

SUMMER EDITION

DOCK TALK

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

MESSAGE FROM THE PRESIDENT

-- DAVID LATTER --

It feels like we are living in a temperate rain forest so far this summer. Our surroundings are lush and green and the water level of the lake has dropped less than normal for this time of the year.

This is the second year in a row with moisture conditions that result in healthy forest growth, and unfortunately, hordes of mosquitoes for those of us that live near thriving swamps.

DOCK REPAIRS

The main activity on the lake this summer, supported by the association, has been the repair of both docks at the main public landing and at the dam.

All these docks had separated from attachment to solid anchors on the shore. The dam dock had broken its anchor chains, pulled away from the shore and floated down the shoreline.

All have now been secured and we hope they are strong enough to last until it is time to replace the floating sections completely. **Estimated to be 5 years.**

The dock at the Kapikog Bay landing needs to be stabilized. We hope this repair will be completed in the next month.

The association works with the township to share responsibility for the maintenance and repair of the docks at all the landings.

LOON UPDATE

There are two adult and two surviving loon chicks (so far) at the west end of the lake. They were sited swimming past Rebecca Island and the on the edge of Pine Bay the second week in July. A few days later they were spotted near the dam. Please keep watch for the loons everywhere while boating on Healey Lake. They are fussy breeders and the chicks are vulnerable into August.

COTTAGES FOR SALE & DEPARTING MEMBERS

Lastly, there are a number of cottage listings on the Lake. In my time on Healey, there have only been 1 or 2 at a time, if any, so it is startling to see so many listed at once.

On behalf of the Association, we wish departing owners well as they exit the Lake after many combined years of service, involvement and enjoyment as the case may be!

NEW COTTAGER MEMBERSHIP

We will also welcome the new owners and with the help of friends and neighbours, hope they will see value in retaining and building upon a strong Property Owners Association.

2024 LAKE EVENTS

Bottle Drive - We had a record number of volunteers this year and a demonstration, by John Mendicino, of how to start a water pump. Thanks to all who came out to help pick up the bins and sort and load the containers. All aspects functioned smoothly. Also, thanks to the Ramollas for loading the Beer Store truck. The beer store forklift does not work on loose gravel. Without the Ramolla fork lift the association would have to arrange to for a private delivery service.

REGATTA - SATURDAY, AUGUST 3

Regatta - We had another very successful Regatta. Many thanks to the organizers, George & Michelle and their army of volunteers.

PHOSPHORUS ANALYSIS IN HEALEY LAKE

The HLPOA is part of the Lake Partner Program for monitoring phosphorus levels in the lakes in the Archipelago and Muskoka regions. Analysis is done once every year.

See separate article in this edition of Dock Talk for Healey Lake Water Testing results.

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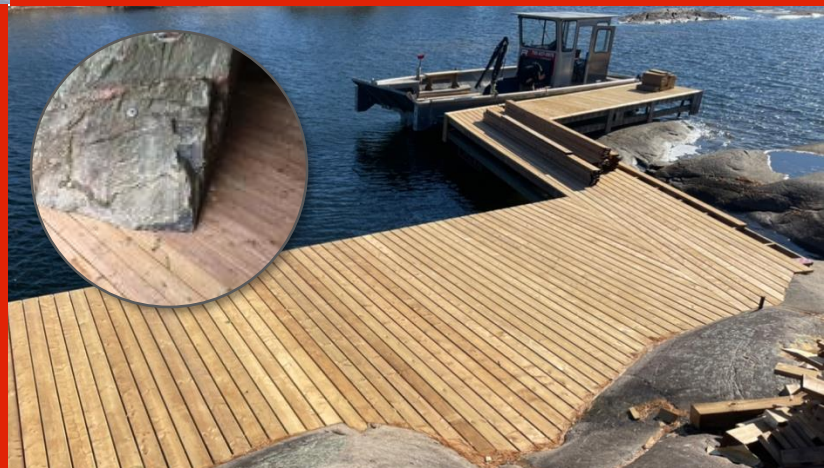
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MESSAGE FROM THE PRESIDENT

-- DAVID LATTER --

MORE VOLUNTEERS NEEDED

The HLPOA Executive and committees need involvement of more HLPOA members.

In order to serve our members better, we need help with the Regatta, Dock Talk, fire pumps and safety lights./markers. Most of the current executive has been in place for a long time. We need to turn over responsibility for key positions before some of us age out!!

If we can have 10-15 individuals come forward, the workload on each of the current volunteers would be lighter, more work can be done on behalf of our members and with new input, the Association can be modernized and revitalized.

GET IN TOUCH

If there are any issues or particular concerns that need the attention of the Executive, please email me at dletter1712@gmail.com or call my cell at [+1 416 407-4965](tel:+14164074965).

David Letter



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TRAILER PARK UPDATES

-- DAVID LATTER --

We want to extend a special thank you to Association Members who have advised us of trailer plates on the online Membership form and to those Members who have taken the time to tag or identify their trailers on the lot.

This lot is leased to us by the Township of the Archipelago.

It is maintained and operated by the Healey Lake Property Owners Association and is intended solely for use by active Members and by extension, to their renters.

Use of this trailer park is extended to you and your watercraft trailers (not cars or trucks) as part of the annual \$40 Association Membership fee.

And yet despite numerous emails, articles, a posted sign, Annual General Meeting discussions and Minutes available on our website - **all requesting tags** - more than 25 of the 70+ trailers now in that lot remain unidentified.

We're well aware sun & water fade tags which should be replaced, but after several years of spot monitoring, we're getting a much better handle on the inventory in that lot, especially those that remained unidentified year over year.

Equipment with the following plate numbers have been noted as lacking identification, many of them for over the past 2 years:

B6288E J6174A L7856E S4064S V8009K
C4154T J9042Y P3212R T8621W W7957J
C4787R L2372X R3290Z V5567T X24530
D5728X L7798A R8314L V7707K X4980B

In addition, there are a few items without plates that remain on our list, but are still untagged year over year.

If any of the above listed equipment is yours, please have it tagged with your name, lot number + contact info within the next two weeks.

If you are not an active HLPOA Member, you can sign up for just \$40, by visiting <http://www.healeylake.org>

The Association is made up of volunteers. We are not police nor do we strive to be policy enforcers. We prefer the honour system and expect everyone to abide as a matter of courtesy.

The rules are simple: if you are a Member, identify your trailer and use the lot. If you are NOT a Member, the two Marinas would very much appreciate your business.

If you are not an active Member or continue to keep your trailer anonymous, **we will undertake to have it removed.** It may not be this month but it will be removed, at some time in the near future.

The Executive

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COUNCILLOR'S CORNER

-- DAN MACLEOD --

It took a while, but it's been one heck of a summer so far! Let's drink it in and enjoy until we have to bundle up.

HEALEY LAKE DAM

We have confirmation that the construction on the weir at the end of Healey will commence in the fall, as reported in writing by the MNR&F. Extremely good news after what was reported last year.

EMERGENCY SERVICES

Working with Foots Bay and MacTier for service emergency response (Ambulance) and Emergency Services. This action is to broaden the services provided by Sequin. This does not pertain to Fire suppression.

BUILDING DEPARTMENT UPDATES

Do you need a permit? For most sheds the answer is yes!

To build a shed or storage structure on your property without a permit, it must meet ALL of the following requirements:

- Is not more than 15 m² (161'2) in gross area
- Is not more than one storey in building height
- Is not attached to a building or any other structure
- Is used only for storage purposes ancillary to a principal building on the lot and
- Does not have plumbing

If you are constructing a shed and have additional questions regarding applicable regulations, please contact the Building Department, building@thearchipelago.ca

SLEEPING CABINS

All sleeping cabins in the Township of The Archipelago require a building permit regardless of size. During the permit process the building department will review the application for compliance with the Zoning By-law and the Ontario Building Code. Thinking about constructing a sleeping cabin but not sure if your plans comply?

Contact the team at building@thearchipelago.ca for a Zoning By-law compliance review.

NORTHERN 911

The Township of The Archipelago is proud to join



Northern911 in announcing the successful transition to Next Generation 911 (NG911) services. Northern911 plays a crucial role in answering all manner of emergency calls that keep our communities safe.

FIGHTING FRESHWATER POLLUTION

Did you know that cigarette butts are in the top five items of microplastics found in the Great Lakes? The Township of The Archipelago takes the threat of cigarette butts to pollution seriously. The Provincial Government has already begun to hold manufacturers accountable for the pollution their products cause, but some items—including cigarette butts—are absent from current regulations.

In May, the Township submitted a resolution to GLSLCI (Great Lakes and St. Lawrence Cities Initiative), AGM that was passed that calls on all communities, and the Provincial and Federal Governments, to more accurately track pollution in the Great Lakes caused by cigarette butts, as well as make manufacturers responsible for the collection and proper disposal of cigarette butts.

INTERNET CONNECTIVITY

The provincial project Accelerated High-Speed Internet Program (AHSIP) has come to The Archipelago to increase access to highspeed internet connectivity for households and businesses and will be carried out by Bell. You may also notice subcontractors assessing and installing new infrastructure including Pickard Construction, UTS, GTel, Mike's Communication, & VistaCare Communications.

As part of the AHSIP, fibre optic service will be installed to unserved and underserved properties and homes. Note that this will not automatically sign you up for a plan if you accept this work: this project will install the infrastructure you will need if you wish to later sign up for an internet service plan.

Stay informed on the [Township's Internet Connectivity page](#)

WASTE AND RECYCLING

Get your FoodCycler today! The Archipelago continues to offer subsidized FoodCyclers to residents. These countertop units process food waste into a nutrient-rich soil by-product and reduce greenhouse gas emissions.



Last year nearly 300 units were sold to Archipelago residents, and an estimated 57.78 tonnes of eCO₂ was reduced when compared to standard disposal of organic waste.

Purchase your FoodCycler, and any accessories, using our [new online platform](#).

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

COUNCILLOR'S CORNER

-- DAN MACLEOD --

ROADS

Working towards more sustainable roads and service in line with our Strategic Initiative to Protect and Preserve, The Archipelago is testing Made-in-Canada plant-based marking paint for parking lot lines for future use on our roads. The Township also recently purchased a new hybrid light-duty pickup truck to add to our service fleet, cutting carbon emissions and delivering exceptional efficiency. I also want to report that while the speed limit on Healey Lake Road is 50, average speeds are 63, with some being recorded at 110. In the vein of Hill Street Blues, let's be careful out there, slow down and be safe.

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 me directly via dmacleod@thearchipelago.ca or +1 647-549-5474.



Dan MacLeod

SITE ALTERATION BYLAWS

The Archipelago is drafting two by-laws to manage land and nature preservation in our Township. The Site-Alteration by-law will manage alterations to the grade of land, changing drainage, and the removal or importation of soil/fill.

The Tree Preservation by-law is meant to protect our trees and native shoreline vegetation. Based on public input, the contents of these by-laws have changed from initial drafts.

Please visit our website for more information and to read the revised draft Site Alteration & Tree Preservation By-laws. Council will be holding two Open Houses to discuss the revised drafts for these by-laws:

In-Person Open House:

Date: Tuesday, August 13th at 2:00PM

Location: Pointe Au Baril Community Centre
70 South Shore Road, The Archipelago

Online Open House:

Date: Thursday, August 22nd at 6:00PM

Location: Via Zoom

WATER QUALITY TEST RESULTS

-- DAVID LATTER --

Data Request Query

Vol ID	LAKE	STN	Site ID	Description	Date	Secchi	TP1	TP2	Ca	Cl
1784	HEALEY	1924	13	Pinebay, Deep Spot	18-Jun-23		8.08	7.53	1.81	5.79
1784	HEALEY	1924	13	Pinebay, Deep Spot	18-Jun-23	2.40				
1784	HEALEY	1924	13	Pinebay, Deep Spot	27-Jul-23	2.34				
1784	HEALEY	1924	13	Pinebay, Deep Spot	24-Aug-23	2.34				
1784	HEALEY	1924	13	Pinebay, Deep Spot	30-Sep-23	2.34				
1784	HEALEY	1924	14	Mid lake, deep spot	18-Jun-23		6.85	7.47	1.80	5.76
1784	HEALEY	1924	14	Mid lake, deep spot	18-Jun-23	2.80				
1784	HEALEY	1924	14	Mid lake, deep spot	27-Jul-23	2.34				
1784	HEALEY	1924	14	Mid lake, deep spot	24-Aug-23	2.40				
1784	HEALEY	1924	14	Mid lake, deep spot	30-Sep-23	2.34				

LEGEND

- **Secchi:** Depth of visibility in metres at each testing location (over 4 months)
- **TP1:** Phosphorus reading of sample 1 at location (measured in microns/litre)
- **TP2:** Phosphorus reading of sample 2 at location (measured in microns/litre)

Target phosphorus concentration for lake waters are 10 microns/litre. Healey Lake is in good shape!

- **Ca:** Calcium reading mg/Litre

Target concentrations are 3-10 mg/Litre. Healey Lake is on the low side for calcium. Low calcium makes the lake less vulnerable to Zebra mussels.

- **Cl:** Chlorine reading mg/L

250 mg/L and below are safe for drinking water.

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REGATTA PHOTO FUN

-- SYMANTHA RUSH --



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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**
 - Provides and maintains 11 fire pumps, (6 seasonal & 5 year-round) on the lake, available to help in an emergency situation.
 - Maintains select courtesy lights and markers to aide boating safety.
 - 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.

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HEALEY LAKE TENNIS CLUB UPDATE

-- SYMANTHA RUSH --

CLUB HISTORY

I recently talked with John Creen, a club founding member, to get some more history and information on the club to share with those who might not know its origin.

Our amazing Healey Lake Tennis Club officially opened back in 1984. It was the height of tennis popularity with stars such as McEnroe, Borg, Evert and Navratilova. Everyone wanted to play tennis. The brain child of tennis lovers John Cox, John Creen and Frank Rush, the group decided that it was time that Healey Lake had their own tennis club. It took a few years, and lots of hard work for the plans to come together. John Cox was our Reeve in the 1980's, so he was the best person to start with for such a plan, and to secure a location. John Creen was our resident expert in construction, Frank Rush, my father, was the finance/legal person and worked to help secure a provincial grant to help with the funds.

There was much debate over the location for the courts to be built. Originally slated to be at the Fox Back landing, several cottagers nearby protested, and were upset over the proposed location. The main concern was noise and extra boat traffic. John Creen recounts a story about how one of these cottagers was so upset after the council meeting in Parry Sound that he approached my father Frank for a fist fight. Through many meetings and debate, the location was agreed upon in its present location. The Archipelago kindly gifted us the land for the court and even added the extra dock at the main landing that was suppose to be used by those playing tennis.

The HLTC is its own entity and not affiliated with our lake association in any way. At the peak of the club's popularity, there was over 150 families that were members (about 500 individuals). When the club was being formed, many families bought "lifetime" memberships as a way to raise the extra funds needed for the build. Volunteers helped to build the clubhouse, outhouse, and cut the grass for the 2 parking spots at the fence. As the popularity of tennis waned, the club did come into some financial hardships and the lifetime memberships had to end and be replaced with an annual membership fee.

With so many lake members, the club was very vibrant and busy. There was a competitive tennis ladder, tennis socials and many tournaments. I was recently gifted some old framed photos of tournaments (see photos) from Emily Morino from her cottage walls. Both Emily and her husband Jim McAdams were active tennis players and were key members that helped to run the association, along with Mike Smith, The Dann family, Peter Heinz and so many more over the years.

One summer my own brother Geoff Rush was hired as the "club pro". I believe my father came across a youth employment grant in the late 1980s that allowed the club to hire a student for the summer. Geoff was supposed to be available to teach, play games and assist at the club. At times he would be doing this but it also was the summer of, how many times Geoff could be spotted sleeping on the bench when you were coming or going to town.

RESURFACING

In 2015 the courts were in need of resurfacing. A fundraising effort began to secure the funds needed. The fundraising was spearheaded by John Creen and with many donations, big and small, the goal of \$21,000 was met. Ben and Shelley at Lakeshore Marina kindly donated their cabins for the construction crews to stay in for the period of the repair.



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HEALEY LAKE TENNIS CLUB UPDATE

-- SYMANTHA RUSH --

PICKLEBALL

Last year with the growing interest in Pickleball, John Creen again stepped up to add lines to our courts for those to play. Why drive to MacTier when you can boat to play on our courts?!

For those who have never used the courts, they are open to all. Peter Heinz at Mariners Cove has kindly managed the key for the club for years. You just need to pop in and pick it up. To play you can join for the full season for \$100 or pay as you go for \$10 a visit. Many of you may not realize that the club does require liability insurance and the fees collected go to this each year and perhaps a new net if there are extra funds to spare. In recent years John Creen has generously been topping up and covering any shortfalls the club has out of his own pocket (including the Pickle Ball lines).



GETTING INVOLVED

It appears that a new cycle of tennis and pickleball has started again in many communities, including ours. If anyone is interested in creating a Facebook page for the tennis club, an email list of available players, or a pickleball weekly meetup, now is the time. John Creen feels that the courts still have a few more years before they will need refinishing or replacing so I think it is time to use them or lose them. The torch needs passing, and it would be very special to have a vibrant club on our lake once again.

Symantha Rush

HEALEY LAKE PROUD

-- SYMANTHA & ZORAN --

LAKE SWAG INVENTORY

Thank you to everyone that purchased their Lake Swag at the Regatta. With fall just around the corner we wanted to let everyone know that we still have some inventory left in the ¼ Zip sweatshirt, and also insulated Lake Tumblers.

- The ¼ Zip has all sizes EXCEPT medium - \$50
- Lake Tumbler - \$35



Our Swag "Store" will be open till cottage closing time so if you would like to purchase any items, please text 416-707-7275 or email symantharush@gmail.com

Symantha & Zoran



MacTier Public School is getting a new playground!

Thanks to a grant from the Shania Twain Foundation and the Marner Assist Foundation.

We are looking for help from the community on August 30 from 9:00am-12:00pm to help lay filter cloth and wood chips.



Mitch Marner from the Toronto Maple Leafs will be in attendance!

Lunch will be provided!

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ANIMAL FUN FACTS

-- NANCY GILCHRIST --

So Healey Lakers, we're well into 2024 summer so I thought I'd provide some "fun facts" about 3 types of creatures we see while spending time at Healey Lake.

BATS IN MUSKOKA

Bats are and one of the most fascinating (and often misunderstood) mammals on Earth!

- 1) Eight species of bats live in Ontario's cottage country and 5 of them are threatened. They can live up to 30 years of age. They provide vital ecological services. Their worldwide value as a natural form of pest control for agriculture and forestry is in the billions of dollars!!
- 2) More than 50% of the bat population is in decline, mostly due to white nose syndrome. This affects hibernating bats and is found in 7 Canadian provinces. Bats come out of hibernation in March or April but it is only after the maternity season in August that humanely removing them becomes an option.
- 3) Don't try to trap or kill a bat. They are endangered, so it is illegal to kill them in Ontario. Fines can reach \$10,000 per animal. If you disturb the mother the pup will die as they do not fly for weeks after they are born. Bats are designated specially protected mammals.
- 4) Bats eat their weight (i.e. thousands) of insects daily.
- 5) Bats return to the same place every night. They will also return to a known roost after being gone for many months or years. They remember the location especially if they are looking during maternity season.
- 6) They're the only flying mammal and can reach speeds over 160 km/hr approx. (100 miles/hr). When in flight their heart beats a thousand times a minute. They are nocturnal and when they leave their roost at night they fly to a stream or lake and dip their lower jaw into the water while still in flight and take a drink. Bats hang from their feet when they snooze. Scientists think this allows the bat to escape easily from predators as they can drop straight into flight.
- 7) Baby bats are called pups, a group of bats is a colony. Mother bats feed their pups breastmilk, not insects. Most give birth to a single pup. Momma bats form nursery colonies in the spring. At around 3 to 4 weeks of age a pup will learn how to fly and begin their lives on their own. Ontario bats migrate in the fall as winters are uninhabitable due to the cold temperatures.
- 8) All bats have belly buttons!
- 9) Bats do not fly into people's hair. If outside they actually are just swooping down to catch insects in mid-air. If in your cottage it may appear they are swooping down at you, but they are just trying to get their bearings so that they can find their way back outside.
- 10) Lastly, if a bat gets into your cottage at dusk, **provide it with an escape route**. Open windows and doors as wide as possible, turn off outside lights at the exits and dim the lights inside - this will help to calm the bat (but don't turn them off as it may cause you to lose site of the bat!)

THE DOCK SPIDER

- 1) Ontario's largest 8 legged spider that hunts in the water mainly at night.
- 2) Maximum size 13cm (a DVD is 12 cm).
- 3) Eating mostly insects, they are also known to eat minnows and tadpoles.
- 4) They have tiny hairs on their legs that keep them afloat as they run on top of the water. Their maximum speed on water is 75cm/ sec.
- 5) They will never stalk humans but will sink their fangs into your hand if you try to pick one up. The pain and welt is likened to a bee sting.
- 6) The mating is a ritual dance by the male that can last up to 2 hours, tapping it's front legs and stroking the female, the actual mating lasts a few seconds (unless she eats him first). Very few dock spider fathers live beyond end of July.
- 7) The female can lay between 500-1000 or more eggs. She covers them in her silk web like material and the sperm she stored from the male. She carries that egg sac beneath her for about 2 weeks holding with her fangs and silk she has attached to the back of her abdomen.
- 8) Lastly when her eggs are ripe she spins a tent like web between rocks or on top of a small bush and hangs her egg sac there until they emerge. This can usually be the demise of the female as she can get eaten by birds while so exposed.

THE CHIPMUNK

- 1) A litter of 3 to 6 chipmunks are sent "packing" by their mother within 6 to 8 weeks of birth in June. The mother changes the burrow entrance holes and seals up the old tunnels.
- 2) Initially after being ousted the young will find other castaways and temporarily "nest" under brush piles with up to 15 other adolescents. Then soon after will leave that group to begin foraging and residing on their own.
- 3) Aside from mating & raising babies chipmunks are solitary animals.
- 4) Young females will remain in the vicinity of their birth whereas males scatter about .7 km (½ mile) from where they were born.
- 5) Even though solitary creatures they "pull together" when danger in the area.
- 6) When a chipmunk spots a raccoon, fox, etc. they react by uttering sharp repeated "chips" noises alerting others who will also join in to spread the news farther.
- 7) When hawks or other large birds are spotted the alarm call is different, a series of low pitched "chucks".
- 8) Young Chipmunks are ripe picking for predators in June with so many young ones trying to establish new homes.
- 9) Lastly, if they survive the first few months, they spend their time stockpiling beechnuts and acorns - with very little body fat, they need regular snacks all winter. (Body temp of active chipmunk 35-41°C, hibernating 5-7°C)

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THE LAKED CHEF

-- RON HUTZUL --

SUMMER ZUCCHINI PARMIGIANO

Prep Time: 30 Minutes | Cook Time: 10 minutes | Serves 4

I nabbed this one from the Summer Issue of Food & Drink from the LCBO – it also works well if you decide to grill the zucchini!

INGREDIENTS

Tomato Sauce & Serving:

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

- 1 jar good quality marinara (you can make your own if you're fancy, but I like Rao's from Costco!)
- 1 ball (125 g) fresh mozzarella, torn into bite-size pieces
- Basil leaves to garnish

Zucchini Cutlets:

- 2 medium zucchini, each about 12 oz (340 g), trimmed
- Salt and freshly ground pepper to taste
- 3/4 cup (175 mL) all-purpose flour
- 3 large eggs
- 1 1/2 cups (375 mL) dried breadcrumbs
- 1/4 cup (60 mL) finely grated Parmesan
- 3/4 cup (175 mL) canola oil

DIRECTIONS

1. Slice each zucchini into 4 flat strips (it helps if you take a thin slice to create a flat bottom) then cut strips in half. Sprinkle generously with salt and let stand until liquid is released, 25 to 30 minutes.
2. Season flour w black pepper and place in a shallow dish. In another shallow dish, whisk eggs. In a third shallow dish, combine breadcrumbs and Parmesan.
3. Pat zucchini dry on paper towel, dredge in flour, shake off excess, then dip into egg mixture. Dip into breadcrumb mixture, patting to coat fully. Transfer to wire rack and repeat with remaining zucchini slices.
4. Heat oil to med-high in a skillet. Working in batches, cook zucchini, flipping halfway through, until deeply golden brown, 2 to 3 minutes per side.
5. Warm tomato sauce, spreading some over the bottom of a large platter, then arrange zucchini overtop. Spoon remaining sauce over zucchini. Top with mozzarella. Season with pepper and garnish with basil. Serve immediately.
6. **Grill Option:** Brush zucchini w olive oil, season w salt and pepper, then grill 2-3 mins per side, flipping diagonally half way through for cross-hatched grill marks.

(resume Directions at step 5)

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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