

SPRING EDITION

DOCK TALK

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

MESSAGE FROM THE PRESIDENT

-- DAVID LATTER --

WHAT WINTER?

The more accurate description of the winter season this past year is "What Winter" instead of "What a Winter".

The ice was not really safe, except for February and even then, the thickness was about 25% of normal.

THE 2024 COTTAGE WATCH PROGRAM

Program was cancelled this winter for safety reasons. We thank all of our wonderful volunteers for their time and effort commitments and look forward to more favourable conditions as the program resumes next year.

GENERAL UPDATES

The good news is that the electricity was much more reliable this winter. There were a few outages, but they were resolved within hours. The improvements to the system by Hydro One last summer were effective.

I attended the Federation of Ontario Cottagers Association (FOCA) annual meeting in early March. It is always well attended in person and by ZOOM. Almost 250 associations were represented. An outline of FOCA services available to our members is on page 3 of this Dock Talk. I recommend you visit the site to become familiar with all their services.

Ontario has a new Non-profit Corporations Act [ONCA]. As a result, all associations must prepare new articles of incorporation & by-laws (aka a "constitution") for the corporation and file these documents by October 1, 2024. FOCA has a template that associations can use and adapt as needed to local conditions. If any member of the HLPOA has legal or para-legal experience, we would welcome volunteers to review the requirements and prepare new articles of incorporation and by-laws for the HLPOA.

The 2024 Lake Directory was mailed out in February. If you did not receive one, please contact Debbie Latter at debbie.latter@gmail.com. Many thanks to Debbie for preparing and distributing the Directory. It is many weeks of work to contact each member, make sure all the information is current, and to prepare the physical mailing.

DAM UPDATE

No progress on reinforcement yet. Dan MacLeod will have an update in his report.

HOLD THE DATES FOR 2024 LAKE EVENTS

- 1) Annual General Meeting
Sunday, May 19 at 10:00 AM
- 2) Fundraising Bottle Drive
Saturday, July 6th
- 3) Healey Lake Regatta
Saturday, August 3rd

LAKE SERVICES AND IMPROVEMENTS

The HLPOA will renew the Port-a-Potty Contract for 2024. The 2023 results were encouraging – users were respectful of this shared resource and feedback was positive!

The unit will be at the same location at the main public dock between the marinas from May 16 through to October 16.



Public washrooms and porta-potties are available within 30 km both north & south of Mactier on HWY 400.

We strongly encourage you to consider these facilities as a good first choice when the need arises on your journey.

SUPPORTING LOCAL BUSINESSES

We encourage all our members to support local businesses wherever possible, including our two Marinas, contractors and various service providers available to those on the lake. They strengthen the economy of the local area and contribute to the enjoyment of the lake by all cottagers.

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CONTACT:

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MESSAGE FROM THE PRESIDENT

-- DAVID LATTER --

INVESTING IN OUR SUCCESS

Additional purchases this year will include the following:

- 1) Further updates to the website
- 2) New webcam
- 3) A new fire pump in 2024
- 4) New ice augers for the properties that maintain the 3 year-round fire pumps
- 5) Secure, weatherproof fire pump containers
- 6) Donation to the Parry Sound Museum

We remain open to suggestions for any other investments that would improve the Healey Lake community.

TRAILER PARKING

The trailer park by the Marinas is for **Member Use Only**. This is a benefit included in the \$40.00 HLPOA member fee.

Please ensure trailers have up-to-date contact information.

GET IN TOUCH

Your HLPOA Executive wishes everyone a pleasant, relaxing and enjoyable summer on Healey Lake.

If you need to contact the Executive, please email me at dletter1712@gmail.com or call my cell at [+1 416 407-4965](tel:+14164074965).

David Latter



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FOCA UPDATE

-- DAVID LATTER --

WHAT IS FOCA?

FOCA is the province-wide umbrella group for Ontario's 250,000+ waterfront property owners (WPO), whether seasonal or year-round residents of their rural communities.



Almost 250 cottagers' associations belong to FOCA.

FOCA advocates with the three levels of government to address issues which include, water levels, water quality, shoreline preservation, noise levels (boats), invasive species, risk management and legal obligations of cottagers' associations.

WHAT IS FOCA?

FOCA provides an array of resources and contact information on virtually all subjects that impact cottage owners. Members of the HLPOA have access to all these services and can login to access all FOCA programs.

A sample of these resources are outlined below.

- 1) Find & connect with the [lake association](#) in your favourite cottage area
- 2) Download the free [Shoreline Owners' Guide](#)
- 3) Watch a [video about septic systems](#): their parts, maintenance and signs of trouble
- 4) Learn more about [safe boating](#)
- 5) Search for information from FOCA, [by keyword](#)
- 6) Review FOCA's checklist of [Top Tips for Living in Cottage Country](#) (PDF, 1 page) with more about these important topics. Also, use the "SEARCH" function at the top right of the page to find more information on these subjects and more.
- 7) Download a [Cottage Opening & Cottage Closing Checklist](#) (PDF, 2 pages) from FOCA.
- 8) Article: [Cottage shopping? First, talk to the experts about the many ways they differ from urban properties](#) (The Spec)

FOCA is cost effective for member organizations. There are 4 full time employees representing each of you to monitor all government initiatives that may have a negative impact on the use and enjoyment of your cottage.

Visit: www.foca.on.ca

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COUNCILLOR'S CORNER

-- DAN MACLEOD --

Gotta tell ya, not much of a winter, then the tease and then down it comes again. For someone who does not owe a snow machine sure was easy walking. Come on spring!



INTERNET CONNECTIVITY

No doubt, you have seen the Bell and Pickard Construction vehicles around Healey Lake Road. Because of the Provincial Government's objective to make high-speed internet service available throughout Ontario, Healey Lake & Kapikog Lake are in the work area. The timeline for this project to be completed is 2025. There has been no word at all about the building of the tower between Healey Lake & Kapikog Lake.

HEALEY LAKE DAM

Last year the MNR&F did not action the repairs to our dam as promised. I have pressed the issue throughout the winter and have received written notice that the anticipated date for the building of a berm is this fall. I was not happy with the "anticipated" part of that update and have requested MNR&F documents showing the work has been budgeted for and that work will commence. I now have emails from the MNR&F with the engineering reports, budget approval and the date of work for Sept or Oct, 2024.

GOVERNMENT DOCKS

For those of you using the Kapikog Bay dock, this dock will be secured to make it less "wobbly". All the government docks will be equipped with Grab Bars (aka "Granny Bars") to provide mobility assistance for those getting into and out of boats at the dock.

GET IN TOUCH

As always, if there are any questions or concerns with the above subject matter or any Township issues, please contact me. You can reach out directly via email dmacleod@thearchipelago.ca or [+1 647-549-5474](tel:+16475495474).

Dan MacLeod

WASTE NEWSLETTER

Please see the [MPAC Report](#) detailing the Transfer Station fees and process. I can share, (because the signal is not always sufficient to connect to PayPal), that you can ask for an invoice to pay at the office or send in a cheque. This practice will likely evolve as Bell runs Fiber into the lake.

2024 TRANSFER STATION SUMMER SEASON

Victoria Day Weekend through Thanksgiving Day

HEALEY LAKE TRANSFER STATION

(169 HEALEY LAKE RD)

- **Sunday** 9:00 AM to 9:00 PM
- **Monday, Tuesday, Thursday, Friday & Saturday** 8:00 AM to 4:00 PM
- **Wednesday** Closed
- **Holidays:** Victoria Day, Canada Day, Civic Holiday, Labour Day and Thanksgiving Day 8:00 AM to 9:00 PM

WOODS BAY TRANSFER STATION

(718 HEALEY LAKE RD).

- **Sunday**, 9:00 AM to 9:00 PM
- **Monday, Wednesday, Friday & Saturday** 9:00 AM to 6:00 PM
- **Tuesday, Thursday** Closed
- **Holidays:** Victoria Day, Canada Day, Civic Holiday, Labour Day and Thanksgiving Day 9:00 AM to 9:00 PM

During the Spring & Summer seasons, the Township also operates two water-access sites on Georgian Bay:

- **Devil's Elbow**
- **Sheep Head**

See link below for additional information & hours

SOUTH ARCHIPELAGO WASTE DISPOSAL PAGE

- <https://www.thearchipelago.on.ca/p/south-archipelago---facilities-and-hours-of-operation>

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HLPOA MEMBERSHIP

-- SHARON TOSSWILL --

WELCOME NEW MEMBERS

We would like to extend a welcome to all new cottage or property owners on Healey Lake!! We encourage you and your guests to consider joining the **Healey Lake Property Owners Association** – various membership options are available. Membership information is available at:

<https://healeylake.org/community/#membership>

WE'VE GONE DIGITAL!

The Association is no longer mailing out hard copy Membership Renewal Forms other than on an exception basis. We initiated email renewals in March 2022, but some Members were not aware of this change and were waiting to receive mailed information.

MEMBERSHIP RENEWALS

Notice of Membership renewals are planned by email for the Spring of 2024. To renew your membership, simply visit www.healeylake.org to complete the online Membership Renewal form.

This ensures we always have your current contact information.

NOTE: If you have moved or changed your email address in the current year, please update your contact information now for next year. We will need your updated contact info in the event our Cottage Watch Volunteers find a problem.

The online Membership Renewal form has been successfully implemented, so there are 3 ways to pay annual dues:

- 1) Pay Pal – available through the website <https://healeylake.org/>
- 2) E-transfer to Treasurer@healeylake.org
Include your 911/lot number in the cover email.
- 3) By cheque / cash and mail to:
HLPOA | PO Box 132
MacTier, ON POC 1H0

If you do not have an email address or would still prefer to receive a hard copy Membership Notice, please contact:

Sharon Tosswill, Membership Coordinator
647-217-6834 or sharon_tosswill@hotmail.com

Sharon Tosswill

MEMBERSHIP BENEFITS

Some of the many benefits your HLPOA Membership Fee work to support include:

- 1) **Annual General Meetings** (AGMs) in May and September to meet other members and exchange views of interest to us all.
- 2) **DockTalk** Three annual editions of our newsletter.
- 3) **Cottage Watch**: Over the winter, Volunteers will visit your property and alert you to any issues.
- 4) **Webcams**: There are two currently installed on the lake, which are viewable through our website
- 5) **Notifications**: Email blast delivered to your inbox to keep you aware of news & events on the lake
- 6) **Lake Stewardship Program**: Annual Water testing and working on many initiatives to keep Healey Lake safe and flourishing.
- 7) **Annual Regatta**: Scheduled regularly for the Saturday of the August long weekend with games, crafts, food, and a beer tent.
- 8) **Fire & Safety**
 - o Provides and maintains 11 fire pumps, (6 seasonal & 5 year-round) on the lake, available to help in an emergency situation.
 - o Maintains select courtesy lights and markers to aide boating safety.
 - o Link on our Home webpage to the current Fire Rating (Fire Icon in top right corner) or see also <https://www.thearchipelago.on.ca/p/fire-rating>
- 9) **FOCA Membership** (Federation of Ontario Cottagers Association) included with your HLPOA membership. FOCA members may additionally benefit from potential insurance savings. HLPOA is also a member of the Georgian Bay Biosphere.
- 10) **Boat Trailer Parking**: Available free to Members Only located by the two Marinas. In addition, the Association in partnership with the Township, maintains three landings at Fox Back Rd; Pine Bay and Kapikog Bay.
- 11) **Representation**: Advocacy of our member's interests with the Township of the Archipelago.
Dan MacLeod is the Councillor for Ward 6, TOA.
A former President of the HLPOA, Dan is now a voice on Council, advocating for Healey Lake issues such as waste disposal, taxation, roads, fire safety, and working closely with the Association on MNR's management of the Dam.

Stay Connected: Visit www.healeylake.org for the latest news and updates!



On behalf of Wall-2-Wall Painting, I would like to thank Healey Lake Cottagers for being such loyal customers. It has been my pleasure serving you over the years. I look forward to yet another year of meeting wonderful new people and reconnecting with my past clients. Your support and loyalty has been overwhelming and I hope that am able to continue providing you with interior and exterior painting services for years to come. Wall-2-Wall Painting is committed to providing customers with only the highest quality service, delivered through impeccable attention to detail. As proof of my appreciation for your loyalty and support I wish to extend both new and existing clients a 2024 spring pre-booking special.

Please contact me at (905) 830-8900 to prebook your 2024 cottage painting projects.

Thank You for your business & ongoing support. I look forward to serving you in the coming year.

Darlene Jones

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WILDLIFE UPDATE

-- MISSY MANDEL --

Since making Healey Lake my permanent home, I've had the privilege of joining Aspen Valley Wildlife Sanctuary as a volunteer. Engaging in this role has proven immensely fulfilling, affording me the opportunity to actively participate in the rehabilitation and nurturing of injured and orphaned animals.

Navigating encounters with wildlife independently can pose considerable challenges. Should you require advice or support concerning wildlife-related matters, please feel free to contact me directly at 416-804-5667 or leave a message at Aspen Valley by dialing 705-644-4122

Additionally the Ministry of Natural Resources & Forestry (MNRF) publishes a wide array of information.



Each year, Aspen Valley receives over 1,000 injured or orphaned animals in need of specialized care. As one of the largest wildlife rehabilitation centers in Canada, located on a 460-acre property with 50 outdoor enclosures and 15 buildings, we are equipped to handle this task.

As a nonprofit organization, our operations are sustained by the generosity of donors and volunteers who share our vision.

We are in urgent need of linen donations to keep our animals cozy! Pillowcases, soft fleece blankets, sheets and towels are especially appreciated. I would be glad to pick up donations at your place, or if you are heading to Rosseau, you can drop them at Aspen Valley at 1116 Crawford St. <https://www.aspenvalley.ca>

Missy Mandel

LAKE STEWARDSHIP COMMITTEE

-- DOUG THOMPSON --

ENVIRONMENTAL UPDATE

What could be “considered a crime” in this case is not that we are failing to deal with climate change but that we know there are solutions, and many of us simply fail to act. We were lucky last year on Healey Lake – as we enjoyed a season with lots of rain and moderate temperatures. We may be in an area of that is buffered from some of the effects of climate change, but I would encourage Healey Lakers not to expect it to last. Unfortunately, two facts stick out – first, as a developed industrial country, we are primarily responsible for Global Warming and second, cottage life is often associated with a high carbon footprint both in travel and recreational activities.

For those willing to accept both the responsibility and challenge here are some things you can do to help.

- Do your carbon footprint assessment and determine offsets, implementing any measures you are able to
- Consider travel both to the cottage and on the water and how you might reduce fossil fuel use. The first solar powered pontoon boat may make its debut on our lake this year!
- Fireproof & storm proof your cottage especially if undertaking a new build project or even when considering renovations.
 - For more info see: [ICLR website](#)
 - Check out these interesting articles
 - [Fireproofing tips from the experts](#)
 - [Chile's deadly wildfires wiped out neighborhoods. One stood unscathed.](#) (paywall protected)
- Raging bonfires are part of cottage life, or are they? Smaller or outdoor contained ecofriendly fireplaces are good options to consider too
- If conditions permit, consider renewable sources of energy or electric. Our Ontario grid is fairly clean
- Consider plant rich and reduce food waste (30% waste is the average)
- Take up canoeing, kayaking and paddleboarding or incorporate them into your recreational plans
- Be respectful of each other. Remember noise and light contamination can be an annoyance.
- Respect the shoreline and native species and nitrate/phosphate contamination in our lakes (algae blooms are no fun).

Be a good steward for our lake and most importantly, have a good and safe summer!

Doug Thompson

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MOSQUITO UPDATE

-- NANCY GILCHRIST --

Well Spring is finally here, and it will soon be time to be at the lake enjoying the outdoors with friends and family. One species that is always happy to welcome you back to enjoy the outdoors in late Spring is the “mosquito” that we see mostly from dusk to dawn. So I thought it might be interesting to know a bit more about this nasty “fly” that shares the outdoors with us and tends to annoy anyone who encounters one. There are more than 3,500 different species of mosquitoes around the world ready to bite and annoy their “prey” and mosquitoes have been around for approximately 400 million years, longer than the dinosaur. There are only two places in the world that are completely mosquito free: Antarctica and Iceland.

Like other insects/birds, adult mosquitoes, both male and female, feed on nectar from flowering plants and are considered pollinators. Just like bees or butterflies, mosquitoes transfer pollen from flower to flower as they feed on nectar, fertilizing plants and allowing them to form seeds and reproduce. They are an important piece of the food chain as well as serving as important prey for wildlife such as dragon flies, frogs, fish, turtles, bats and birds, including hummingbirds which rely on small flying insects and spiders as a primary food source.

It is the female mosquito that is the culprit that will also feed on human blood as well as blood from birds, small mammals, snakes and more. It is the female mosquito that also is able to spread diseases like West Nile Virus, heart worm disease in dogs and in other countries malaria. For most Canadians, the risk of getting West Nile Virus or serious health effects is very low.

Mosquitoes can live without blood for usually 2 to 3 weeks and don't “need” blood to survive. The reason for them biting is they need the blood for reproduction. The females need the protein in the blood to develop eggs. After mating, a male mosquito usually lives for about 3 to 5 days and a female mosquito can live as long as two weeks or more. After obtaining a full blood meal, the female will rest for a few days while the blood is digested, and eggs developed. Once fully developed the female will lay eggs and then resume looking for her next “victim” for their blood. The female lays her eggs every few weeks at night in stagnant water. Eggs can hatch in a little as an inch of standing water.

Water is essential for mosquitoes as that is usually where they make their habitat and hatch their eggs into larvae called wigglers. The wigglers feed on organic matter in that stagnant water and breathe oxygen from the surface. Shortly after, these wigglers develop into pupae which do not feed and are partially encased in cocoons. After a few days these pupae develop into adult mosquitoes. The process from being a wiggler to a pupae to an adult mosquito is about 10 days and then they are able to fly. The mosquito is a short distance flyer and can only travel 100-200 feet at a time looking for water containers for breeding.

They actually live their entire life within this short range. They can only fly 1 to 1.5 miles per hour and are considered one of the slowest flying insects around despite their small body weight.

Mosquitoes have two compound eyes, like all other insects and these contain thousands of “six-sided lenses” that point in all different directions and move independently so no matter what direction they are moving they can see everything. They see shades of black & white as well as movement and rely on chemical & thermal receptors.

Mosquitoes don't have ears however they “hear” at distances that normally require ear drums but instead they have “hairs” that sense sound from air particles vibrating at certain frequencies. Most mosquitoes are dawn and dusk feeders. During the heat of the day most mosquitoes rest in a cool place and wait for the evenings to strike although if disturbed they will still bite during the day.

The carbon dioxide that humans and other animals produce can be detected by a mosquito from 75 feet away. The female mosquito will fly back and forth through the CO2 “fog” until she locates her victim. When a mosquito bites and sucks the blood from your body they leave you with mosquito saliva in your body. This saliva creates a mild allergic reaction and an itchy red bump. The saliva serves as an anticoagulant as without it the female mosquito might become clogged with blood clots.

A Few “Fun Facts” About Mosquitoes:

- 1) If you wear dark clothing it will make you an easier victim for bites.
- 2) The word ‘mosquito’ is Spanish for ‘little fly’.
- 3) In 2011 the French did a study and found that drinking 3 cans of beer leads to 30% more mosquito bites....so beware beer drinkers!!!!
- 4) Pregnant women produce 20% more carbon dioxide which makes them easier for mosquitoes to detect.
- 5) Mosquito wings beat 300-600 times per second- that is why you hear the high-pitched BUZZZZZZ.
- 6) Mosquitoes synchronize their wing beats with their mates, thus performing a “lover’s duet”.
- 7) They only need an inch of water to lay their eggs; get rid of bottle caps, empty pot plants, tires, anything that can contain water!!!
- 8) Mosquitoes don't travel far from their breeding spots so if you've been “bitten” there may be 300 more very close that are also looking to bite you.
- 9) Mosquitoes are weak fliers- set up a fan if you are outside; it'll restrict their flight path and make it harder to bite you.

The best way to control mosquito populations and prevent them from breeding is to remove all standing water which provides breeding sites and wear your mosquito repellent when outdoors at dusk or dawn!!! DON'T BE THEIR VICTIM !

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THE LAKED CHEF

-- RON HUTZUL --

SPICY SHRIMP TACOS WITH CILANTRO LIME SLAW

Prep Time: 30 Minutes | Cook Time: 10 minutes | Serves 2-3

With the summer months just around the corner, enthusiastic Grillers will be itching to fire things up – and this is a great, easy recipe that benefits from the intense heat of a hot grill!

INGREDIENTS

Cilantro Lime Sauce:

(Option: Costco sells a ready to use version that's amazing)

- 1/4 cup extra virgin olive oil
- 1/2 cup green onions (thin sliced on the bias)
- 1/2 cup chopped cilantro leaves
- 2 cloves minced garlic
- 1/2 teaspoon salt
- juice of 2 limes
- 1/2 cup sour cream or full-fat Greek yogurt
- 1/4 cup water (if needed, to thin sauce)

Shrimp Tacos:

- 1 lb. raw shrimp, peeled and deveined, tails removed (smaller ones work well here, aim for 31-40s or higher)
- Cajun spice mix – I like McCormick's
- 2-3 cups shredded green cabbage
- 8 small corn tortillas
- 2 smashed avocados (or prepared guacamole)
- 1/4 cup Cotija cheese (crumbled feta works too)
- 2 limes cut into wedges for serving

DIRECTIONS

1. **Sauce:** Pulse all the sauce ingredients in a blender until mostly smooth. Add water if needed to thin.
2. **Slaw:** Toss a portion of the sauce (keep some in reserve to drizzle on top the tacos) with the cabbage – let it marinate in the fridge so the flavours have time to come together.
3. **Shrimp:** Pat the shrimp dry with paper towels. Toss the shrimp in a small bowl with the spice mix to evenly coat. Heat the grill to medium high heat. Grill shrimp for 4-6 minutes, flipping occasionally, (use a wire basket or grill topper if shrimp are smaller and at risk of falling through the grill), until the shrimp are pink and just cooked. **DO NOT OVERCOOK.**
4. **Assembly:** For the best result, add your ingredients in this order: avocado, cabbage slaw, then shrimp. Finish with Cotija cheese, lime wedges, and extra sauce.

Serve this with a basket of (warmed) tortilla chips and a bowl of your favourite salsa – paired with a pitcher of your favourite margarita or an ice cold Modelo with a lime - Cheers!



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