



May 2012

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

From the President

Dan MacLeod

On behalf of my family, I do want to thank everyone for their support and kind words upon my Mother's passing. My Mother loved living at Healey Lake and will always be here in spirit.

While not being the best winter for outdoor sports, it did make for easy travelling to the cottage on weekends. The weather could not have been more unconventional – going freezing to balmy spring breezes was unsettling. Only time will tell what kind of spring and summer the dice will roll.

New members of the HLPOA have come on board over the winter. I am pleased to welcome Debbie Latter as Secretary, Rob Harris as Advertising, Tammy Ross as Finance and Dave Duggan as Treasurer. I would like to thank each of them for volunteering and donating their time to our Association. There will be an opportunity for someone to volunteer for Vice President at the end of this season.

I believe yours truly was the first one in the lake this year. It only counts if you go in the lake after the ice is gone. I learned two important lessons on March 26. Do not, under any circumstance, look one way and walk in another direction and you can actually hear yourself swear underwater. "I done ya proud, didn't I?"

On the agenda this year are TWO NEW FLOATING DOCKS to be placed at Foxback Landing on the May 2-4 weekend. The old docks are at the end of their lives. Sign posts are to be erected at the three landings to alert members of upcoming events.

I wish you a safe and happy season and encourage you to come to the May 20 annual meeting. As always, if you have any question, comments or concerns, please contact me.

Cell: 416-723-1999

danjohnmac@rogers.com



**Don't Miss It
HLPOA Meeting
Sunday May 20,
Healey Lake Lodge
10 a.m.**

The new HLPOA membership application is included with this issue of *Dock Talk* (page 11). Please complete and send it to Sharon Tosswill.

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Tennis News

John Creen

Healey Lake Tennis Club

Many will have noticed that the Healey Lake Tennis Club wasn't open last year. This was the result of a lack of funds for liability insurance, a desperate need for court resurfacing, and a few other minor upgrades.

The cost for getting this facility up and running is approximately \$20,000.

Through new memberships, sponsorships, and corporate donations, we should be able to raise these funds. Your company name could be advertised on the fence, etc.

There are several new families with young children on Healey Lake who could take advantage of this facility. We could even get basketball nets and make this a true "sports-court".

To get things started I will donate \$5000.00. I've also had commitments from other business owners for at least another \$5,000, so we are already half-way there.

Please contact me with any questions, concerns, donations, or ideas.

By the way, having a facility like this available certainly doesn't hurt the value of your property.

John Creen jcreen@cogeco.ca
416-991-5646
905-689-5145



Councillor's Corner

Grant Walker, Ward 6

Well it has been a strange winter and will probably be a short, quick spring. We did not have a lot of snow to contend with but the strange weather conditions brought their own problems.

For those who will be getting started with the chores, an overview of the hours for Healey Lake Waste Facilities is included in this issue of *Dock Talk*.

In some cases, the timing at Wood's Bay may be more convenient and these times can be found at the Township of the Archipelago web site. The Township also recently mailed out these schedules to cottage owners. Note the large item drop-off schedule and be aware that it does not include construction waste.

Everyone has supported the changes to our waste management operations and it is really working well. From the start at the Healey Lake site, changes () have been made to seven other sites over the last five years. Here are some facts about the Healey Lake site:

- 2007– Took out 70 bins of household waste and 30 bins of recyclables
- 2011- Took out 18 bins of household waste and 11 bins of recyclables.
- Amounts of wood, metal and other non compactable items went up from 30 bins to 38 bins.

The savings are paying for all the equipment and improvements and we are reducing our "footprint" on the earth.

**HLPOA Executive -
vacancies filled**



Dave Duggan - Treasurer
Rob Harris - Advertising
Debbie Latter - Secretary
Tammy Ross - Finance

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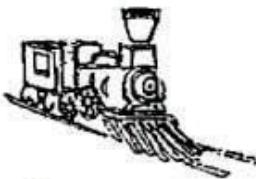
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Membership Update

Sharon Tosswill

Hello to everyone. Hope this winter was wonderful for you. It's time again to think summer season at the lake. The membership renewal form is included with the *Dock Talk* this year. Please fill in and return to my address. Thanks a lot and see you on the lake.

Sharon Tosswill, Membership Secretary
 Home Tel: 905-275-6834
 Cottage Tel: 705-375-1357

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Getting the ‘Word’ on Lyme’s Disease

They are on the move, these nasty little ticks. Recognized for a very long time, the evidence suggests that ticks and as a result Lyme’s disease is becoming more common. Numbers are expected to rise significantly. Warmer temperatures are a contributing factor as the ticks hitch a ride on deer and migratory bird populations heading north from the USA.

Causing concern in Ontario is the blacklegged tick which thrives in wooded areas. Several endemic areas are known to exist in the southern and western part of this province. Endemic areas are where known populations of ticks are reproducing. And now other areas are at risk for growing populations of ticks and our region here in cottage country is included in this list.

What is a tick?

A tick is a small biting arachnid (belongs to the spider and mite family) and it feeds on blood. When fully fed, the adult female, usually the larger of the species measures 3- 5 mm in length. Ticks can become infected with a bacteria as they feed on mice, squirrels and birds, primarily in wooded areas, but birds and pets can carry ticks right into your own back yard and your home.



Shows unfed female tick on the right, about the size of a poppy seed. As the tick begins to feed, colour changes from pale brown to yellow, to reddish brown through dark grey brown in the fully fed egg shaped tick on the upper left. In this picture, a size comparison is made beside a dime.

What is Lyme’s disease?

Lyme’s disease is an infection caused by a bacteria spread through the bite of an infected tick. This illness can be serious but is treatable. Contact with ticks can occur by brushing by the tips of long grasses and shrubs and the greatest risk comes in wooded areas.

How do you know you have a tick bite?

You will see the tick on your skin. The bite is not painful and that is why it is important to check for the presence of ticks after you have been out in woods especially in endemic areas. Check children and pets as well. A red rash may develop around the bite three days to eight weeks after having been bitten. Other symptoms include:

- Feeling tired
- Chills
- Fever
- Headache
- Pain in muscles & joints
- Lymph nodes that are swollen

If not treated in this first stage, Lyme’s disease may go on to last for several months and result in

- Changes in the nervous system
- Extreme tiredness
- More skin rashes
- Arthritis or arthritis-like symptoms
- Meningitis
- Rapid and irregular heart beat

and when left untreated, the effects can last for years.

How is Lyme’s disease diagnosed?

The diagnosis is made by considering if the person has been exposed to ticks, recognizing the symptoms and with blood tests.

The challenge with this illness is making the diagnosis. The symptoms can be confused with other health problems and because it has been fairly rare until now, health care professionals may lack experience in recognizing Lyme’s Disease. There is also a debate right now about how accurate the current blood test is for Lyme’s disease.

How can you protect yourself from a tick bite?

Early spring until freeze up is the period to ‘take care’ although some suggest spring and summer are the highest contact periods.

cont’d pg.6

Getting the 'Word' on Lyme's Disease *cont'd*

- Wear long pants and long sleeved shirts when in the bush. Tuck the pants into your boots or socks and make sure your sleeves are tight at the wrist.
- Wear closed in shoes.
- Wear light coloured clothing. It makes it easier to seek a tick.
- Insect repellent containing DEET can be effective when used according to instructions.

What can you do about a tick bite?

- After being in tick- infested areas, inspect your body for ticks. Be sure to check behind your knees etc.
- Remove the tick (within 36 hours) . This can reduce the transmission of the bacteria. Do not forget to check children and pets as well.
- Remove attached ticks carefully using tweezers. Grasp the tick's head and mouth parts as close to the skin as possible and pull slowly until the tick is removed. Do not twist or rotate the tick and try not to squash or crush the tick during removal.
- After removing ticks, wash the bite site with soap and water or disinfect it with alcohol or an antiseptic.
- Note the day of the tick bite and try to save the tick in an empty pill vial or doubled zip-lock bag. Put a moist piece of paper towel in with the tick to prevent it from drying out.

Contact a doctor immediately if you develop symptoms of Lyme disease, especially when you have been in an area where blacklegged ticks are found. Take the saved tick with you to the doctor's office.

What is the treatment for Lyme's disease?

Antibiotics are used to treat Lyme's disease and prompt treatment is important.

The Public Health Dept is to be notified about any case of Lyme's disease—a reportable disease since 2009.

To learn more about Lyme's disease, including how to reduce the risk of ticks around your home or cottage, go to:

Canadian Public Health Agency: www.publichealth.gc.ca

The Globe & Mail. Globe, Life. Ticking Clock. May 7, 2012

CanLyme Disease Foundation: <http://www.canlyme.com/>

Cottage Watch Patrol

Susan & Peter Arnold

Our first 'green' Christmas Eve, but the white stuff did come eventually. Once again we had a terrific group of volunteers and we had a chance to distribute all the tags to our helpers even before the lake froze completely. We did get a couple of reports back, like a fallen tree and a fallen hydro pole, but as we had no record-breaking snowfalls, conditions on and around cottages were less critical this year.

At our marina, the lake was 'open' on March 22, up the lake even earlier...hopefully that will not be the trend for the future...we do love the winters up here in nature.

A huge THANK YOU 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, by us, the co-ordinators, by the association, and by every single member that was patrolled.

Enjoy spring on our beautiful lake!

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As a cottage owner at 106 Healey Lake I understand the strategies involved in keeping the cottage in the family. Feel free to stop in anytime to discuss your best opportunities.



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Tuesday	8:00 am – 4:00 pm	8:00 am – 4:00 pm	<i>Canada Day – when falling on Monday</i>
Wednesday	Closed	Closed	<i>Civic Holiday</i> <i>Labour Day</i>
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Do you know?

1. What company offered the first 35mm disposable camera in 1987?
2. Where is Timbuktu?
3. Knismesis and gargalesis are types of what?
4. In which year did the Titanic sink?
5. What is a baby alligator called

Source: *Coffee News*, Guelph ON



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The Last Word

Nancy Simpson rnsimpson@sympatico.ca

Although our families had been on Healey Lake about the same length of time, I did not know Eunice Macleod until I volunteered to do *Dock Talk*.

I soon learned what I had been missing. Eunice was warm and caring and always ready to give me a suggestion or offer some help or to point me to a lead for a article. How neat and fitting it was that she should be recognized as volunteer of the year at the last regatta.

I tried my best to encourage Eunice to write a little article about what it was like to be a full-time resident here on the Lake. We came close to getting something together a few times but it was not to be. She often told me how much she loved it here and that the winter was really beautiful. She never seemed to have any concerns about being here alone. Quite the contrary, she always conveyed a quiet peace just like her winter surroundings.

What would become an even greater connection with Eunice was finding out that she grew up in Port Credit as did my husband Bob. They knew all the



same old Port Credit families and this became a point of great conversation and the source of many laughs. Bob and I will miss our visits to Eunice's home on the shores of Healey Lake.

Well for some of us it is that time of year once again when we start our pilgrimage to Healey Lake: week-end traffic, black flies, soon mosquitoes. All this just to be at our little piece of heaven.

A copy of the magazine *Boats & Places* arrived recently and I was surprised to read that the May 2-4 long week-end which heralds the unofficial beginning of summer is also the week-end that generates more than its fair share of boating-related incidents. As a matter of fact, the number of boats on the water over a long week-end outnumber a regular week-end by a factor of 10. Alcohol accounts for about 40% of all boating incidents and fatalities and it surprised me to learn that the sun and the wind and the rocking of the boat tend to exaggerate the effect of alcohol. This means that it takes less alcohol to get intoxicated under these conditions.

As boat traffic increases, it is a good time to think about the converging wake that extra boat traffic produces. It is also important to pay special attention to smaller boats, canoes and kayaks that might otherwise get caught up in the wake.

Well we are off and running, having opened our seasonal cottage a couple of week-ends ago. No sign of mice. WOW! What a relief. Have a good summer!

Cheers,

Nancy

On The Dock

Grilled Bread Salad with Roasted Peppers & Cherry Tomatoes

- 1 loaf – Crusty Italian White Bread (280 g)
- 1/4 cup (50 mL) extra Virgin Olive Oil
- 3 red bell peppers cut into (2.5cm)1" strips
- 2 cups (500 mL) cherry tomatoes halved
- 1/2 cup (125mL) maple syrup
- 2 tsp (10 mL) fresh lemon juice
- 1 tsp (5 mL) dried oregano
- 2 bunches of arugula, coarse stems removed
- 1 Belgian endive, leaves separated
- Slice bread in half lengthwise. Then slice each half lengthwise into 3 or 4 long fingers.
- Brush bread with olive oil and grill over medium heat turning often until lightly browned.

- Cut each finger into four elongated cubes. Set aside.
- Toss maple syrup and cherry tomatoes in a medium size bowl.
- Add 2 T. (25 mL) olive oil, lemon juice and oregano and toss again. Let vegetables marinate for 20 to 30 minutes. Reserve the marinade.
- Grill peppers and tomatoes in a grill basket and cook over medium high heat for 20 to 30 minutes. Turn often and grill until lightly charred.
- Combine grilled vegetables, bread and marinade in a bowl.
- Arrange on a platter on a bed of arugula and endive leaves. Serves 4.

(Adapted The President's Choice Bar BQ Cookbook)

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Sharon Tosswill: Membership - Lake: 705 375-1357; Home: 905 275-6834

Dan MacLeod: HLPOA President Lake: 705 375-2350: Home: 416 503-2387

MEMBERSHIP APPLICATION

Welcome to Healey Lake. Our membership dues are \$30.00/year. Please make cheque payable to H.L.P.O.A. For those with email addresses you can view Dock Talk (our newsletter) by going to our website - www.healeylake.org. An email will be forwarded to you letting you know that the latest Dock Talk is available. For those without email, or would prefer, you will receive Dock Talk via the postal service. Thank you.

Sharon Tosswill - Membership Secretary

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