



August 2012

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

From the President

Dan MacLeod

Apart from the fire ban, what a summer this has turned out to be. As my old boss would say "Such a deal!" I want to comment on the bottle drive in July - my thanks to all the volunteers, whether they were runners or sorters. Truly a job well done! Again many thanks to Charlie Smith for spearheading the drive, "commanding" the barge and taking the bottles to cash them in and to Bob Barrett for the use of the barge. This year's total was over \$ 1100.00, not as good as last year but a great haul just the same.

Regatta 2012 was a huge success, with yours truly on the microphone. There's a scary scene: me, a microphone and a captive audience. Many thanks to the volunteers who helped prep, run and tear down the Regatta.

A personal note, my sincere congratulations to Bob Barrett for being presented with Volunteer of the Year award. Well deserved!

Please note that the semi-annual meeting will be at Healey Lake Lodge, September 2/12 at 10 a.m. and I urge the HLPOA members to attend as it will keep you current on Healey Lake issues.

I want to remind the membership that next season will be my last as your president. If you or someone you know would fit the bill for this position, please call me.

Please keep the wild animals wild and do not feed them. Always watch your wake as it will damage our shoreline.

As always if there are any questions or concerns, please call me as my laptop is not operating.

Tel: 416-723-1999

Mark your calendar

HLPOA Meeting Healey Lake Lodge	Sunday, Sept 2 10 a.m.
Healey Lake Golf Tournament	September 22, 2012



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Healey Lake Tennis Club News

John Creen

Thanks to the generous people of Healey Lake we are now 75% on our way to our goal of repairing, re-surfacing, insuring, and opening the Tennis Club again. We are hoping more people will come forward and help us attain our goal.

On July 21st. the annual general meeting was held at the tennis club with the following results:

New Executive elected:

- ♦ President - John Creen
- ♦ Vice-president - Peter Hintze
- ♦ Secretary-Treasurer - David Glass

Items Discussed:

- ♦ a key will be available at Mariners' Cove
- ♦ members will be charged \$25.00/year for maintenance and insurance
- ♦ if enough funds are raised we will purchase portable basketball nets and a volleyball net to make this a true "sport court facility"
- ♦ there will be an annual tournament and fundraiser

We are currently getting quotes for the project and hopefully can have the work done this year, ready to go for next season.

Any donations can be made out to the Healey Lake Tennis Club, and sent c/o

John Creen
113 Overdale Ave.
Dundas, Ont. L9H7H1



Healey Lake Golf Tournament

Coming Up! Plans are underway for the Healey Lake Golf Tournament which will be held on September 22, 2012.

For details contact Peter Hintze at info@marinerscove.ca.



Councillor's Corner

Grant Walker, Ward 6

West Parry Sound Health Unit Update Fast Tracked Emergency Service at the WPSHU

Wait times in Emergency Departments are often challenging. But at the West Parry Sound Health Centre the problem was skewed towards longer wait times for patients with less severe symptoms – bladder infections, bug bites and the



like. Wait times for these 'clinic-type' treatments intensify in the summer when a 51% increase in patient volume is compounded by the lack of walk-in clinics in Parry Sound.

To compensate for increased patient volume in previous summers, the Emergency Department (ED) scheduled an additional doctor and nurse from 4 pm to 7 pm daily July through Labour Day long weekend. Attending physicians were local family doctors starting the day in their own clinics and ending it in the Emergency Summer Clinic. Studying the data in January a clear picture emerged. To improve service, the summer clinic hours needed to be changed and the department needed to relieve the congestion. The evidence offered seemingly simple solutions but getting there held new challenges.

Along with managing busy practices local family doctors play a key role in West Parry Sound Health Centre operations. They treat patients on the acute care wards, in Emergency and several deliver babies or alternate as Anesthetists and surgical assistants in our busy operating rooms. Now Health Centre officials were asking them to rework demanding summer schedules to manage care in the 'Fast Track' system between noon and 4 pm daily. It took two months organize a timetable for the 'Fast Track' attending physicians!

Once the hours were successfully changed, the final hurdle became the congestion. In the past, all Emergency patients were either in one of the eleven treatment rooms in the ED or in the Summer Clinic situated in the large Clinical Decision Unit in ER. All remaining patients sat together in the Waiting Room giving way to the impression of extreme congestion.

Cont'd page 3

With the new hours in place, a new location was secured. With help from the Health Centre's environmental service team, rooms were configured in short order.

Clear signage and the use of green lines from Emergency to the Fast Track waiting areas have improved patient flow and decreased confusion for staff and patients.

The added bonus is the new volunteer team greeting and serving Fast Track patients. Working hard to get the new system up and running for July, Emergency Department Manager, Shannon Burrows enlisted volunteers in her grandmother (a former nurse), her mother and their friends to work out the kinks guiding patients to the new clinic location. They are currently enjoying encouraging patient feedback.

Here is how Fast Track works Noon to 4 pm daily: All patients are triaged by a registered nurse in the Emergency Department. The RN flags if the patient can go to Fast Track. If registered to Fast Track, patients are given their chart and instructed to follow the green line on the floor to the treatment rooms. There a volunteer greets them, assigns a number and asks the patient to have a seat in the waiting area. Fast Track patients are seen in numerical order in one of three treatment rooms. Patients are assessed, treated by the doctor and discharged.

CEO Donald Sanderson has nothing but praise for Shannon Burrows and the entire ER team (doctors, nurses, support staff and volunteers). "Hats off to Shannon and everyone on the team for making this work. We know that wait times in our emergency department for non-urgent care can become quite long, especially in the summer. The Fast Track program has made a difference for our patients from day one. I am very pleased and proud of the team's accomplishments."

And on a final note, we are pleased to report that patients triaged with severe symptoms classed as 1, 2 or 3 in the Emergency Department at the Health Centre are consistently below the provincial target of 8 hours. Measurement is from the time patients

register or are triaged until the time they leave the Emergency Department.

Source: <http://wpshcf.com/newsletter.html?action=view&id=47&article=262#top2>

TOWNSHIP OF THE ARCHIPELAGO

A review of the 2012 water quality results has now been posted to the Township web site. This review is intended to complement the *Volunteer Water Quality Monitoring Program Data Report—2011* also posted on the web site. Following are excerpts from this review:

Healey Lake bacterial levels continue to be good despite having some of the highest concentration of development of the inland lakes. EC levels are in line with previous year's results with only two stations being just above the municipal standard (though only by a small margin). Water quality remains in good condition for recreational purposes in Healey Lake.

Healey Lake's water clarity is typically lower than the other southern Archipelago lakes with water clarity depths ranging from 1.7 to 3.4 metres in all locations except Station 7, but has not measurably changed in the past five years of sampling. Although Station 7 is lower with an average of 1.7 metres, this level has been consistent for the past 5 years of sampling. The location of Station 7 in a back shallow bay with a good quantity of upstream wetlands may very well explain the reduced water clarity for this Station. The lower water clarity in Healey Lake may be a result of the generally shallow nature of the basin, the greater amount of development, and its location nearer the bottom of the watershed. The lower overall Secchi depths of Healey Lake are somewhat, but not entirely, corroborated by a slightly higher total phosphorus level for Healey Lake, which was measured at 7.1 ug/L in the 2006 season.*

For complete reports including a map of sampling sites* for Healey Lake, go to www.thearchipelago.on.ca

ED Note: Secchi depth: A disk, divided into black and white quarters, is lowered into the water to gauge water clarity by measuring the depth at which it is no longer visible from the surface.

Thanks goes to **Ken Fleming** who on our behalf regularly collects and submits samples of water from various Healey Lake locations for this voluntary water quality monitoring program.



Forest Update



Common snapping turtle
and the sign she wants you to heed.

Source: Forest Health Update Report Cover, Spring

In June of this year *BioForest Inc.* made their first 2012 inspection and offered this observation: There appears to be an increase in the numbers of two common species of larger butterflies found in this part of the Province. There were flashes of orange from monarch butterflies and flashes of yellow from tiger swallowtail butterflies.

Since 2003, a network of volunteers in the Township has been assisting *BioForest* with pheromone trapping to monitor and forecast gypsy moth populations. Please remember that *BioForest* is always looking for more volunteers. There are hemlock looper volunteers in the Healey Lake area, but do not currently have any gypsy moth volunteers. **If you have oak, birch, and/or poplar on your property and would be interested in hanging a gypsy moth trap, give BioForest a call 1-888-236-7378.**

Also the *Volunteer Network Forest Health Survey Instructions and Field Forms* as well as the Reassessment Instructions and Forms for 2012 are now available on the *BioForest* web site. On this same site you will find an excellent photo gallery of the trees of the Archipelago and several good brochures including the hemlock looper, hemlock borer, gypsy moth among others. BioForest's full spring report for the Archipelago is on their web site as well. Source: www.bioforest.ca/index.cfm?fuseaction=content&menuid=5&pageid=1004

Eyes On The Water

William Kreps

While relaxing on my deck periodically over the past two months, I have witnessed a number of activities that have caused me concern especially as a retired OPP, a long time boater and boating license instructor.

Number one: The occasional individual who tows a person on a tube or water skis or surf-board without another responsible person keeping watch on the person being towed. The boat operator may have forgotten or does not know that if reported to the police, he or she could be charged with a Criminal Offence; Section 250(1) "Failure to Keep Watch on Person Towed".

Following this the convicted person could encounter difficulties when applying for a passport, a government job, etc.

Number two: The high speed boater travelling at excessive speeds within 30 metres of shore. Not only is the noise aggravating to most cottagers, but it is an extremely dangerous practice. Thirty metres is the equivalent of approximately 100 feet. If the speed boat operator strikes a swimmer or a boater, such as one leaving their dock, the boat operator would be liable in civil court and also be charged with a criminal offence.

Again, for the uninformed, the speed limit is 10 km/h within 30 metres of the shoreline on inland lakes of Ontario. This is a regulation under the Canada Shipping Act 2001. The Criminal Code offence is "Operating a Vessel in a Dangerous Manner" Section 249(1)(b).

Beware boaters, people are watching!

Stay connected! www.healeylake.org

Who Said It?

1. He has all the virtues I dislike and none of the vices I admire.
2. Clothes make the man. Naked people have little or no influence on society.
3. Do not go where the path may lead, go instead where there is no path and leave a trail.
4. Be great in act, as you have been in thought.
5. The weak can never forgive. Forgiveness is the attribute of the strong.

Choices: Twain; Shakespeare; Churchill; Gandhi; Emerson (answers page 10)



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Welcome to our newest cottagers. Hope everyone is having a great summer. Thanks to all those who have renewed their memberships. Just a wee reminder to those who haven't paid their membership fees to please do so by sending your cheque for \$30. made out to Healey Lake Property Owners Association.

A membership form for those who wish to provide or update their address, telephone number etc. is available at www.healeylake.org

Click on the May 2012 issue of *Dock Talk*, page 11 to print the form.

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Learning To Fly ... loons of Healey Lake

Nancy Gilchrist

Another summer is drawing to a close but I wanted to report on the loons that either I have observed or been told about on our lake. Two pairs of loons on our lake have successfully reared chicks. In the narrows (Healey Bay) the loon successfully raised one loon chick (thanks to the observation of Tammy Ross and Nancy Simpson). Unfortunately it was also reported (by Tammy) that there seems to be only one parent left. There were originally 2 chicks however in late July the one chick disappeared as well as one loon parent. In the south west end of the lake (which I have been told is called Lost Lake) the loon pair successfully raised one chick. To date the chicks are learning to dive and obtaining some food on their own. These adult loons will be migrating earlier than the chicks (end of September) to the Gulf and the young will follow at a later date (late November) but not return to northern Ontario until they reach maturity which will be in 4 years.

**Again if you have any loon updates (about chicks, loon activity, etc) please call me at 705-375-2324 or email me at nancy.gilchrist@sympatico.ca so I can accurately report on the loon activity on our lake in my annual report to CLLS. This information is extremely important since this organization gathers reported information about Loons throughout Canada to track loon activity and mortality rates throughout the country.

Information from Canadian Loon Lake Study (CLLS)-

Loons are susceptible to West Nile.

The CLLS has reported that an entire family of loons has died after being infected by the West Nile virus. Parent loons and two chicks were observed swimming erratically, unable to right themselves in the water and in four days were all dead. Autopsies were performed and they were reported to have died from the virus. If anyone observes dead or dying loons they should contact the Canadian Cooperative Wildlife Health

Centre cwhc.ca (1-866.673.4781) or Bird Studies Canada at www.bsc-eco.org

I will be completing the *Canadian Lakes Loon Study* (CLLS) report for the 2012 statistics at the end of this month. The CLLS was begun in Ontario in 1981 to assess the long-term health and productivity of Common Loons and the lakes they depend on. Loons are top predators and their survival reflects a broader lake health. They fulfill the same role as the canaries fulfilled in the coal mines – acting as an indicator of environmental conditions.

H.E.L.P

HELP END LAKE POLLUTION

DO NOT USE SOAP IN THE LAKE


DO NOT USE SHAMPOO IN THE LAKE

DO NOT USE FERTILIZER NEAR THE LAKE

All of the above add nutrients to the water which encourage the growth of algae that destroys the lake environment.

Bird Studies Canada is currently analyzing 30+ years of CLLS data. Some 4500 lakes have been monitored which will translate into information for nearly 19,000 attempts by breeding pairs. We await the full report this 2012 calendar year but loon productivity appears to be showing a gradual decline over time with the occasional peak every 10 years. More details will be available in the Spring 2013 *Dock Talk*.

Thank you to everyone for your help in protecting our loons and other wildlife on our lake!




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Water Wise ... Sharing The Waters

Enthusiasm is high and support is evident for the *Safe Quiet Boating* campaign which launched in the Muskoka region just before Canada Day 2012. *The Muskoka*, August 10 issue, reported that this made-in-Muskoka coalition was established out of respect for each other and the environment. Representatives of this campaign had at that time, spoken at 10 lake association meetings, put up 1000 posters and distributed 10,000 reminder post cards with the message "You're not alone on the water."



The Muskoka also reports that support has been overwhelming with financial support coming from lake associations and townships. The achievement here has been to kick-start conversation about safer, quieter boating. At www.safequiet.ca you will find a wealth of resources—pamphlets and videos. Visit this web site today for great boating related information.



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They said it!

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2. Mark Twain
3. Ralph Waldo Emerson
4. William Shakespeare
5. Mahatma Gandhi.



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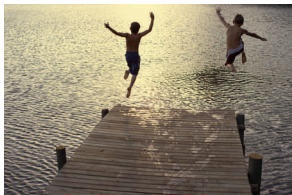
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Regatta 2012

Angie Reichenbach

On Saturday, August 4th we celebrated our 53rd annual Healey Lake Regatta. Friends and family gathered at Lakeshore Marina, who graciously offered to host again this year, on what was one of the hottest days of the summer. Despite the heat though, the beer stayed cool thanks to Charlie Smith and his amazing team. The kids stayed cool too by first competing in diving and swimming events and then later in the day while battling it out in kayaks and canoes. A big thank-you to Dan, Martha, Martin and Wendy who ran these events throughout the day!



While the first events got underway, Wendy was out at the grassy area (near the government docks) running a rousing competition of horseshoes for anyone 18 years and older. If you didn't get over there this year, make sure to join the fun next year. All you have to do is sign up for the event and then make your way over for a few throws. Wendy does the rest and results are announced later in the day.

Back at the main event area, everything was running smoothly except for being a little late with kids prizes – sorry L - organizers are working to make the timing better next year - J. The BBQ table was doing a brisk business and we can't thank our volunteers enough for cooking and manning tables! Thanks Rick and Chris. The t-shirts were selling like hot cakes and we thank Ruth?? and her volunteers for sticking it out in the hot sun. Under the big tent was Barb, Tami, Lauren and myself making sure Sign-ups, Auction, Raffle and Prizes were running smoothly. Thank-you to everyone who donated items for auction or raffle – we had some really wonderful stuff this year!

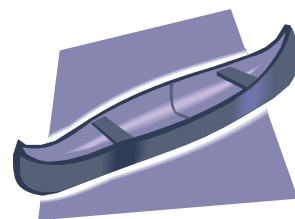
Under the other big tent was our craft team of Katie, Kayelyn, Sarah and Christian. We think this team of youth from our lake did a fabulous job in leading the

smaller Healey Lakers to make some fun and fanciful crafts throughout the day. Thanks kids for all your dedication to the Healey Lake community! In these times when we often complain about our youth isn't it great to have a team of kids like this!

We are proud to be a lake where people help people and community spirit is encouraged and there is no one person more community oriented than Bob Barrett. As the recipient of this year's Carol Anne Cherepa Award for Volunteer of the Year we extend our congratulations and thanks for everything you do for Healey Lake!

As I close, I think about all the other amazing people who worked to make our Regatta a huge success ... Mariner's Cove, our set-up and clean-up crew, the judges and runners, Nancy G. at kids games and many more ... thank-you!

Martha and I continue to work on improving and co-ordinating next year's Regatta. If you have any comments or suggestions on how to make a great day even better contact us at areichenbach@rogers.com or why not come by King's Island and let me know in person? You never know, there might just be a cold one in the fridge and a warm chair on the dock for you!



Angie

On The Dock



Layered Salad

- 2 cups mayonnaise or Miracle Whip
- 1 tablespoon sugar
- 1 head of lettuce, shredded
- 1 cup celery, diced
- 1/2 cup sweet red pepper, diced
- 4 hard-cooked eggs, chopped
- 10 ounces frozen green peas, uncooked
- 1 small sweet onion, diced
- 8 slices cooked bacon, crumbled
- 1/2 pound cheddar cheese, grated

Combine the mayonnaise and sugar. Mix and refrigerate it until you finish making the salad.

The Last Word

Nancy Simpson *rn.simpson@sympatico.ca*

Today, as I begin to put this issue of *Dock Talk* together, it is gray and drizzling at Healey Lake. Thankfully the rain has come. The multitude of brown trees along the roadside and around the lake is frightening. The risk of fire and lower water levels has also been of great concern. Reports suggest that many of the trees that have turned brown are protecting themselves and will come back next season. Despite these concerns what a summer it has been. Beautiful Healey Lake sparkles in the bright sunshine as it continues to provide a wonderful playground for all of us.

I have often written about how much I have learned about Healey Lake and the cottagers association since I volunteered for *Dock Talk*. This is one of the great benefits of volunteer work—learning new things. Did I know about the Secchi method of determining depth as an indicator of water quality? Well, I do now. Neither did I know about other active lake associations. It has been really neat to see the multitude of resources that are available. Be sure to visit the safe and quiet boating web site at www.safequiet.ca as well as Muskoka Lakes Association mla.on.ca to see the Take Care of Your Lake brochure for cottage owners, just one of many resources.

Although there is one more issue of DT for 2012, I want to mention in this issue how indebted I am to all the contributors. I simply approach DT as a little community newsletter and so many have generously provide input article and ideas, I truly believe that is what this effort is all about so my hat off to all. Please accept my sincere thanks.

Dan Macleod - our step-up-to-the plate leader who is soon going to call it quits. After ten years as President, I do believe you deserve a break.

Grant Walker for his willing and timely response to my requests

Rob Harris for his important behind-the-scenes work in getting and maintaining advertisers

Dave Duggan for posting *Dock Talk* on the HLPOA web site expeditiously when I am frantically trying to meet a

deadline of sorts and for letting cottagers know when a new issue is available

Sharon Tosswill for providing addresses and keeping track of who wants a hard copy

Anne Hayes, Biologist with BioForest Inc. for her willingness to respond to my request for information about one of our most important assets - our forest
Angie Reichenback for her second year of so willingly reporting on the Regatta

John Creen - for keeping us posted about the Healey Lake Tennis Club - a great asset for our community!

Peter and Susan Arnold - who keep us informed about safety issues on our lake through Cottage Watch news
Peter Hinze - who adds to the social scene on Healey Lake with golf tournament info and updates. I often bounce ideas off Peter.

Nancy Gilchrist - I am delighted to welcome Nancy back after a little hiatus. We have watched loons in front of our cottage all summer with great interest thanks to all her columns about these amazing birds.

Bill Kreps—I am very pleased to welcome my long – time friend’s first column and hope with his expertise in boating he will be a regular contributor.

Bob Simpson—for proof reading each issue. So if you are finding typos or grammatical errors ... well we’ll just blame Bob.

... and to all other occasional contributors who have over the past four years come to my rescue—Many thanks!

And now it is drawing to a close—the summer of 2012
Until the next time,

Nancy

Layered Salad

cont'd from pg. 11

Layer the rest of the ingredients in the following order: a layer of lettuce on the bottom of the bowl, then a layer of celery
a layer of sweet pepper
a layer of chopped eggs
a layer of peas
a layer of onions
a layer of crumbled bacon
Spread the mayonnaise/sugar mixture over the top of the salad like cake icing. Sprinkle grated cheese evenly over it all. Seal the bowl with plastic wrap and refrigerate overnight (or for 8 to 12 hours before serving).