BAYFIELD BREEZE
the village's own online news source

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Dec. 19, 2012 Vol. 4 Week 52 Issue 181

EVENING YOGA CLASS TO OFFER BALANCE IN THE NEW YEAR

PRESBYTERIAN CHURCH

The members of Knox Presbyterian Church are aware that the Christmas season isn't always a joyous time for everyone.

Anyone who is finding the season difficult is invited to attend Knox's "Longest Night Service" on Dec. 21 starting at 7 p.m.

The congregation notes that sadness at this time can be the result of: the loss of someone, broken dreams, personal stresses, unresolved family conflicts, family financial problems and being alone when others are seeing loved ones. Anyone experiencing any of these issues may find the service of help.

Jennifer Reaburn is bringing yoga "home." She is very excited to have the Bayfield Town Hall as a place for practice. The first class is set for Jan. 2 and will be offered free of charge. (Photos by Dennis Pal)

Local Yoga Teacher, Jennifer Reaburn, is looking forward to having people join her in a little pre-dinner yoga.

"This is a great time for a lot of people, I find, because you can work hard, breathe, and stretch out the stresses of the day, and still have a whole evening ahead of you to relax, cook, have a glass of wine," said Reaburn, who will be running classes at the Bayfield Town Hall every Wednesday from 5:30-6:45 p.m.

Reaburn grew up in Huron County, but just moved back to Bayfield two years ago after 16 years away traveling, learning, and working. She began practising yoga fourteen years ago after a health scare that prompted her to examine the relationship she had with her body.

"I realized I hadn't been very loving to myself, and I knew I had to find ways to develop a healthy relationship with my body. Yoga was the answer that came to me," she said.

That answer lead her to spend a year in India at the age of 23, deepening her practice and setting up a life long journey. She has since sought many teachers in many different styles, and did her Yoga Alliance Certified 200-hour Teacher Training in Toronto at Kula, in a style that emphasizes safe alignment principles and a life-affirming philosophy.

Upon moving back to Huron County, Jennifer began teaching for New Leaf, in the well-established yoga program Laura Sygrove founded at the Bluewater Detention Centre.

"The youth I worked with were the best teachers I've had – I learned so much about keeping it real and accessible, and about the effects of trauma on the body. Working with that program has definitely formed the way I teach – it underscored how important it is for everybody to have a body and breath centered practice to deal with stress," she said.

Reaburn has also been teaching at OM Yoga Studio in Grand Bend, and at the Goderich YMCA, where the yoga program has been a huge success.

"There are upwards of 25 people coming to almost every class. It's amazing!"

She also works developing curriculum at Virtual High School. Plus in her "spare time" she knits the Bell(e) scarves that raise money for New Leaf Yoga Foundation, and can be purchased at Hive. Even with such a busy schedule, Reaburn felt there was just one thing missing, and that was a class in Bayfield.

"It's my home! Of all places, this is where I should have a class to offer my community."

Finally, Reaburn is bringing yoga "home." She is very excited to have the Bayfield Town Hall as a place for practice.

All who attend will share in scriptures and carol singing as well as the opportunity to place a star on the remembrance tree in the sanctuary. This tree was placed there to acknowledge and absorb the personal sadness of those who take part.

CHAMBER NEWS

The Bayfield and Area Chamber of Commerce (BACC) welcomed a number of new businesses to Bayfield in the past year and a half.

Seven of the businesses are located on our heritage Main Street and they are as follows: Bayfield Beauty Shop, Sweets and Treats, Patina Studios, Hive of Bayfield, Big Impact Signs, Virtual High School, and BKL Consulting Engineers. The village is now home to two new restaurants both with locations on Hwy. 21. They are Our Thai Restaurant and The Bayfield Diner. It should be noted that Cyndi's Garden is now under new ownership and that Gold Coast Landscaping will be opening to business in 2013 in it's new location just south of the village on Highway 21.

Currently there are over 70 members of the BACC. Some of the benefits of membership include great networking, good advertising and marketing opportunities. All businesses big or small should consider joining the Chamber of Commerce. The Chamber's mission is to showcase local and area businesses, to attract people, investments and interests to the village as well as to support local endeavors and initiatives in any way possible.

The BACC would like to extend to all wishes for a very happy Christmas and a successful New Year.

TAOIST TAI CHI

In view of the success of the first introductory class in September, Fung Loy Kok Taoist Tai Chi™ is pleased to be offering its second Taoist Tai Chi™ introductory class on Thursdays from 9-11 a.m., starting Jan. 10 at the Bayfield Town Hall.

The Taoist tradition teaches that a person's health depends on the harmony of body and mind. Fung Loy Kok Taoist Tai Chi, drawing on a rich lineage of Taoist training, offers a variety of activities to help people with their physical, mental and spiritual health at all stages of their life. Practice of the Taoist arts can improve strength, flexibility, balance, and circulation and can help calm the mind and cultivate the heart, transforming one into a healthier and more harmonious person.

Participants can immediately experience the benefits of these arts through the gentle yet powerful movement of Taoist Tai Chi. All are welcome to attend these classes taught by accredited, volunteer instructors.

Jennifer Reaburn began practising yoga 14 years ago and also teaches classes at OM Yoga Studio in Grand Bend and the Goderich YMCA.

“It’s just the perfect place for it – cozy, wood floors, high ceilings, and at the heart of the community. I’m really grateful,” she said.

Classes are open to all levels and ages.

“I’m blessed with good training – I can teach to different levels and offer modifications that preserve safe alignment for any body. And, I will always honor people to take care of themselves and their limits,” Reaburn said. “Yoga is about exploring and embracing the limits of our bodies, and gently expanding them, instead of trying to ‘break through’ or ‘push’ the body into particular shapes. One of my dearest teachers said, ‘yoga poses aren’t yoga – they are the opportunity to practice yoga.’ So true. I say that in almost every one of my classes.”

The first class set for Jan. 2 will be offered free to all who wish to come and meet Reaburn and try her class.

“Don’t be afraid, even if it’s your first time trying yoga. What better way to bring in the New Year with heart? I hope to see a lot of faces there. I do have some extra mats, but it is recommended to bring one if you have one,” she concluded.

ANSWER TO NHL LOCKOUT BLUES IS HOCKEY NIGHT IN BAYFIELD

An Open House for Taoist Tai Chi will be held on Jan. 3 at the Bayfield Town Hall from 10-11 a.m. For more information call Doug at 519 565-5187.

CALIGRAPHY COURSE

About 27 years ago, Rita Paakkunainen took three courses in Calligraphy. She hasn’t set down the pen since. In fact she has inspired several others to pick one up by becoming an instructor herself.

She is now hoping to share her knowledge and love for the art with area residents. She is offering a Calligraphy course for both beginner and advanced skill levels. The course will be offered for 10 weeks, from Jan. 8 to March 12, at the Bayfield Lions’ Community Building.

During the 10-week period, students will learn about three styles of writing, rounded, condensed and gothic. She can support both beginners and the more advance Calligraphers in her class as she offers them individual support.

Illuminating, the decorative edges of the work, is also explored in the classes. Participants can create their own free hand art or adapt pieces from tracings depending on their skill levels. Card making and stamping is also touched on in the class.

The 10-week course is $120. She encourages participants to purchase a starter kit from her for $15 so that everyone is working with the same materials and has the correct ones.

Please contact Paakkunainen at 519 565-2343 to learn more about the course or to register prior to Jan. 7.

EMPTIES FOR ALZHEIMERS

Two Bayfield women would like to remind everyone preparing for holiday gatherings that their tradition of collecting empties for Alzheimer's Disease is continuing this year.

Dianne Brandon and Carrie Courtney will be participating in the 2012 Walk for Memories on Jan. 26 at the Goderich YMCA from 10 a.m. to noon and are now collecting donations for the cause.

It is, of course, hoped that everyone will celebrate responsibly this festive season and when doing so plan to donate the empty beer bottles and cans; wine and liquor bottles to their team, “For the Love of Elane and Doris”. The ladies being honored are currently living with Alzheimers, Elane Brandon, Courtney’s grandmother, and Doris Schilbe, Dianne’s mother.

Empties of all sorts may be dropped off at Brandon's Hardware in Bayfield, or picked up anytime, just call Brandon’s Hardware at 519 565-2677 or 519 565-

The members of the Bayfield Optimist Club would like to know, “Has the NHL lockout got you down?” The club is planning a fun evening out that could help put that “hockey smile” back on fans’ faces.

They will be hosting, “Hockey Night in Bayfield – What Lockout?” on Jan. 26 at the Bayfield Arena and Community Centre.

“94.5 The Bull – Tryhards” are coming to the village for an extra special night of hockey. They will be lacing up their skates to take on some of the area’s own amazing local talent. The club members are planning for a fun filled game the whole family can enjoy.

The Bayfield Arena doors will open at 6 p.m. with the opening ceremonies to held at 7 p.m. and the game to follow at 7:30 p.m.

Tickets are available now for $10, 11 years and up; $2, 5-10 years and free for children under five. Tickets can be purchased in the village at Brandon’s Hardware or the Nip 'N Tuck. With every ticket purchased, people will have a chance to win to participate in a "Shoot-to-Score" puck-shooting competition.

The evening will also include: door prizes, “Chuck-A-Puck”, 50/50 draw and a silent auction, with items that even Don Cherry wishes he had! “The Bull” radio station host J. STEVENS will be on hand to MC and auction off items.

Fun swag will be for sale and there will be food too, such as, hot dogs, pizza slices, Slushies, treat bags and hot chocolate. “The Bull” radio station will be donating prizes and giveaways.

In fact, the one-of-a-kind “Hockey Night in Bayfield” t-shirt can also be purchased prior to the event for $15 and is available now for Christmas local delivery. Please call Optimist Joan Schilbe to order yours, 519 565-2952.

This will be a licensed event with an Age of Majority dance to follow all the hockey fun.

Also there may be some guest appearances…after all everyone knows who isn’t working right now and may be available!

All proceeds from the event will go toward the Optimist Club of Bayfield’s “Making-A-Splash” Campaign.

LEVEL ONE ADVISORY TO CONTINUE THROUGH WINTER

2545. Empties may also be dropped off at Bayfield Convenience in their names.

OPTIMIST CLUB

The Bayfield Optimist Club’s “Making a Splash” Campaign is now ongoing in the community.

Club members and “Friends of Optimists” will be going door-to-door to talk to people about the Splash Pad project and provide them with a letter explaining how they can contribute. The Municipality of Bluewater will provide tax receipts for donations over $25.

This letter will offer details on how people can purchase an engraved brick or park bench to aid in the fundraising.

Canvassers will be wearing “name tags” identifying themselves as being part of the campaign.

People who wish to purchase a brick or a bench but don’t live in the village can now access the order form online through the recently launched website: www. bayfieldsplashpad.com. A PDF of the same form being distributed door-to-door is available on the site, just fill it out, print it off and mail it in.

Can’t wait for a person to come to the door? Forms are also available at Brandon’s Hardware.

Brick walkways similar in design to the existing Bayfield Town Hall and the Clan Gregor Square walkways will be installed around the Splash Pad giving the project a timeless and cohesive look.

If all goes according to plan, the club hopes to have the sprinklers spraying in the park by Canada Day 2013.

FITNESS FUN

Those people anticipating that their New Year's resolutions will be to become a little more fit can get started planning with the aid of the village’s One Care sponsored activities. Please call 519 565-2202 to receive a monthly online schedule of some of the fitness opportunities available in Bayfield.

Badminton continues at the Stanley Complex in Varna. The games begin at 7 p.m. No equipment or experience needed.

One Care sponsored Pole Walking is a popular fitness opportunity in Bayfield. Walks for women are held on Tuesdays and Thursdays and walks for men Mondays and Fridays. The start time is 8:30 a.m. Walks depart from 6 Main Street, after walking, 10 minutes of stretches are conducted in beautiful Clan Gregor Square.

“Guys on the Go” meet at 6 Main Street on Wednesdays at 8:30 a.m. What’s on the agenda?

The Water Response Team (WRT) has announced that the current Level 1 Low-Water Advisory will remain in place for the entire watershed area of the Ausable Bayfield Conservation Authority (ABCA) into 2013.

ABCA staff will continue to monitor watershed conditions and keep the WRT and public informed of any changes in conditions. The WRT plans to meet in the spring of 2013, but is prepared to meet earlier if conditions warrant.

Monthly rainfall totals for November ranged from 20-50 millimetres (mm), or one to two inches, across the ABCA watershed. In some areas, these totals were the lowest of any month since spring 2012. Rainfall totals were on average, 40 per cent of normal for the month of November and well below the Ontario Low Water Response program's precipitation indicator of 80 per cent. The watershed did see an increase in flows from October but both October and November stream-flows were about 25 per cent of normal. The increase in November base-flow was due in large part to the rainfall experienced in October. Stream flows have rebounded as a result of rainfall in the first half of December. A quick freeze-up and heavy snow cover would limit the extent of rising stream flows and groundwater recharge.

The autumn months are an important recharge period for groundwater supplies and base-flow contribution. Groundwater levels in the shallow aquifers have shown some improvements but the amount of water available for recharge this year is below what would normally be expected. There is a possibility that the watershed and the water users could enter into the spring with a depleted water supply and that could cause water shortages, typically seen in the later part of the summer, to occur earlier in 2013. This potential situation depends on the type of weather that takes place this winter. Dry conditions in the spring would be a sign that the watershed may see significant stress on its water resources during the summer months. Having the WRT in a position to act on conditions early may be essential in sustaining water availability throughout the year.

WRT Chair, Mike Tam said that stream-flows remain low relative to normal for this time of year.

"Water use is traditionally very low during the winter, yet people need to be aware that we could be in a serious situation early next spring," he said.

The WRT was formed in 2001 in response to the low-water conditions that year and the team has been active ever since. The WRT includes representatives of major water users (such as aggregate industries, agriculture and vegetable growers, and golf and recreation) and includes local municipal representatives and staff of provincial departments (such as Ontario Ministry of Natural Resources; Agriculture, Food and Rural Affairs; and Ministry of the Environment).

ABCA staff will continue to monitor rainfall and stream-flow data and keep the public informed of any changes in watershed conditions. Visit www.ontario.ca/lowwater for further resources on the Ontario low water response program or ABCA website at abca.on.ca and view the dynamic low-water advisory tool which alerts people to low-water advisories in effect in the watershed.

Anything goes – biking, hiking, maybe even snowshoeing.

Total Body Fit co-ed classes are held on Mondays, Wednesdays and Fridays at 9 a.m. The classes are held at the Bayfield Community Centre. The cost is $4 per class. Please note these classes will go on hiatus for Christmas on Dec. 19.

Stronger Seniors co-ed classes are offered on Mondays and Wednesdays at 10:15 a.m. On Fridays a Gentle Stretch Class is offered at 10:15 a.m. Both of these fitness opportunities are held at the Bayfield Community Centre and cost $2 per class.

A Gentle Yoga Class is held at the Bayfield Town Hall starting at 10 a.m. on Tuesdays. The cost is $4 per class and participants are asked to bring a yoga mat.

For more information on the above exercise opportunities call 519 565-2202 or 519 565-5638

REMEMBER ME?

ISSUE 179

There are countless photographs of people in the Bayfield Historical Society's Archives collection, but sadly their names were never recorded. In this section we will showcase an image with the hopes that one of our subscribers might be able to identify the individual(s) in the photo. Please email your information to the Editor's attention at the address listed near the bottom of the page in "Submissions" or you can email the archivist directly at bayarchives@tcc.on.ca or click on the image and make a comment on Flickr. You can view the entire Collection of Remember Me Photos: Volume 2 on Flickr as well.

This week, Ferne and Harry Baker celebrated their marriage and the holiday season by sending out this Christmas card in 1972.

In Issue 179, the Middleton Church Quartet is shown performing at the retirement party for Rev. Beck Harrison held at Trinity Anglican Church in August 1971. Does anyone recognize these ladies?

ISSUE 180

In Issue 180, a Christmas card sent out by Lucy and Carol Diehl is featured. Lucy Woods-Diehl remains synonymous with the village through her work as the Bayfield Bugle correspondent as well as being the person behind the creation of Pioneer Park.

Make your comments...click on any image and it will take you to Flickr.

SHARE PHOTO STORY

BAYFIELD RIVER VALLEY TRAIL ASSOCIATION

BREAKING TRAIL TOWARD IMPROVED WATER QUALITY

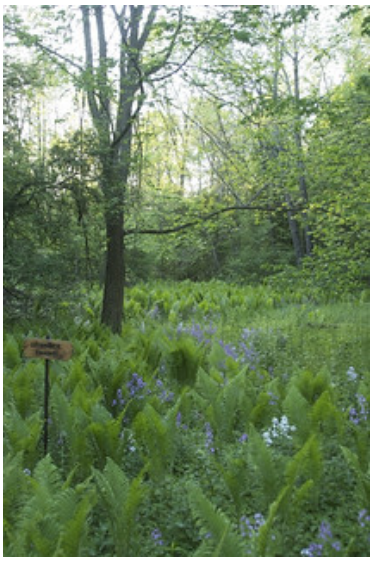
The Bayfield River Valley Trail Association recently received $24,500 in funding. Part of this money will be used to develop an interactive web site as well as a trail guide. These two initiatives will provide insights into efforts of the organizations and individuals trying to improve the water quality of the river and the Great Lakes.

PHOTOS BY MELODY FALCONER-POUNDER STORY BY KEN LARONE

More than $24,500 has been donated to the Bayfield River Valley Trail Association to improve its trails and take leadership in restoring the water quality in the Bayfield River watershed.

The funds will be allocated toward such projects as, a solid new 1.2 KM hard surface trail at Varna's Taylor Trail for wheelchairs and strollers. More trees will be purchased for the Bayfield Tree Project. An interactive web site will be developed as well as a trail guide. The latter two initiatives will provide insights into efforts of the organizations and individuals trying to improve water quality of the river and the Great Lakes.

The Government of Ontario is the financial supporter behind the Great Lakes Guardian Community Fund (GLGCF) – the provider of the BRVTA's substantial donation. It's a $1.5 million fund for source water protection.



More than $24,500 has been donated to the Bayfield River Valley Trail Association to improve its trails and take leadership in restoring the water quality in the Bayfield River watershed.

The BRVTA is not alone with its new focus on the river and beaches. Early in 2011, the Erb Foundation of Michigan provided $110,000 for the Ausable Bayfield Conservation Authority (ABCA) to develop a watershed plan for the part of the Bayfield River running from Clinton to Bayfield (lower Bayfield River Watershed). The ABCA plan has been completed with the assistance of a committee of interested citizens in the watershed. It outlines the steps needed to protect and remediate the watershed. One of the critical components of the plan calls for engaging community groups in restoring the Bayfield River and its beaches.

A number of groups encouraged the BRVTA to expand its mission to help restore the river. Together these groups will provide knowledge and expertise to help make the BRVTA's project a success.

"Forty million people and countless aquatic and land species depend on the Great Lakes for their survival. We take for granted that this massive supply of water will be there in perpetuity and always available for consumption," said Letheren.

He noted that there is little that can be done about volume of water in the lakes if climate change is not managed.

According to Letheren, 40 million people and countless aquatic and land species depend on the Great Lakes for their survival.

Lower water levels are not only an environmental concern but; an economic concern, as the Bayfield Harbour is the largest recreational harbor on the Canadian side of Lake Huron and a significant part of the economy in Bluewater.

Ken Larone, of the BRVTA, looks on as Alanna Scott, of Environmental Defence, does turbidity testing of the river. (Submitted photo)

“Climate scientists agree we will continue to have warmer summers with less rain, warmer winters and less ice coverage and this leads to warmer lakes and greater evaporation year round,” he said.

According to Letheren, lower water levels are not only an environmental concern but; an economic concern, as the Bayfield Harbour is the largest recreational harbor on the Canadian side of Lake Huron and a significant part of the economy in Bluewater.

“But water quality is ours to determine. Every individual is either a part of the problem or part of the solution. Every toilet flushed, every cleaning agent poured down a drain is a contributor to the degradation of the water quality,” said Letheren. “Every cow, pig and chicken that, well you know, likewise adds to the decline of the water quality. And before every farmer in the county runs a pitch fork through my heart, let it be said that while much more must be done, remarkable strides have been taken in recent years by the agricultural industry to protect our waters. The same cannot be said for urban dwellers.

“The issue of agricultural pollution is a consumer problem not an agricultural production problem. If we were prepared to pay the true cost of meat, that would include the cost of environmental protection, then agricultural pollution would not be an issue.”

The organizations supporting the efforts of the BRVTA are the ABCA and its Foundation, Friends of the Bayfield River, The Lake Centre for Coastal Conservation, The Huron Stewardship Council, the Municipalities of Central Huron and Bluewater, The County of Huron, Fresh Water Futures in Michigan, Farm Communities, Huron Tract Land Trust Conservancy, Bayfield Area Chamber of Commerce and the Bayfield Ratepayers Association.

A number of groups encouraged the Bayfield River Valley Trail Association (BRVTA) to expand its mission to help restore the river. Together these groups will provide knowledge and expertise to help make the BRVTA's project a success.

Ray Letheren, an executive member of both the BRVTA and Friends of the Bayfield River, said, "The Canadian and US governments have recently signed a comprehensive agreement that will provide the framework for international co-operation in protecting the Great Lakes."

He also noted that the governments support trail development. Two years ago, the BRVTA undertook to develop a trail that was accessible by all individuals. This fund will allow the volunteers to purchase and apply a solid surface to the existing 1.2 KM gravel trail at Varna.

"The GLGCF was impressed by the plan of the BRVTA to develop an interactive web site and pocket sized trail and environmental guidebook," said Letheren. "In addition to assisting trail users to "find their way" the book will provide information of natural features along the way and explain the relationship between elements of the ecosystems and their connection to water quality in the lake.

"It is estimated it will take 12 months to complete this project. While many have committed to the task, every citizen of the watershed will have to be participants if we are to succeed in remediating and protecting the lake one stream, one tree at a time."

PIXILATED — IMAGE OF THE WEEK

Click to enable Adobe Flash Player

It's beginning to look a lot like Christmas, despite the absence of snow, and the members of the Photography Club of Bayfield gravitated toward objects that were both round and red for their December assignment. The photographers who shared their work with the Bayfield Breeze are Kevin Kale, Dennis Pal, Gary Lloyd Rees, Conrad Kuiper, Janette Baillie, Marty Bond, A.J. Kaptein, Jack Pal and Nancy Kale.

Email your photo in Jpeg format to bayfield.breeze@villageofbayfield.com with the subject line Subscriber Photo of the Week. or...Upload your photo to Flickr.

I am looking for the Bayfield that is a delight to the eye – please share photos with a touch of whimsy, beauty, humor or a sense of fun. If you are to include people in your photos be sure to have their permission to publish their picture on-line and also send in their names and where they are from. And don't forget to tell me who took the photo for proper credit to be issued

Melody Falconer-Pounder

SUBMISSIONS

Wow, just double-checked my calendar and next week's issue falls on Boxing Day – I will be knee deep in the wrapping paper by then so I guess it's time for the annual Christmas missive.

I began writing for the Clinton News-Record and the Goderich Signal-Star – hmmm – well, more than 20 years ago and since then I have kept a list of my Christmas notes so as not to repeat them.

I have written about snow, time, favorite gifts, Christmas stockings, searching for Christmas, kittens and cats, my father and the coming of the millennium to name but a few topics.

But the Bayfield Breeze is an online publication and so this year instead of penning a thousand words I think I'll do something a little different – a slide show of my holiday décor.

Back in December of 1986, I was presented a special gift from my future husband, a penguin salt and pepper set. Ever since that time I have been enthralled with these formally dressed, flightless birds and I started collecting them…yep, penguins were cool in the Pounder house before they became trendy. And it is at Christmas when they truly shine. Out of their boxes they march out onto shelves and trees. To accomodate them all we have three trees now, but who is counting? To his credit certainly not my husband. – Melody

P.S. From our house to yours a very Merry Christmas!

Ideas and contributions to the Bayfield Breeze are always welcome. Deadlines for submissions are Sundays at 4 p.m.

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Please email me at bayfield.breeze@villageofbayfield.com or call 519-565-2443.
Hope to see you online soon at www.villageofbayfield.com

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