



May 2010

Dock Talk is a publication of the Healey Lake Property Owners Association (HLPOA)

## From the President

Easter weekend 2010. I know the summer of 2009 never arrived; here the spring of 2010 has been missed. Glorious weather for this time of year! There are no episodes to report about yours truly and snowmobiling: no flips, no getting lost or stuck. You have to admit, I am getting better at this winter thing. I do hope your winter was a happy and safe one and I look forward to seeing you at the meeting in May.

We have made a few adjustments to the website this winter. If you have any suggestions, please let me know. The volunteer roll call will be on the website by month 's end; it will highlight activities that require volunteers so your Association can complete these events.

A few of the items on the 2010 agenda are:

- 3 sign boards at the Main, Foxback and Pine Bay landings to show events and news on Healey Lake.
- Fire box in Healey Bay.
- Executive "Meet and Greet" around the lake.
- E-mail alerts to members advising when the new issues of *Dock Talk* are available online.

As always if there are any questions or concerns about your lake and/or the Association, please contact me.

Regards,  
Dan MacLeod



Cell: 416-723-1999

e-mail: danjohnmac@rogers.com

## 2010

### Mark your calendar now!

|             |                              |
|-------------|------------------------------|
| May 23      | HLPOA Annual General Meeting |
| July 10     | Bottle drive                 |
| July 31     | Healey Lake Regatta          |
| September 5 | Semi-Annual Meeting          |

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## In Memoriam

### Sandra MacKay

It is with deep regret that we inform you of the passing of Sandra MacKay at home on March 31, 2010. Sandra was a cottager on Healey Lake since 1977 and permanent resident on the lake since 1991. Sandra will be remembered for her generous nature whether it be driving fellow neighbours in the winter months or logging thousands of miles with the boat pulling skiers. She had a quick wit and always let you know her opinion and where you stood, with a smile on her face. She will be truly missed by family and friends.

### Heike Simpson

We wish to send our condolences to the family of Michelle Coco on the passing of her sister Heike Simpson. Heike will be missed by all who knew her. Many of you will know Michelle & Mark for the many years they ran our annual Regatta. Our sympathies to Michelle, Mark and Kirsten.

## PAINTINGS OF LAKE HEALEY BY PAM



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## Tennis Club News

Previously, I outlined the current state of the Healey Lake Tennis Club. The executive of the club is retiring after many years of service, effective June 17, 2010. We had made appeals for volunteers to form a new executive but no one came forward. We were afraid that the club would have to be abandoned. The property would then have to be returned to the township. The township and the Healey Lake area, in particular, would have lost a wonderful recreation facility.

This spring, we made a final, e-mail appeal to tennis club families, for some members to take executive positions and keep the club going. I am pleased to report that we had three positive responses. **James Dann, Penny Kawalecki, and Jodee Kirk** have volunteered to help form a new

executive. **We all feel that two or three more volunteers would allow this group to function better and divide the responsibilities more equitably. Anyone wishing to join this group, and help save tennis at Healey Lake, should contact us at the e-mail address that follows.**

If we get sufficient additional volunteers, the current plan to operate the club for the 2010 season will be similar to last year. **We will welcome all families who are currently (paid up) members of the Healey Lake Property Owners' Association, free of charge.** We are also planning to extend that benefit to current members of the Kapikog Lake and Crane Lake Associations. Others will be asked to pay the usual \$10.00

fee per hour to use the courts on a 'pay as you play' basis. Funds are needed in order to pay for liability insurance, upkeep maintenance and to start preparing for court resurfacing. **A donation of \$25.00 per family for the year would help us**



achieve this goal. Donations must be received by the beginning of June in order to cover the insurance cost for this season

Donations may be sent to:  
Mike Smith,  
17 Foxback Road, PO Box 658,  
Mactier, ON. P0C 1H0.

Donors will be recognized in *Dock Talk*. Cheques should be made out to the "Healey Lake Tennis Club". The courts will be open for play on the May 24<sup>th</sup> long weekend. You can contact Mike Smith @ [Popsdream2002@yahoo.com](mailto:Popsdream2002@yahoo.com)

## Rattlesnake Antivenom Update

Last year *Dock Talk* reported on the process for acquiring and dispensing antivenom serum for treating poisonous Eastern Massassauga Rattlesnake bites. Following is an update:

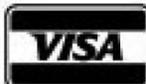
*Recently, the Ministry of Health and Long Term Care, through the LHIN, (Local Health Integrated Network) contacted the West Parry Sound Health Centre's CEO to discuss financial numbers to reestablish the Anti-Venom Depot. We [WPSHC] remain hopeful the depot will be in place in time to order product and have it onsite to provide treatment when it's needed, no matter where it's needed in Ontario.*

Source: West Parry Sound Health Centre Foundation (WPSHC) available at : <https://wpschf.com/newsletter.html?action=view&id=15>



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## Letter to the editor



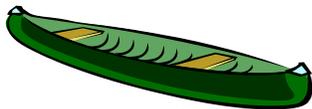
Healey Lake is beautiful in many different areas: cottage life, canoeing, wildlife, nature and much more.

Besides living and working here on the lake for several decades already, part of this life up north are the 2 weeks of deer hunting in the greater surrounding area. Years ago this lake was still so untouched and safe, so different to the crime you can find in bigger cities; unfortunately, things change even on Healey Lake which makes us all sad. Just two years ago one of my hidden canoes was stolen; last year one of my carts hidden behind a juniper-bush disappeared, and this winter I found one of my metal tree-stands was stolen, even though it was locked to a tree. I found snowmobile tracks and footprints leading right to the spot. Someone would have to know the area pretty well in order to find hidden objects and this shows a lack of respect for other peoples' properties.

The authorities (game warden) will patrol this area more frequently now and I will install more cameras and will continue to pursue my hobby in God's country up north. I ask the people responsible for these thefts to return the stolen items, or if anyone knows about these incidents, please give me more information.

Let's keep our beautiful community the way it is supposed to be.

Regards,  
Peter Arnold, Lakeshore Marina, 705 375-5289





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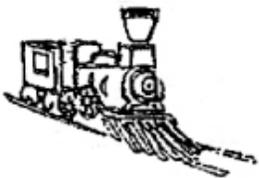
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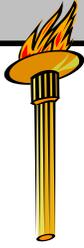
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## ***My Olympic Torch Experience***

*Sue Stummer*



On December 30, 2009 at 8:31 a.m. in Barrie Ontario, I made *History*. One of the most exiting and thrilling experiences in my life happened as

I carried the Olympic Torch through the streets of Barrie. The pride that Canada felt as Vancouver prepared to host the Winter Olympics was astounding; experiencing it first hand put it into perspective as to how enormous this once in a life time opportunity really was.

I simply entered a contest to Carry The Torch sponsored by RBC Bank and was chosen out of a million people to be a part of history. I applied online and wrote a short pledge to Canada outlining that physical activity promotes better and more intense concentration in our school-aged children. After several e-mail correspondences and several trips to the Mactier Public Library to get Internet connection, I was chosen to be part of a team that will forever be part of me.

My family and friends felt a pride that day that brought us closer together as Canadians! This once in a life time experience has taught people around me that if you just try for something that you want, no matter how unattainable you think it might be, your chance of succeeding is greater than if you don't try at all.

## **The Green Marina Environmental Award**

Mariner's Cove Marina! The award recognizes the marina demonstrating the best environmental practices. Each of the Clean Marine Program marinas must pass a comprehensive environmental audit to ensure compliance with the program standards that are set out in the Clean Marine

Manual.

Peter Hinze believes that it is important to preserve the quality of the lake environment. "Healey Lake is a small lake and a healthy lake and the goal is to keep it that way." Peter said . Ninety percent of the products used and sold at Mariner's Cove are environmentally friendly.

The leadership behind this award is the *Ontario Marina Operators Association (OMOA)* along with over twenty marine industry professionals and Ontario boaters' and anglers' associations. Together, they formed the Clean Marine Partnership to develop a voluntary program on environmental best practices for the marine industry - a program that is now recognized as a leader in North America. The OMOA environmental flag tells boaters that marinas flying this flag have adopted the highest environmental standards for marinas worldwide.

All marinas participating in the *OMOA Clean Marine Program* are automatically audited every 3 years after the initial certification. Vanessa and Peter reached their goal at their audit in 2006. Since then new levels - Gold, Diamond and Platinum have been established. The Hinzes have taken the first step on the road to Platinum by achieving Gold status in 2009.

Congratulation Peter, Vanessa, Brigitte and Katriina!



Peter and Vanessa Hintze accept their award from Master of Ceremonies, Barb Buyers.

## Canadian Lakes Loon Survey

The *Healey Lake Cottagers Association* is again a member of the *Canadian Lakes Loon Survey* (CLLS), which is a project of Long Point Bird Observatory, Port Rowan, Ontario. The goal of the CLLS is to help conserve loons and their habitats by understanding our impact on them. More than 1000 volunteers respond via a survey kit, assessing factors such as regulation of water levels on our lakes (important to nesting loons), personal watercraft, human activity near nesting sites, and for some lakes, establishing nesting platforms. The CLLS focuses on responsible environmental citizenship, water sampling, leg banding, toxicology, and working with government labs and veterinary colleges discovering causes of loon mortality.

If anyone has any information they would like to share about the loons on our lake or have any concerns about the loons please feel free to contact me.

## Loons ... returning to Healey Lake

*Nancy Gilchrist*

The loons are now migrating back to our lakes in the north from their sunny yet cooler winter in Florida (it was unusually cold last winter in the south for the birds as well as all the Canadian "snowbirds").

They will return to their breeding lakes, and usually the lake which they bred from the year before. For loons that are non-breeding (either the young loons or displaced breeders), they will also return to lakes in our north. I will share with you some interesting facts from an article in the Bird Watch Canada Magazine last winter:

- Loons for the first 2 to 3 years of life spend their time on salt water in the south.
- When the loons return to the northern lakes most will return to the area where the loon was



hatched.

- Young loons have difficulty finding a vacant breeding territory. They face one of 3 choices; finding a new territory on a vacant lake, assume a territory that a previous resident vacated or intrude on an occupied territory and attempt to oust the previous resident with a physical contest. The last choice is usually the most popular with the loon population.
- Lakes where loons were successful in previous years for raising young usually have more territorial intrusions the following year.
- Even though there are many lakes that have all the characteristics that a loon needs to nest (fish, a nest site on shore and a sheltered place to raise chicks), there are many lakes that remain absent of the loon. Non breeding loons tend to investigate suitable lakes and then in the following year challenge those loons who have bred successfully in the previous year.

As I have stated in previous articles, the loon does not mate for life and in fact, if a new male takes over a territory the female remains and mates with him. The male and female are extremely independent other than when taking turns sitting on the nest. Then the two are almost always together.

The female loon is not a passive bird either. When a female loon enters another female's territory both females will "battle" and the male will just watch. The battle between two females is relatively mild compared to a battle between two males. They will chase one another with some wing beating and the one who is not successful will retire to the shore and depart soon after.

The loons will be choosing their nesting site on our lake shortly. Did you know that the male chooses the nest site? When loons are successful in the previous year at the nest site, they will choose the same site but if they failed at nesting they will choose a new site. Raccoon's are one of their predators of their nests and racoons will also return to the same area looking for eggs year after year. So choosing a new nesting area if racoons were an issue the previous year is quite common.

7 Early summer is extremely important for the survival of loon chicks. This is when

*Continued*

*Loons ... Returning to Healey Lake cont'd*

human activity is at its highest and when we may adversely affect the loon family. During the early weeks the chicks are extremely vulnerable to separation from their parents. Fast moving watercraft and wakes will separate parent from young making it difficult for parents to locate chicks. Also chicks cannot dive and are easily run over by boats.

Eager loon watchers should use binoculars and telephoto cameras. If the adult comes toward you with wings spread or the tremolo call (crazy laugh) you are too close to the nest or the family.

Those cottagers who rent or allow guests or their children to drive their boats—Please remind them of safe boating practices and post rules in the cottage.

1. Slow your boat where loons nest (nests can be flooded by wakes).
2. Don't kayak or canoe near nest (slow moving craft may alarm loon and it may abandon nest).
3. Steer clear of loons and chicks while boating.
4. Retrieve fishing line and tackle (loons may become entangled leading to death).
5. Use lead-free tackle (loons ingest small pebbles to digest food and mistake lead sinkers for pebbles. Lead poisons!  
Request lead-free alternatives).

THANK YOU TO EVERYONE for helping protect our loons and other wildlife on Healey Lake.

In the next issue of *Dock Talk*, watch for *Loon Territories and the Yodel of the Loon*.

## Do you belong HLPOA?

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## HLPOA ... Website News

*Dave Duggan*

The Healey Lake Property Owners Association website ([www.healeylake.org](http://www.healeylake.org)) would like to thank Charlie Smith. Throughout the winter months, he posted pictures of the lake and ice conditions. The detailed pictures and comments were of daily interest to many people.

In the last month, we have added a feature to the website that will house e-mail addresses for members and will allow mass distribution of e-mails. These e-mails will only be used for notification when a new issue of *Dock Talk* is available on the website. To receive this notification by e-mail, please go to

[www.healeylake.org](http://www.healeylake.org)

Stay connected!

Will Rogers died in a plane crash in 1935. He was probably one of the greatest political sages ever. Here are a few of his gems about aging.

**Eventually you will reach a point when you stop lying about your age and start bragging about it.**

**One must wait until evening to see how splendid the day has been.**

**When you are dissatisfied and would like to go back to youth, think Algebra**

Source: Retirement Rag ,Telco Community Volunteers, Oakville ON

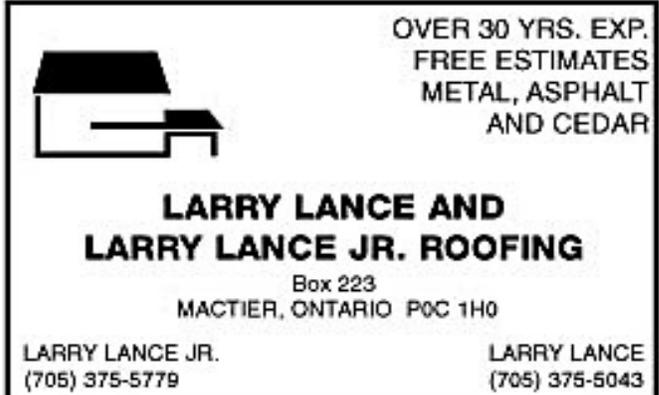


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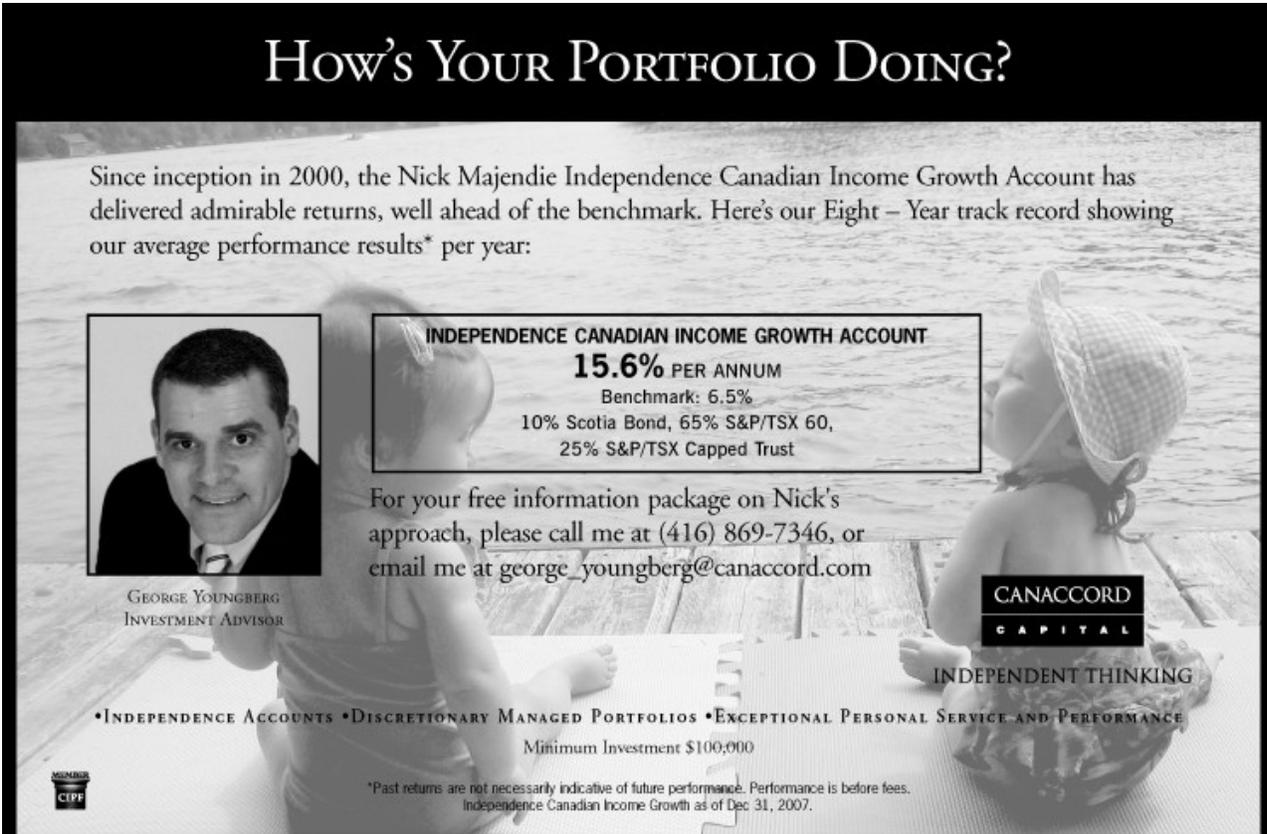


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### Cottage Watch Patrol

*Susan & Peter Arnold,  
Cottage Watch Coordinators*

What a winter we had up on Healey Lake this year...it started with record-breaking snowfalls in mid December, and finished with record-breaking spring temperatures mid March. All our volunteers had received a designated patrol area according to our upated membership list. No one reported serious damages. The amount of snow this year made it almost impossible to reach some of the higher located cottages on foot, but evaluations through 'drive-bys' were all reported - 'good'.

The snow loads on the roofs, in particular, were monitored on the whole lake. The ice conditions in March became unsafe very early and patrolling became impossible sooner than usual.

On March 26 the first boat went up the lake from the marina, still breaking ice in some areas. This is the earliest lake-opening we have seen in our 28 years on this lake.

Many thanks go out to our dedicated patrollers that spent part of their spare time at the cottage to help our lake-community, your help is very much appreciated.

Have a great and safe summer. We will report again next winter season.

## HLPOA Executive

|                         |                               |
|-------------------------|-------------------------------|
| <b>Dan MacLeod</b>      | <b>President</b>              |
| <b>Rob Harris</b>       | <b>Vice-President</b>         |
| <b>Martha Gillan</b>    | <b>2nd Vice-President</b>     |
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| <b>Nancy Simpson</b>    | <b>Dock Talk</b>              |
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| <b>Charlie Smith</b>    | <b>Advisor</b>                |
| <b>Dave Duggan</b>      | <b>Website</b>                |
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MP1110 (02/2008)



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## Councillor's Corner

### Bubblers

Anyone using a bubbler to avoid ice damage around docks and boat houses should notify their insurance company to find out what is required to avoid liability.

### Broadband Tower

The tower was installed last year and is located on the north side of Healey Lake just west of the entrance to Fox Back Rd. Tests indicate that most of Healey Lake should receive service.

For information about Core Broad Band and a list of service providers, prices and other details go to [www.corebraodband.ca/index.html](http://www.corebraodband.ca/index.html).

Comments about this new service - contact Grant at 705 835 7550 or [grant@olresources.ca](mailto:grant@olresources.ca)

### Healey Lake Road

Improvements are underway. The asphalt contract will be tendered at a later time and will be done along with the asphaltting at Crane/Blackstone

Lakes.

### Bioforest Technologies Inc.

The Township of the Archipelago retains Bioforest Technologies to monitor the health of our forest. They collect and interpret data related to pests, drought, alien invaders or disease. Bioforest has provide this service since 2001. Learn more about the Volunteer Forest Health Network (VFHN) later in this issue.

### Healey Lake Transfer Station

- The camera system is scheduled to be in operation in early March.
- Clear bags are now mandatory. As of June 1, coloured bags will have to be cut open for dumping.
- New compaction bins are being set up at the public works yard. These will handle five times as much content and this will reduce costs.
- Currently reviewing prices for a trailer for the new truck so more bins can be moved per trip.

Thanks to all who have helped make a difference by reducing contamination related costs and improv ing waste management.

# Healey Lake Transfer Station Hours of Operation

|           | Spring & Fall                                 | Summer  | Winter   |
|-----------|---|---|--|
|           | April 1 <sup>st</sup> to May 31 <sup>st</sup> | June 1 <sup>st</sup> to Sept. 6 <sup>th</sup> | Nov. 1 <sup>st</sup> to March 31 <sup>st</sup> |
| Monday    | Closed  | 7 a.m. - 3 p.m.                               | Closed   |
| Tuesday   | 8 a.m. - 4 p.m.                               | 8 a.m. - 4 p.m.                               | 8 a.m. - Noon                                  |
| Wednesday | Closed  | Closed  | Closed   |
| Thursday  | Closed  | 8 a.m. - 4 p.m.                               | Closed   |
| Friday    | Closed  | 8 a.m. - 4 p.m.                               | Closed   |
| Saturday  | 9 a.m. - 5 p.m.                               | 8 a.m. - 4 p.m.                               | Closed   |
| Sunday    | Noon - 8 p.m.                                 | Noon - 9 p.m.                                 | 10 a.m. - 6 p.m.                               |

*Councillor's Corner cont'd*

### **Woods Bay**

The ground has been cleared for a new transfer station. This may be of interest to those at the west end of Healey Lake

### **Proposed 2010 Large Item Pick-Up Schedule**

|                                     |                 |
|-------------------------------------|-----------------|
| Saturday, July 10 <sup>th</sup>     | 8 a.m. - 4 p.m. |
| Saturday August 7 <sup>th</sup>     | 8 a.m. - 4 p.m. |
| Saturday September 11 <sup>th</sup> | 9 a.m. - 5 p.m. |

## Volunteer Forest Health Network

As part of proactive forest management, BioForest Technologies Inc. have developed a Volunteer Forest Health Network (VFHN). The purpose of the VFHN is to encourage cottagers and residents to participate in annual surveys on private lands. Changes in forest health are often subtle, occurring over several years and this programme with volunteers can track conditions over many years.

Volunteers select one plot on their property and evaluate the condition of the trees yearly. Bioforest provides training and website resources and work with volunteers to address issues and questions that arise from the survey.

The company provides a number of services including:

- Ground and aerial surveys
- Public information and communications

- Plot networks to monitor pests
- Landowner consultations
- Forest Health Reports made available through [www.bioforest.ca](http://www.bioforest.ca) or the Township's website.
- Development of pest management strategies.

Bioforest believes that the Archipelago should be enjoyed for the inherent beauty of its unique and sensitive natural ecosystem. They strongly discourage the use of fertilizers, imported plants, trees and soils.

If you are interested in becoming involved in forest health activities, please contact :

Joe Meating, President

Tel: 705 942-5824

E-mail: [jmeating@bioforest.ca](mailto:jmeating@bioforest.ca)

Editor's note: We wrote about the VFHN in an earlier issue of *Dock Talk* and took the training the first year it was offered. Although we dropped the ball in doing our assessment last year, we hope to pick up again this year. The health of our forest along with the health of the lake make Healey Lake the beautiful place it is.

# Giant Hogweed

If you see a Giant Hogweed give it a wide berth. It has been identified in the Townships of Muskoka Lakes and Georgian Bay according to The Muskoka Sun.



This perennial, first considered to be a garden ornamental originated in Asia but soon showed itself to be the tenacious invader that it truly is. It is now considered a serious threat to public health. It belongs to the carrot, parsley family.

You can recognize this weed in part because of its size. The flowering stems grow 5 to 6 meters tall. Other characteristics include:

- very large, leaves up to 1 meter across. A single leaf divides into several leaflets,
- tall, thick hollow, often sharply roughened stems,
- large, white, flat topped flowers,
- large, flat fruits with prominent dark-coloured oil tubes.



Clear, watery sap is released from broken stems, crushed flowers, roots or seeds. The sap makes skin sensitive and cause inflammation when exposed to sunlight or UV rays. This can result in painful burns. Even a small amount of sap in the eyes can apparently temporarily or permanently damage vision.

Here is how one man in the Waterloo region describes his encounter. He spotted what he

and transplanted it to his garden. Not realizing what it was, he tried to trim it back. This resulted in burns on his hands. Within a day or so the sap had caused dime-sized brown blisters to well up, as he worked out in the sun. These looked like second-degree burns. Eventually they cleared up without further treatment but not everyone is that lucky. Some are left with dark scarring and painful dermatitis.

The plants thrive on vacant lots, riverbanks and along railroads. With the right conditions, moist soil and partial shade, this weed can quickly dominate.

Avoid contact with the Giant Hogweed unless you are dressed for the occasion and that includes protective clothing (long sleeves & pants) waterproof gloves, closed-toed shoes and eye protection. If you do get sap on your skin wash with soap and water immediately, avoid the sunlight or UV rays and get medical advice.

For information on how to get rid of this invader. go to <http://bing.search.sympatico.ca/?q=Giant%20Hogweed&mkt=en-ca&setLang=en-CA> (Ontario Federation of Anglers and Hunters, 2010)

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## The Last Word

It's funny! Opening and closing the cottage are times of such emotion. In the Fall when we close, I feel melancholy. The cottage looks so forlorn as we pull away from the dock. The windows are covered; the dock is in and I find myself saying "Winter well Healey Lake".

We opened for a new season last Saturday . Opening brings with it that breathless anticipation as we push open the front door . What awaits us after the winter's sleep? Have the mice had a party? Will we find macaroni in every nook and cranny as we did several years ago. Even the vacuum hose had been used for storage . The nibbled bag of dry macaroni lay open in the cupboard. When we reached for shoes that had been left at the cottage, macaroni came tumbling out. It was everywhere!

It's funny how it goes, some seasons. This year the water pump took very little priming and started without hesitation. The needle quickly rose to just the right pressure. Down under the cottage ,the big black pipes for the sewage systems were reconnected without much effort..

Outside things looked very different. As a result of having eleven trees taken down during the winter, there was lots of piles of wood that needed to be organized. Inside the cottage however, things looked just as we had left them last October.

It's always a great relief when things come together relatively easily. I know that many of you can recall those seasons when nothing goes quite as it should and you find your dock half way down the shoreline. We have been there but not this year, at least so far.

Anyhow, we are back at Healey Lake and it was very special this year that our grandsons, ages 6 and 8 were part of the opening team for the first time.. I can't explain cottage life; it's more a feeling and being back at Healey lake just feels right.. Happy Cottaging !

Just a word of thanks to all the contributors to this issue. I sent out an e-mail to previous

contributors telling them that we were aiming for the first week of May for this issue and they sprung into action. Many thanks! I would love to hear from any of our readers who have ideas for Dock Talk .

Please contact me at  
E-mail: rn.simpson@sympatico.ca

## On the dock

### Hot Crab Dip

- 
- 1 ½ cups low-fat cottage cheese
  - 3 ounces "light" cream cheese softened
  - ½ cup shredded reduced-fat sharp cheddar cheese
  - 2 tablespoons minced onions
  - 1 tablespoon lemon juice
  - 1 teaspoon "lite" Worcestershire sauce
  - 1 teaspoon dry mustard
  - 1 clove garlic minced
  - 3-4 dashes hot pepper sauce
  - 1 pound lump crabmeat, chopped or broken up (imitation crab meat works well)

Preheat oven to 350°

- In a food processor or blender, whirl cottage cheese and cream cheese until smooth. ( You can also do this with a spoon).
- Transfer to a bowl and stir in remaining ingredients.
- Spray a medium casserole dish with non-stick spray. Spoon crabmeat mixture into a casserole dish. Cover and bake for 25 minutes.
- Remove from the oven. Stir. Let cool, uncovered for 5 minutes before serving. Serve as a spread for crackers or as a dip for baked tortilla chips.

Source: LOONEYSPOONS: Low-Fat Food Made Fun.  
Granet Publishing Inc. Ottawa, Canada