones for discounts
- streaming services and apps availability
- willingness to learn new technology and tools
- customer service
- safety service such as fall detection

So basically don't just jump. Both carriers have ample speed for anything you need to do. Compare offerings and make an informed choice based on your needs.

Either company will have issues. It's the nature of IP TV and the complexities in the technology.

And don't forget: for technical support call either Rogers or Bell directly.

I recently joined Community Care Durham as a volunteer. I started out following up on references given by new volunteers. It is quite interesting since I am talking to people of all backgrounds and experiences.

After a few months I was asked if I also wanted to do some re-assurance calls on Tuesdays. I gladly accepted and have found it to be even more rewarding. To have someone looking forward to your call, be very happy to talk to you and sincerely thank you for taking the time to call them gives you a wonderful, warm feeling in your heart. To some people who are older and living alone, this could be the highlight of their day.

I have to admit that I was a bit surprised at how many services and programs were offered by Community Care. I find it a bit comforting to know that when I need the help it is available.

The other side of the coin is for the people who actually need a little help and perhaps are not aware of the services. Here is a brief description taken directly from the CCD website:

Adult Day Program

For a senior or adult with needs related to aging, physical and/or cognitive health or for a caregiver needing a break. A typical day may include fitness, wellness and outdoor programs, games and discussion groups and arts and crafts. This costs \$32.50 (hot lunch included) and a subsidy may be available to those who qualify.

Assisted Living/Supportive Housing

This includes Personal Support Services like dressing, personal hygiene and other routine activities of daily living. Homemaking services like shopping, cleaning and cooking. Security checks and reassurance calls and coordinating all elements of client care. There is no fee for Assisted Living or Supportive Housing services.

Community Food Box

The Fresh Food Box contains fresh produce and dairy products. The Pantry Essentials Box contains a variety of non-perishable and dry food items to fill your pantry, possibly with recipes and food tips. These are \$35 per box.

Community Geriatric Nursing Services

CCD's CGNS services are available across Durham Region and are offered in a senior's own home through in-person visits, virtual and telephone consultations.

CGNS nurses are linked to other resources including Primary Care, Geriatric Assessment & Intervention Network (GAIN), Home and Community Care Support Services (HCCSS), Primary Care Collaborative Memory Clinics/ MINT (Multispecialty Interprofessional Team) Memory Clinic, Community Support Services (CSS) as well as other health and social services.

COPE Mental Health

The mental health services include treatment for anxiety, depression, chronic pain and several support groups for such things as bereavement, wellness and stress.

Meals on Wheels

Hot meals cost \$8.00 each which includes soup, an entrée (meat, vegetables and a starch e.g. potatoes, rice, etc.), a bun and/or crackers and a dessert. Frozen meals packages range from \$42 to \$51.50 dependent on number of entrees (5-7), soups and/or dessert choices (0-10). Delivery (no charge)

Health & Wellness

Health and Wellness includes: Exercise and Falls Prevention, Foot Care Clinics, Friendly Visiting, Telephone Reassurance and Luncheon Out

Transportation

Rides, primarily to medical appointments, shopping, errands and appointments and to access CCD programs, are provided by CCD staff using CCD vehicles or volunteers using their own vehicles. Cost: \$12. Minimum/\$0.45 per km. The fee is doubled when the length of the appointment exceeds three (3) hours.

Personal Support (Caregiver Relief) In-Home Respite

In-Home Respite provides much needed caregiver relief for people who are caring for a loved one, with needs related to aging, physical and/or mental health, and who need some support. CCD PSWs provide personal care, assistance with the activities of daily living, social interactions, meal preparation and client-centered light housekeeping. It is invoiced at a rate of \$25.50 per hour with a 2.5 hour minimum.

You can contact someone to find out more or request a service by calling 905-668-6223 or 888-255-6680.

A WALK DOWN THE COMMON

Brenda Glover

In ye ole' English times, a "common" was a space dedicated by the feudal lord for tenants to gather in a public, free space to celebrate life and each other, after long days of working their land.

This came to mind when I was researching Canterbury Common. Something else came to mind: an expression, "A stranger is just a friend you haven't met yet."

In my year and a half in Canterbury Common both things have held true. So, I set out to list my positives of living in an adult lifestyle community. Here they are:

- We do it up well as a "common", thanks to the myriad and diversity of our community volunteers. We enjoy so many areas and experiences open to us all.
- So many people in the community have been kind, supportive, understanding, and helpful. They are no longer strangers.
- When I look at the cost of living in Toronto (where we came from), I am saving a lot of money. We pay less in our annual assessment than the fees you would pay in condos in Toronto (maybe about two-thirds less) and we have more support and amenities.
- You can be as active and engaged as you want, or you can be as relaxed and laid back as you need. Nobody will judge. It is wholly your choice.
- The guidelines are not restrictive, and they provide the true benefits of a community.
- It is safe and secure if your plan is to age in place.
- The community is very concerned about how to make this a place for all of us. Survey input and comments are seriously considered.
- Port Perry has a plethora of restaurants, medical facilities, cultural facilities, and stores. There is rarely a need to venture into large cities.

Admittedly, there may be disadvantages. I haven't discovered any.

Look out your front window. That person walking by is just a stranger you haven't yet met who may well be your future friend. Together, we build a common - a common and yet unique trend.

We moved here in May 2020, right in the middle of the first lockdown in the pandemic. We love to explore, so Dave and I set out to explore all the Conservation Areas surrounding Port Perry. The following year, 2021, found us in a similar situation, but this time we turned our attention a little closer to home. We discovered the Waterfront Trail right here plus all the associated trails up through the woods and the old golf course.

As Spring approached, we started to notice the multitude of wildflowers that sprang up each day. We decided to document them and count them. The first to poke its head up was the Coltsfoot, a pretty yellow flower, not unlike the Dandelion. Its improbable name is because its slender stem ends in a clumsy-looking foot at its base. It is very reminiscent of a young colt whose feet are much larger than their slender legs would indicate. The Coltsfoot grew in large numbers creating a beautiful swath of yellow in the meadows behind the trail. They were of course followed by the indomitable Dandelions which covered any spare ground they could find. These have all gone to seed!



Dandelion Clocks



Red & White Trilliums



The shy little Violets (purple and yellow) edged the trail until May arrived with the beloved Trilliums – mostly white but with a few red ones. These filled the woods by the side of the trail and also the woods behind the houses on Waterbury.

Their arrival was accompanied by the Trout Lily (so called because its leaves look like the underbelly of a trout) and a small pink flower called Herb Robert. This last flower caused us much amusement because, though small in size and numbers, it lasted right through Spring, Summer and Fall, and was one of the last ones to die off!

At this point we began to realize what a treasure trove we had stumbled across. We came across many species that we didn't recognize, so started to rely on an app on Dave's phone to identify them. Our photos weren't great - primarily just to aid in identifying and documenting. Here are some photos:



Virginia Waterleaf



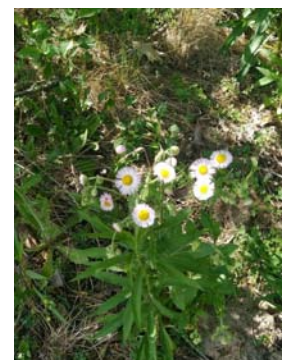
Bladder Campions



Buttercup



Red Columbine



Daisy Fleabane

We became very amused by some of the names, Daisy Fleabane being one of them. It's such a pretty flower, so what was the Fleabane all about?

Other strange names we came across were Common Motherwort, Bird's Foot Trefoil, Spotted Knapweed, Alpine Enchanter's Nightshade, Spotted-Touch-Me-Not, Heal-All, and then later on in the season White Turtle Heads and Nodding Beggarticks.



White Turtlehead



Nodding Beggarticks

By the time the growing season was over, we had catalogued 84 different varieties of wildflowers! Some were shrubs like Dogwood, Sumac and Viburnum, but we decided to include them too.

My two favourites were the Canadian Anemone and Tall Meadow Rue, but really, I love them all.



Canadian Anemone



Tall Meadow Rue

This year we are hoping to do a better job of cataloging with a good picture of each flower.

I hope I have encouraged you to enjoy this treasure trove we have right at our doorstep. And don't forget the Country Code for Wildflowers: "Don't take anything but a good look and photos!" This means that they will be preserved in their natural habitat for years to come.

MINDFULNESS

Joan Cushnie

There seems to be a great deal of focus lately on "mindfulness". There are many ways of defining this practice, but I believe it all comes down to the concept of living and being present in the moment.

It doesn't seem to matter if we are still working full-time, part-time, or retired - our plates are always full. We jump from item to item on our "to do" or "honey do" lists, and the list never seems to have an ending. The tasks get completed, checked off the list and we feel some satisfaction in that accomplishment. But did we take the time to enjoy the process?

Spring has finally arrived. We are tending to our gardens, dividing perennials, planting annuals, and joyfully anticipating the beautiful colours and the warmer weather to come. But how many of us have slowed down enough to appreciate what we are doing? Being more mindful involves a conscious effort to be fully aware or engaged in the task at hand – don't just make a hole in the ground, shove a new plant into it, give it some water and that's that. Being mindful would suggest that you use all of your senses as you act. What are you seeing? Can you hear insects or the wind rustling the leaves on trees? As you are digging in the earth, be aware of how it feels: is it cold and damp, or does it need water? In this example, you probably aren't tasting anything (hopefully), but be aware of what you may smell.

I have been working on being more mindful in my day-to-day living. I can have a list of many things to be tackled but if I approach each one with mindfulness, I have a much better result. The job gets done with minimal distraction and more enjoyment. All of these concepts can easily be reinforced by watching the young grandchildren in our neighbourhood play. They're not thinking about what happened yesterday, or what will happen tomorrow or even later in the day; their entire focus is on what they are doing at that moment, whether it's making mud pies, building forts or colouring a picture. Thankfully they haven't yet been swept into the craze of multi-tasking! Mindfulness really isn't something new. Let's live in the here and now and remember to "stop and smell the roses" while we do.



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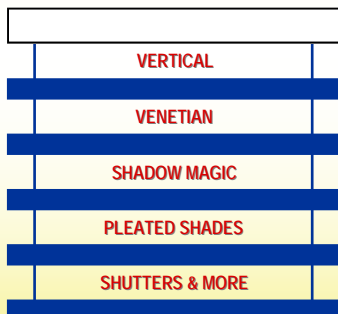
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REMINDER – Scugog Animal Control By-Law #85-08

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.



It's critically important to make people aware of both the hazards associated with cosmetic lawn care pesticides and the availability of alternative practices and products. Of the **40 most commonly used lawn pesticides**, 26 are possible and/or known carcinogens, 24

have the potential to disrupt the endocrine (hormonal) system, 29 are linked to reproductive effects and sexual dysfunction, 21 have been linked to birth defects, 24 are neurotoxic, 32 can cause kidney or liver damage and 33 are sensitizers and/or irritants. Of those same **40 lawn pesticides**, 21 are detected in groundwater, 24 have the ability to leach into drinking water sources, 39 are toxic to fish and other aquatic organisms vital to our ecosystem, 33 are toxic to bees, 18 are toxic to mammals and 28 are toxic to birds. *By Beyond Pesticides a member of Earth Share*

This news about pesticides is not really a surprise but do keep in mind that Earth Share is an American organization and many of the pesticides they are speaking about in this passage are not available in Canada. We should be responsible earth citizens and ensure that products we use are human and wildlife friendly.



Thank you to the nice gentleman named David, who on Feb 18 helped me shovel snow. I was shoveling my driveway that day, a car stopped and a gentleman got out and asked me if I needed a hand. He said he saw me struggling so he *went back home* and brought his shovel and wanted to give a hand. Twice this year, strangers have helped me out of kindness, expecting nothing in return. I am so lucky to live in a caring

community such as CCRA. From May Yu

In case you forgot:



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- Enter the code (2252) on the key pad located on the left side of the door.
- Hold the door button until the door unlocks – you will hear it click.
- Open the lift door and enter the lift making sure that the door closes behind you.
- Insert the key (which is hanging in the lift), and turn it to the ON position.
- Select the floor you want and push and **hold** that button until the lift stops at the desired floor and the door unlocks – you will hear a click when the door is unlocked.
- Release the button and turn the key to the OFF position and remove the key.

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Lee Maher and Murray Smith try the new chairs in the Library at The Centre



Line Dancers are Back



**The new kitchen at The Centre was inspected by Durham Health on March 11, 2022.
L to R: Murray Easter, Lauren Maher, Carole DeMorest, Donna Easter and Jim Brady**

Board Meeting March 8, 2022

What a time this has been. On March 16, 2020 something happened that I never expected to see. The volunteers of the Auxiliary were locked out of the Port Perry Hospital. The provincial government had declared that schools were to close because of Covid19. Businesses were also closing and hospitals were preparing for the worst. It was too unsafe for volunteers to be involved in the hospital environment. We were all shocked and stunned.

No one thought it would go on for more than a month or two, so we determined to simply enjoy the holiday from our usual commitments. Everything stopped. There were no more meetings or fundraising. The gift shop and Camille's Closet were closed and there was no coffee shack where we could chat with everyone. And more than anything there was no more socializing with our friends as we worked. Surely it couldn't last long. But it did. And it has now been nearly two years since our volunteering has been normal.

Camille's Closet, the thrift shop located outside the hospital, has been the largest part of the Auxiliary that has remained active throughout this time and even they have opened and closed several times due to government restrictions. But the volunteers are a hardy and determined group and have remained ready to open again anytime they are allowed to do so.

It is sincerely hoped that soon volunteering will return inside the hospital and we will be able to get back to working for the benefit of patients and our community.

It has been reported that our apricot smocks are missed in the hospital by staff and patients alike. For certain, the volunteers have missed their jobs and each other.

Just before Christmas, when Covid had settled down somewhat, and before the Omicron variant had fully surfaced, we were able to have a luncheon. People who attended were very happy to see each other. We chatted excitedly with our masks on, were served a lovely boxed lunch provided by members of the Auxiliary and the room was full of excitement and promise.

One final note: As you have read, the Port Perry Hospital will finally acquire a CT scanner. Amazingly, the community has donated over four million dollars in less than one year through the Foundation's Here for You Campaign. The Auxiliary is very proud to be able to contribute \$350 000 towards the scanner even though we have been unable to take part in much of our usual fundraising efforts over the past two years. It is because of the dedication and determination of the volunteers, as well as the generosity of the community, that we have been able to make this contribution.

Thank you to all who contribute in whatever way to the Auxiliary. The money we raise goes towards equipment for the hospital or upgrades to the hospital. When you donate on Tag Days, at the Polar Plunge or in any other fundraising efforts, you can be confident that your donation will be used wisely.

MY GARDEN

Joy Forbes

When I hear the trickle of the melting icicles and I see the sun glistening on the last patches of snow, I discover the delightful croci poking their pretty heads up in my garden.

Overhead the lilting shrill whistle of the red wing blackbird tells me that spring is finally here. The blue jay scolds me when he flies by the empty feeder, and then continues on his way. The finch has discarded his drab grayish coat for one of brilliant yellow and his cheerful song makes me too, want to sing!

It's too early to work and play in my garden so I wait in eager anticipation for the frost to leave the rich brown earth so it can dry, break up, and open. The early robin tries his luck on the hard ground, but he also is disappointed. I wander, tiptoeing over the mushy grass from garden to garden, looking for green



shoots from the new bulbs and perennials that I planted last fall. I inspect trees and shrubs, measure the bursting buds, and I'm lost in the wonder of it all.

My poor husband cringes as I set off for the local nursery, knowing that my car will be full and my purse empty upon my return. He worries how many barrows of topsoil I'll ask him to help carry and how many new holes I will want dug.

As the days grow longer and warmer, I'm there till dusk, planting, transplanting, and digging yet another garden until I lose all sense of time. The robin is back and considers me his friend or perhaps his servant. He cocks his head and hops close by as I turn the soil and uncover his dinner.

Spring becomes summer as I make my early morning rounds and the lovely fragrance of a ruby-red rose halts my steps. I mustn't move a muscle and I hold my breath as a tiny hummingbird hovers above. I marvel at Mother Nature's paintings and contentment fills my heart, and I'm proud that I've given a helping hand.

It's September - the days are shorter and the shadows longer. The heavy morning dew keeps me inside. I've lost all track of time - where did summer go?



EARLY SPRING GARDENING

Linda Porter

After a long winter's rest, our gardens are beginning to wake up. The delicate blue flowers of crocuses in the snow are an early sign that spring is on the way. Early spring is an exciting and busy time for gardeners. There's lots to do to prepare the garden for peak performance. Below are some suggested spring garden tasks:



- Remove dead leaves and debris.
- Cut back dead perennials.
- Dig out weeds being careful not to disturb perennials.
- Prune broken and diseased stems from shrubs.
- Clean up the edges of garden beds with a spade.
- Add compost to enrich garden soil.
- Plan new garden beds or changes to existing ones.
- Divide early spring perennials to rejuvenate plants, fill out your garden, and share with neighbours.

On a personal note:

Last summer I began gardening in Canterbury. Cleaning up existing beds and planting new gardens made for a busy season. Thanks to the kindness of neighbours, I received lots of helpful advice and plants to start my new gardens. Neighbours next door, down the street, and around the corner shared many tips and plants. One Canterbury resident even put their divided perennials on trays near the curb for sharing. Others brought potted perennials right to my door. I'm grateful to live and garden in Canterbury: a community that cares!

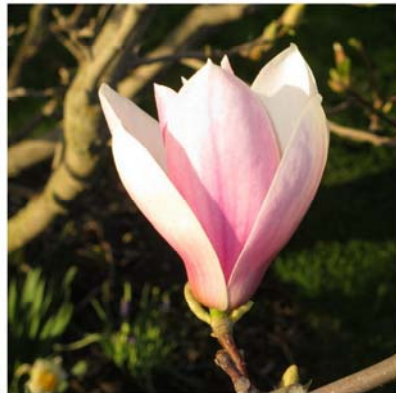


Gordon Pond is a rink that Gord Flear created on the lake at the north end of McCaw Court. Many McCaw residents met there on Sunday afternoons in January.

A resident snow clearing on McCaw

THAT WAS
WHAT WAS...

THIS IS
WHAT'S SOON
TO BE!



LIFE ISN'T FAIR

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio
To celebrate growing older, I once wrote the 45 lessons life taught me.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short, enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the future.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye, but don't worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words, 'In five years, will this matter?'
27. Always choose life.
28. Forgive.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's we'd grab ours back.
41. Envy is a waste of time. Accept what you already have, not what you need.
42. The best is yet to come....
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

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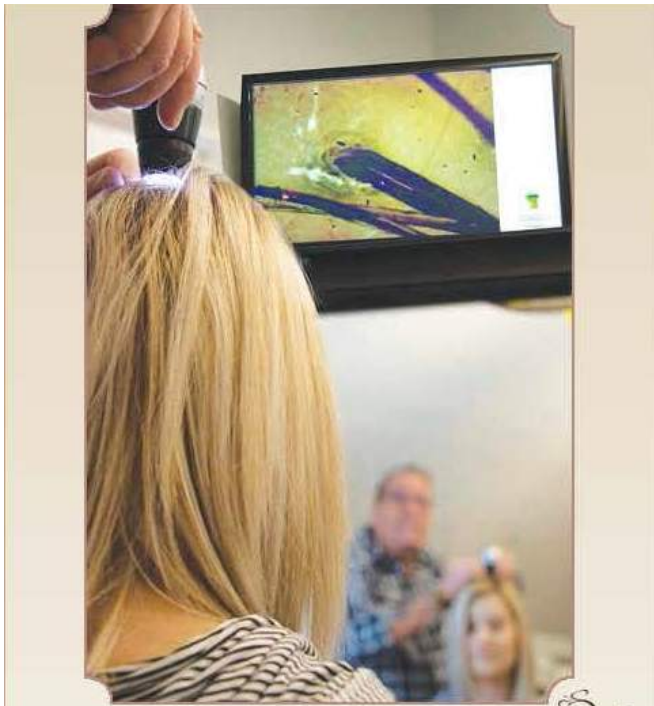
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STYLES

The many types and distribution of trees in Canterbury Common is part of what makes this community special. The choice and planting of trees in the new development will add to this uniqueness and the following is a general guide for planting/choosing trees on residential properties. It also serves as a guide for the planting of trees in the integrated parkland managed by CCRA, which includes the common areas between properties in Canterbury. This is not intended as a replacement for professional advice provided by an arborist or landscape consultant.

To assist in the planting and selection of trees, think of what the trees will look like as they mature in 15/20 years after planting. They are cute when they are young but they grow up and..... All trees need full sunlight for healthy growth; pruning is an essential maintenance as a tree matures. Trees planted too close together will suffer and shaded branches will die as they struggle for sunlight. Most deciduous trees should be planted at least 50 feet apart. The primary growth is upward to produce a healthy canopy and should be pruned from the ground up. What is left is a bare, healthy tree trunk that provides no visual or sound screening at ground level but creates an atmosphere only trees can provide.

Evergreens do provide some screening but need careful perpetual pruning for their health. There are two main types of evergreens in the Canterbury area; conifers and trees like cedars and junipers that do not have cones. In the planting of trees in the Canterbury integrated parklands, the non-coniferous trees are generally not favoured because of the need for perpetual pruning and associated costs. If not maintained properly, the trees grow out of shape and become thin with age. Also, if planted too close together, some will suffer from lack of sunlight and die-off will make the tree(s) unsightly.

Conifers are the preferred choice for screens and general planting where variety is needed. The common conifers in the area are spruce, fir and pine. Spruce, such as blue spruce, are a good choice for general planting and where a visual screen is preferred. They do not require a lot of pruning and retain their shape if not planted too close together to allow sunlight to penetrate between the trees. Fir trees are also a good choice but are a little spindlier and need pruning of the lowest dead branches that do not get sufficient sunlight. Avoid balsam firs as they have a shallow root system and are prone to uprooting in high winds and heavy snow cover. Pine trees do well as solitary trees and provide a good contrast and variety in a treed landscape.

In planning for the planting and maintenance of trees in Canterbury common, the following may provide some guidance:

- Deciduous trees are not a good choice as screens; conifers are;
- In general terms, deciduous trees grow upward; conifers need sufficient ground space as they can expand 25+ feet in diameter at ground surface;
- Allow at least 50 feet between deciduous trees; conifers can be planted closer together as clumps as long as there is sufficient space for individual sunlight;
- Deciduous trees benefit from pruning of lower branches to develop a healthy canopy and allow for easier grass cutting and walking; conifers need less pruning for visual effect;
- Cedars and junipers need perpetual pruning to maintain a healthy foliage and shape; spruce, fir and pines are good choices for local planting and need less care if planted so that each tree gets sufficient sunlight;
- To avoid permanent insect damage to deciduous trees, inspect the trunk for loose bark under which the insects lay their eggs; peel away any loose bark!!!!!!!

Canterbury Common is a community that we can be proud of because of the many volunteers who devote their time and effort to make the community we are. Trees are very much a part of the landscape in Canterbury and also need our attention and help after they are planted and as they grow to maturity. Young trees especially need our attentions and care to develop strong root systems and vigorous growth. In this regard, watering of baby and teenage trees is especially important, regardless of the weather the tree is on the street boulevard, in your back yard, or our common areas.

Would you be interested to "adopt- a -tree" to care for in its baby and teenage years of growth? This would involve nothing more that watering during the hot summer months and inspecting it for any signs of insect infestation and bark health. The town does not want us to prune any trees on the street but watering is allowed; the house and property committee does tree pruning in our common areas but needs help in watering of young trees. If you would like to adopt a tree anywhere in Canterbury, please contact me for more information at 905-982-0196.

THE HOSPITAL REPORT

Dear Canterbury Common Friends,

As I write this, Ontario is starting to re-open once again after the impact of the Omicron variant. Though these past few months have been challenging, I have so much hope for what's to come, and feel a great sense of gratitude for our community of Scugog/North Durham.

As you may know, the Foundation has achieved its Here for You campaign goal of \$4 million to bring a CT scanner and other essential equipment to Port Perry Hospital! After a necessary pause due to Omicron, the Lakeridge Health CT Scanner team is back at it, with plans for the CT's arrival and installation later this year. I look forward to keeping the community informed as the project progresses.

The Here for You campaign is also funding significant equipment upgrades across the hospital campus. Early examples include a portable Sonosite ultrasound unit for use in the surgical program and a state-of-the-art laparoscopic tower, expanding on the marvels of visual clarity in minimally invasive surgery.

To the many who contributed to the campaign, thank you and hats off to you! Your donations are helping to transform healthcare in North Durham in important and exciting ways.

Looking beyond our local hospital, I'm thrilled to share other healthcare developments with you. To provide additional supports for those who test positive for COVID-19 and are at high risk of progressing to serious illness, a new Lakeridge COVID Therapeutic Clinic at Ajax-Pickering Hospital has opened and is accepting eligible COVID patients. To read more about this clinic, look for the article at www.lakeridgehealth.on.ca/en/news.

Lakeridge Gardens, a new long term care facility adjacent to Ajax-Pickering Hospital opened in mid-March with 360 beds! This expansion of long term care for Durham Region will provide significant additional supports for those accessing specific care related to aging, and also help ease the strain on our hospital systems all the way back to emergency departments.

Another significant step in the vision for health care for Durham has come to pass. A location has been selected for a proposed additional Lakeridge hospital, one that would expand on existing hospital sites, including Port Perry, for our rapidly growing region. The site, located in Whitby between Highway 407, Highway 412, Lake Ridge and Highway 7/Winchester Road, is centrally located, and easily accessible due to its proximity to major roadways, as well as planned public transit. The site selection is an early step on the long road to provincial approval.

I look forward to connecting with you over the phone, or out and about in the community. Remember to visit www.pphfoundation.ca and follow us on social media for regular updates.

Please email me at 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.

To your good health!

Rachel Agnoluzzi
CEO, Port Perry Hospital Foundation



Port Perry Hospital Surgical Nurse poses with new state-of-the-art Sonosite Ultrasound Unit

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Blast from the past!



Can you guess who?
Answer is on page 40

Word search - Spring flowers

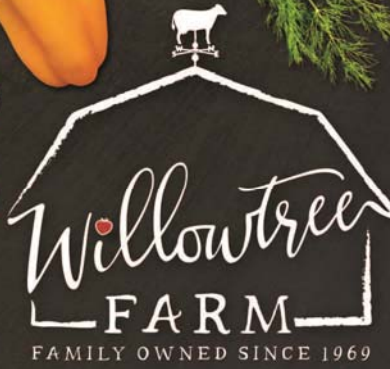
Bluebell
Buttercup
Coltsfoot
Crocus
Daffodil
Daisy
Forsythia
Hyacinth
Pansy
Primrose
Snapdragon
Trillium
Tulip
Violet

V	I	L	U	N	M	M	H	E	U	L	R	D	Y	L	D	L	U
M	Y	S	G	V	Y	G	L	C	P	T	F	B	E	B	F	L	G
G	V	C	U	V	B	D	I	I	B	D	D	R	U	L	E	D	P
T	N	I	B	C	Y	Y	H	M	A	T	N	O	V	M	M	A	U
N	O	C	O	M	O	T	I	F	I	D	V	B	T	S	N	H	U
R	N	O	B	L	R	R	F	S	P	E	U	F	N	S	N	L	U
O	O	M	F	I	E	O	C	Y	F	T	T	S	Y	B	O	C	F
P	G	V	D	S	D	T	E	P	T	P	E	C	L	R	G	I	S
I	A	F	I	I	T	C	H	E	R	N	G	Y	M	S	F	H	D
S	R	P	L	H	V	L	R	Y	V	H	Y	A	C	I	N	T	H
I	D	B	C	S	C	C	O	A	I	H	T	Y	S	R	O	F	T
M	P	N	N	E	U	N	S	C	T	C	C	F	C	L	E	U	N
H	A	S	I	P	C	P	B	L	U	E	B	E	L	L	L	D	N
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N	M	H	P	R	I	M	R	O	S	E	S	U	S	B	D	E	E
B	R	V	O	O	G	U	S	T	C	M	R	Y	L	U	R	T	L
N	P	Y	E	P	L	U	V	N	T	I	R	O	O	R	F	F	H

Answers to Winter Chronicle crossword puzzle

1	C	U	P	O	F	E	G	G	5	N	O	6	G	7	T	O	8	T		
	A		L		L		A		E		I		U		E					
9	T	R	U	C	E		10	R	E	A	F	F	I	R	M	S				
	A		N		E		T		R		T		K		T					
11	R	I	G	H	T	H	E	R	E		12	C	H	E	R	E				
	A		I				R		S		A		Y		D					
13	C	A	N	U	C	K	S		15	T	A	R	T							
	T		G		U									16	C		17	A		
						18	S	T	A	19	R		20	R	O	S	E	H	I	P
21	A		22	E		L		E		A					E				P	
23	S	A	N	T	A		24	A	G	G	R	25	E	S	S	O	R			
	H		E		S		D		E		I			T		O				
26	C	H	R	I	S	T	M	A	S		27	G	E	N	O	A				
	A		G		E		I		O		H		U		C					
28	N	A	Y			29	S	A	T	I	N	S	T	I	T	C	H			

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Sales Representative



For 23 years, I've been a member of CCRA, and recently served all of our Members and Residents on the Board of Directors. I continue to be a strong advocate for why so many people choose to live in our unique, vibrant community.

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SPRING CAR MAINTENANCE TIPS

Here are some tips to keep your car running safely this spring and summer:

1. **Change your oil and oil filter.** Changing your oil and oil filter at the intervals recommended in your vehicle's owner's manual is one of the best ways to keep the engine running trouble free. Neglecting to replace engine oil can result in poor engine performance, higher fuel consumption and even severe engine damage.



2. **Check your fluids.** When you change your oil and oil filter, you should also check your fluids. Check your power steering, brake, and transmission fluids; your windshield washer fluid; and your coolant. If the levels are low, top them up, and flush/replace them as recommended in your owner's manual. Keep in mind that your power steering, brake and coolant systems are closed, so low fluid levels may indicate a leak.



3. **Replace your wiper blades.** If they're torn or cracked your wiper blades won't do you much good in the middle of unrelenting spring showers when visibility is reduced.



4. **Check your charging system.** Cold temperatures can do a number on your battery, so now is a good time to have it tested. You should also check to make sure that your battery is securely mounted and that the connections are clean, tight, and corrosion free. If your battery is more than five years old, you should consider having it replaced.



5. **Fix your windshield.** In cities where sand and rocks are used on icy roads, motorists often end up with chips and cracks in their windshields. Although these may not seem like a big deal, any damage to your windshield can decrease the overall effectiveness of airbags, seatbelts, roof stability, and your personal safety in the event of an accident. If your windshield has a crack, it's important to have it repaired or replaced immediately.



6. **Check your lighting.** Check all exterior and interior lighting to identify any problems. When your vehicle's lighting is defective, other motorists may not get the message that you intend to stop or turn. The end result could be disastrous.



7. **Lubricate your chassis parts.** Many newer cars are "lubed-for-life," but some still require regular chassis lubrication so check your owner's manual. Replacement steering and suspension components may also require periodic lubrication.



8. **Check your belts and hoses.** Cold temperatures can harden and/or damage rubber, so it's important to check your belts and hoses for damage. Check your hoses for hardening, softening, leaking, cracks, blistering, or other visual damage, and check your belts for looseness, cracks, frays, or glazing. If you have to replace one of your belts, you may also have to replace the tensioner and pulleys to keep the new belt from slipping.



9. **Check your filters.** Your car has a number of filters that are important to its longevity and should be replaced regularly. Check your engine air filter, your cabin air filter, and your fuel filter for damage or clogging and replace them if necessary.



10. **Check your tires.** Your tires are the only point of contact between you and road, so it's important to take care of them. Check the pressure of all your tires (including the spare) monthly, and maintain the optimal pressure recommended in your owner's manual. Check the tread for uneven or irregular wear and for cuts or bruises on the sidewalls. Rotate your tires every 10,000 kilometres, and replace them if they are worn or damaged.



<https://www.becarcareaware.ca/spring-car-maintenance-tips/>



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THE ENTERTAINMENT INDUSTRY IS BACK

Frances Hurst

Well, at least for the time being. As a person who has been a part of the entertainment industry for over 25 years, I am happy to say that we can go back to attending shows and concerts once again! Soon the mask mandate will be lifted, and the vaccine passport also will not need to be shown at the door. However, as I continue to be a part of the industry, my company gave me some tips about the next steps for attending a Concert at the venues I am affiliated with. When attending a performance, take a mask and proof of vaccinations - for many reasons. When you book tickets don't be afraid to ask questions. You should be notified about the guidelines to be permitted into the venue. Ask questions if you are not vaccinated rather than find out later you must show a vaccine passport to be permitted into the venue. Also find out if you can get your money back. I can only assume that other entertainment facilities will follow these measures as it's not necessarily the venues who make the entrance rules, but it is sometimes a decision of the performers and the promoters.

SMILE OF THE DAY!

Dave McBride



A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbour, "What kind is it?"
"Twelve thirty."

It was mealtime during an airline flight. The flight attendant asked passenger John, "Would you like dinner?"

"What are my choices?" John asked.
"Yes or no," she replied.



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Answer is: Carol Demorest

In Memoriam



Carol Fagel
December 30, 2021



Jim Merriam
December 31, 2021



Jim Gross
January 9, 2022



Louise Brown
January 22, 2022



Pat Corlett
February 20, 2022



Gord Leaver
March 11, 2022



JOAN RICKERD

Nora Senechal

Over the years we have lost many residents and former residents of the Canterbury Common community. We see the flag at half mast or see an obituary on the bulletin board at the kiosk or in The Centre and once again feel the loss of a friend. The Chronicle has an In Memoriam page so that we can recognize these losses but we do not usually recognize the loss of a former resident. Last fall however, we lost someone who has meant a lot to the Communications Committee. Joan Rickerd was an "original resident" but moved to Ottawa in 2019 to be closer to family.



Joan had been the Chair of the Communications Committee, Liaison to the Board for Communications, the Editor of *The Chronicle* and contributed many interesting articles for this publication. Joan did not work on the first issue of the Chronicle in April of 2001 but by December she was an editor. Joan was instrumental in bringing this formerly 5 page newsletter through many changes which have made it possible for the current Chronicle Team to produce the issues you receive today. Joan was involved in many different aspects of the community; with the Friday Nighters group she hosted several Wine Tasting events and many Ladies Luncheon events and some Coffee Hour mornings with the Social Committee.



Joan, along with all the other residents we have lost over the years, will be missed.

Canterbury Common Residents' Association



MEMORIES JUNE 2011 WEST PARKETTE

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Vice-President	George Clapham	Governance	Tom Phipps
Secretary	Marilee Egan	House & Property	George Clapham
Treasurer	Lee Maher	Municipal Affairs	Dorothy Bull
Administration	Murray Smith	Social	Ellen Brewer
Communications	Nora Senechal		

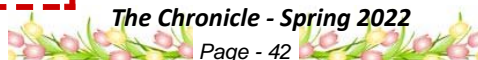
Committee Chairs 2021 - 2022

Administration	Murray Smith	House & Property	George Clapham
Communications	Nora Senechal	Municipal Affairs	Dorothy Bull
Finance	Lee Maher	Social	Lauren Maher
Governance	Gord Simmons		

The Chronicle Team for the Spring Issue

Chair / Board Liaison	Nora Senechal	Layout / Preparation	Wendy Lang
Vice Chair	Karen English	Secretary	Joan Cushnie
Editor	Linda Porter	Webmaster	David Streeter
Submissions Coordinator	Frances Hurst	Photo Coordinator	Lou Rocha
Advertising	Wendy Lang	Committee Support	Alice Lynch
	Nora Senechal		David McBride
			Brenda Glover
			Dave Brolley

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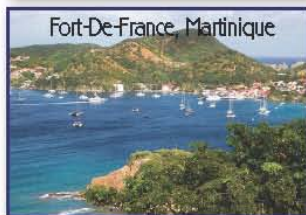
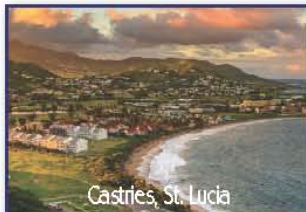
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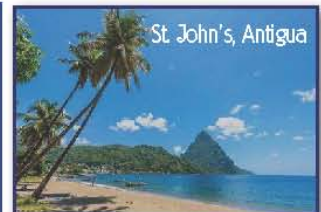
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01 Feb	At Sea		
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03 Feb	St. George's, Grenada	10:00 am	6:00 pm
04 Feb	Fort-De-France, Martinique	8:00 am	6:00 pm
05 Feb	Castries, St. Lucia	8:00 am	6:00 pm
06 Feb	St. John's, Antigua	8:00 am	6:00 pm
07 Feb	At Sea		
08 Feb	At Sea		
09 Feb	Fort-Lauderdale, Florida	7:00 am	



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