

DOCK TALK

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

MESSAGE FROM THE PRESIDENT

-- David Latter --

The very cold weather over Christmas and the new-year resulted in a solid, thick base of ice this year. There were at least 18 inches of ice well into March...with ice remaining

The thaw, rain and intermittent cold spells after Family Weekend made Healey Lake a large skating rink for a couple of weeks. The slick conditions and lack of snow brought out an unusual number of ATVs, tracked vehicles and more car and truck traffic on the lake, than usual.

It was reported that new truck speed records were set on the main channel. The participants shall remain nameless.

If you haven't paid your dues, please do so soon. You may fill in an online membership form and use the online payment option of PayPal, OR mail back a completed form and cheque to Sharon Tosswill. Sharon will also be at the May Annual General Meeting if you want to pass it along to her in person. Payment by July 1 is greatly appreciated.

Please mark your calendars well in advance for the following coming events on Healey Lake this summer;

Spring AGM Sunday May 20, 2018 – 10 AM

Bottle Drive Saturday July 7, 2018

Regatta Saturday August 4, 2018

Fall AGM Sunday September 2, 2018 (TBD)

We hope you're finding the new website more interesting, informative and user friendly.

If there are any issues or particular concerns that need the attention of the Executive, please email me at dlatter@bellnet.ca or call my cell at 416 407-4965.

David Latter



ICE ROAD
TRUCKERS

The executive is looking for volunteers for the following positions:

Treasurer Starting May 2018

Auditor for legal sign off of the books prepared by Treasurer (For AGM)

Advertising Starting April 2018

Coordinator (Handling Existing & New Advertisers)

Regatta Coordinator This is an important position. Without a volunteer the regatta may not happen.

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HEALEY LAKE FIRST AID

-- Cathy Koenig --

EMERGENCY FIRST AID COURSE JUNE 18th ON HEALEY LAKE

Cathy Koenig is offering a one day Emergency First Aid course that offers lifesaving first aid and CPR skills for home, cottage or the workplace.

Arrangements are being made to hold the course at;
Healey Lake Lodge on Saturday, June 18, 2018.



Duration: 7.5 hours

Cost per participant: \$75 (tax included)

Certification: valid for 3 years

Minimum 6 participants, Max 12 participants

Call Cathy Koenig to Register +1 705 443 1690

Course Content:

- Preparing to respond
- The EMS System
- Check, call, care
- Airway Emergencies
- Breathing and circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care

Participant materials - First Aid and CPR manual

Digital certificate issued upon successful completion

All supplies needed for the class will be provided.
Each participant will receive a CPR pocket mask.

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HEALEY LAKE TENNIS CLUB

-- John Creen --

We are looking forward to another busy year at the Healey Lake tennis Club and we are hoping to see increased interest and participation during the coming season.

Rates for 2018 will remain the same at;

Hourly Court Fees: \$10.00

Yearly Memberships: \$100.00

For those looking for a game we will put a list together. Please forward your contact info and level of play and we will get a list out. Send to jmcreen@gmail.com

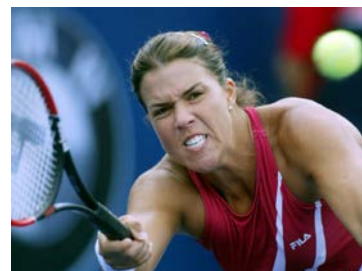
Same day bookings and the court key, as always, will be at Mariners Cove Marina. Many thanks to them!

As always we are looking for volunteers to cut grass, general clean up, new roof on the clubhouse, etc...

Thank-you,

J ohn C reen

TENNIS – IT'S HARDER THAN IT LOOKS



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COUNCILLOR'S CORNER

-- Grant Walker – Ward 6 --

I believe this is the first issue of Dock Talk for 2018 and I'd like to welcome everyone returning for spring openings and wish everyone a safe and enjoyable season this year.

It was a cold and blustery winter, rather unpredictable compared to past years. A lot of people enjoyed a pretty good spring break and I hope you were as fortunate as us and found no unpleasant surprises. As I write this, I know it won't be long before the ice is out and the season begins.

I have been told our public works people did a great job with the roads this winter as usual. A lot of people do not venture north in the winter and don't think about our lonely roads in the dead of night being kept clear in whiteout and freezing conditions. I once said to a staffer we could get together after hours and have a beer while we discussed a problem, he said yes but the beer would have to wait till spring as he is on call 24/7 until there is *no chance* of snow.

Our COA Stephen Kaegi left us last fall after many years service and for a number of months we were guided by an executive committee made up of;

- Maryann Weaver: Clerk
- Joe Villeneuve: Manager Corporate Services
- Cale Henderson: Manager Development & Environmental Services

They did an excellent job in addition to their regular duties along with support from the entire TEAM. We welcomed John Fior, our new CAO on February 20th and wish him well.

The roads at the moment have a lot of frost heaves but most should disappear as it warms up. The last few years it's been the plan to resurface Kapikog Lake Road which also serves areas of Healey Lake. Each year however, it was felt we could get a little more service from the surface and it was deferred until the following year. This year it is scheduled to be done and after checking the condition a week ago, we can all agree it is time to proceed.

Hours and services at the transfer station will be the same as last year. I have asked staff to include a card with services, dates and times in the township spring mailing for you to put on your fridge.

A full program on water and forest monitoring is available again this year with education and fun programs on our environment also being organized. If you have an interest in the environment and would like to volunteer please contact me grant@olresources.ca, the township or your association. More information on available programs from the Georgian Bay Biosphere Reserve (GBBR) is included in this newsletter.

Last year things at Pine Bay Landing had improved from the year before and I hope everyone continues to show common courtesy and respect for others. The landings on both Kapikog and Healey are rather unique to our township and many other areas and I would not want to endanger them because of problems.

There's good news on that front - the park has started construction on a larger parking area which should help address the overcrowding situation.

Last year we got rid of unwanted construction barges on both lakes. The large white trailer is gone from the trailer parking area and this spring after a year of warnings all the junk will also be removed. If you have something there that is of value to you please tag it with your name and valid contact information. This year I will try and introduce a system to manage this area so it does not become an eyesore or a management issue again in the future.

In May staff and I will be meeting with those people with docks on township property who asked to have a chance to discuss the situation.

If you have any questions, concerns or suggestions please contact me at grant@olresources.ca or +1 705 720 2244 days or +1 705 739 3675 nights or weekends.

Grant Walker



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CREATING A SAFE ENVIRONMENT FOR LOONS ON HEALEY LAKE

-- Nancy Gilchrist & Missy Mandel --

Missy and Howard Mandel recently moved to Healey Lake. Missy was the Loon Steward on Kashe Lake.

The following notes were prepared by Missy. Please do your best to make maintain a welcoming, safe environment for both adult loons and their offspring on Healey Lake.

If you wish to participate in monitoring and reporting on loon chicks observed near your cottage, please contact Nancy Gilchrist or Missy Mandel.

With its black and white plumage, large profile and haunting calls the Common Loon is Canada's most iconic and beloved inhabitant of our lakes. Many volunteers work with Birds Studies Canada to track Loon reproductive success by monitoring chick hatch and survival, and sharing knowledge of better boating, fishing and shoreline practices.

RECOGNIZING DANGER SIGNS

When in danger, loons give a warning or distress call that sounds like a laugh. Listen for and heed this call, which means: "Please move away". If you see a loon "dancing" straight up out of the water, and slapping with its wings, it is Urgent that you move away. You are in their territory!

CRITICAL TIME: MAY - JULY NESTING SEASON

Most loons nest from mid to the end of May. Their nests are usually on small islands or the back end of bays and inlets. Loons lay only two eggs, which both parents take turns incubating for 28-29 days.

Loon parents leave if watercraft come within 150 yards of the nest (the length of 1 1/2 football fields), leaving the eggs without warmth or protection. The nest then becomes vulnerable to predators. If disturbed often, loons abandon the nest. If you see 2 adult loons together in May or June, their nest site may have been disturbed.

KEEP A SAFE DISTANCE!

Nesting birds are easily disturbed by boat traffic, jet skis, and even non-powered boats. Because loons nest on the water's edge, wakes from boats and jet skis can wash eggs out of nests. Canoes or kayaks can slip quietly into nesting areas and can startle loons off nests. Fishing Boats, spend lots of time in waters perfect for nest sites.

Loon chicks hatch in late June, which coincides with the start of the busy boating season. Loon awareness and responsible watercraft use will help reduce the conflicts that can occur between boaters and loons.



Watercraft traffic can cause loss of chicks: Young chicks are not waterproof! They need to be able to climb up on their parents' backs to stay warm and dry. When watercraft approach too closely, parents leave their chicks to defend their territory. Young chicks are buoyant, can't dive quickly to get out of the way, and can be run over.

FISHING AND LOON SAFETY

Loons commonly eat small pebbles to grind food for digestion. Small lead sinkers and jigs may be mistaken for these pebbles, or lures with fish and lead attached maybe consumed by the bird directly. A bird that eats lead will become ill and die within two or three weeks. Just one lead sinker or jig can poison a water bird.

Consider purchasing non-lead alternatives. Sinkers, including split shot, are now available in less toxic compounds such as tin, steel, bismuth, and tungsten. Ask your local tackle shop or retailer to carry non-lead alternatives.

Watercraft operators are naturally drawn to our beautiful lake. Please help keep our Loons safe on Healey Lake.

Nancy & Missy

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

Georgian Bay Biosphere & the Township of the Archipelago present...

KIDS IN THE BIOSPHERE

Free Nature Activities for Families

Join today, it's easy!

1. Register at <https://bit.ly/2GuTSKa> or email kids@gbbr.ca
2. Receive an activity kit full of crafts, games, and much more!
3. Enjoy fun, outdoor activities all summer long.
4. Collect your prize!

There's more! Send GBBR your nature questions and discoveries.

Plus visit gbbr.ca to find other great activities.

kids@gbbr.ca

705.774.0978



GEORGIAN BAY BIOSPHERE UPDATES

-- CONTRIBUTED --

KIDS IN THE BIOSPHERE ACTIVITY KITS

Do you spend most of your time outside in the summer?

Do you often find mud on your knees and sticks in your hair?

Do you want to know more about the nature around us?

If you answered yes to any of these questions, the Kids in the Biosphere program is for you!

To celebrate six years of outdoor adventure in the Georgian Bay Biosphere Reserve, the Kids in the Biosphere program is EXPANDING! This summer it will be available to across the entire Township of the Archipelago.

HOW DOES THE PROGRAM WORK?

Simply register online at <https://bit.ly/2GuTSKa> to receive a free Activity Kit, a reusable bag containing outdoor games, crafts, materials, a nature notebook and a Kids in the Biosphere Activity Booklet. After you register, GBBR will email details on where to pick up your Activity Kit.

WIN FABULOUS PRIZES

If you wish to track your progress, you can use the Summer Scorecard included in the Activity Kit. At the end of the summer, or your stay in the Biosphere, bring your Scorecard to the Biosphere office (11 James Street, Parry Sound) or to one of the program volunteers near you to receive a prize and be entered to win one of three grand prizes!

We also offer a Kids in the Biosphere blog where you'll find weekly information on nature's happenings, fascinating facts, and answers to your questions by our local nature nuts. Plus, Biosphere staff will be on location at events throughout The Archipelago with crafts, games, and even our species at risk friends!

GEORGIAN BAY BIOSPHERE

For more information or to volunteer with the program contact Delaina at kids@gbbr.ca.

Visit www.gbbr.ca to find information about other programs, subscribe to Biosphere News, or to become a Biosphere Member. Thank you for your support – see you outdoors!

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MEMBERSHIP UPDATE

-- Sharon Tosswill --

Spring is just around the corner and so is the time for fun at the lake. Hope you all enjoyed the winter and are looking forward to warmer spring weather. Currently, we have approximately 20 members but PayPal memberships keep coming in and are being processed from Florida.

When we return, I'll process the mailed in memberships and will have a better number by AGM in May. For those who pay by paypal it would be appreciated if you could update your info each year.

Have fun this summer and see you around the lake!

Click the button below or click visit: www.healeylake.org



Cottagers paying via PayPal must send their completed membership forms. Please send completed forms to Sharon.

Membership Rates for 2018 are projected to be;

Cottage Owner: \$40.00

Associate Member: \$20.00

Please email question or inquiries to Sharon Tosswill:

Sharon_tosswill@hotmail.com



"THE LAKE-ED CHEF"

-- Ron Hutzul --

QUINOA-CRUSTED PORK WITH PEAS & MINT

Cook Time: 45 minutes | serves 3-4

INGREDIENTS

- | | |
|---|---|
| <input type="checkbox"/> 1 cup (250 mL) quinoa | <input type="checkbox"/> ¼ cup olive oil |
| <input type="checkbox"/> 3 eggs | <input type="checkbox"/> 2 cups fresh spring peas |
| <input type="checkbox"/> 3 tbsp Dijon mustard | <input type="checkbox"/> ½ cup torn fresh mint leaves |
| <input type="checkbox"/> ⅓ cup all-purpose flour | <input type="checkbox"/> 1 lemon, optional |
| <input type="checkbox"/> 1 tbsp ground sage | <input type="checkbox"/> coarse grey salt |
| <input type="checkbox"/> 1 tsp salt | <input type="checkbox"/> herbs de provence |
| <input type="checkbox"/> 9 thin-sliced pork chops | <input type="checkbox"/> fresh ground black pepper |
| <input type="checkbox"/> 2-3 tbsp butter, divided | <input type="checkbox"/> 2 lbs new potatoes |

DIRECTIONS

1. Preheat oven to 350° then rinse & dry new potatoes. Toss potatoes with 3 tbsp. olive oil (to lightly coat) and season with salt, pepper and herbs de provence. Roast potatoes for 30-35 minutes, or until fork tender.
2. Prepare quinoa according to directions. Place in a medium shallow bowl, then separate grains with a fork. In a second similar bowl, whisk eggs with Dijon until smooth. In a third bowl, stir flour with sage and salt.
3. Lay a large piece of waxed paper on the counter. Coat 1 chop with flour mixture on both sides. Shake off excess. Then coat with egg mixture on both sides, letting excess drip back into dish. Coat with quinoa on both sides, gently pressing coating to help it adhere. Place on waxed paper. Repeat process with remaining pieces.
4. Heat a large skillet over medium heat. Add 1 tbsp butter and 1 tbsp. olive oil to coat pan. Add 3 pieces of pork. Cook until golden, about 1½ minutes a side (depending on thickness). Remove and repeat with remaining butter, oil & pork cutlets. If pieces are browning too quickly, reduce heat.
5. Meanwhile, place peas in a saucepan with a generous pinch of salt and cover with water. Bring to a boil and boil gently until bright green, 2 to 3 minutes. Drain and toss with remaining pat of butter and mint.
6. Grate lemon zest over chops, and peas and serve with roast potatoes and lemon wedges.

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