



DOCK TALK

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



MESSAGE FROM THE PRESIDENT

-- David Latter --

WELCOME TO ANOTHER SEASON ON HEALEY LAKE!

It took a while for winter to set in but once it did, conditions were generally ideal for winter activities on the lake. Lots of snowmobiles, ice fishers and deer this year.

BOARD & EXECUTIVE POSITIONS

I am pleased to report that we have new members for the Board of Directors and Executive. We would like to welcome **Rick Kean** as our new Treasurer and **Jim Dunkley** as the new Vice President.

Positions that remain unfilled are **Advertising Coordinator for Dock Talk** and **Finance Review** (i.e. someone who provides an independent review of our year end finances). **David Pols** filled this reviewer role for many years and we are now seeking a replacement volunteer. I would like to thank **Rich Nagy** and **Stephanie Joiner** who served on the Executive for several years. Your efforts were appreciated!

Elsewhere in this edition of Dock Talk are articles on loons, shoreline habitat, photography contests, FOCA, obituaries and a list of activities on Healey Lake this summer.

Please take time to scan all the topics so you can take part in all the activities of interest to you.

The photography contest and the Georgian Bay Biosphere presentation are open to all ages. Your children and grandchildren are encouraged to take part.

YOUR ASSOCIATION MEMBERSHIP

Your membership supports several initiatives on the lake including; Cottage Watch, Dam Monitoring, The Regatta, Boat Landing Maintenance, Federation of Ontario Cottagers Association (FOCA), Georgian Bay Biosphere Reserve (GBBR) and more. Sharon Tosswill has sent out renewal notices to everyone who was a member in 2018. It is easy to re-new or join. Pay via PayPal on the web site or mail in a cheque to Sharon. Please fill in the contact information to make sure it is up to date. Our records are only as accurate as the information you provide, so it certainly helps to update contact info (home address, cells, home phone and email addresses) every year with your membership renewal.

The HLPOA is a member of the Township of the Archipelago (TOA) Water Quality Monitoring Program; which in turn is part of the Ontario Lake Partner Program.

The Lake Partner Program is Ontario's volunteer-based, water-quality monitoring program. Since 2002, the Ontario Ministry of the Environment, Conservation and Parks has coordinated this lake monitoring program from the Dorset Environmental Science Centre (DESC), in partnership with the Federation of Ontario Cottagers' Associations. Each year, more than 600 volunteers monitor total phosphorus and water clarity in almost 550 inland lakes at over 800 sampling locations. Total phosphorus and calcium analyses are performed in the DESC Water Chemistry Laboratory.

The resulting data are used to assess and report on water quality in lakes across Ontario. This total phosphorus, calcium and water clarity data are published each January on the provincial Lake Partner Program webpage and the Archipelago website where the information on Healey Lake is easier to access. **Dan MacLeod** (Past President) has taken over as the water quality monitoring co-ordinator this year. The program involves testing Healey Lake for Phosphorus and Calcium levels once per summer and for clarity 4 times per summer. This is an important initiative that allows us to monitor water quality every year and help us identify any negative trends as early as possible.

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Carol & Rainer C.

"We are so fortunate to have had Tracy & Gord as agents to sell our Kapikog island property. Their hi-tech approach was instrumental in getting the right market exposure that led to a quick sell above our asking price. Tracy & Gord are truly professionals, so easy to work with and down to earth. Most notably, their efforts far surpassed our expectations and their responsibilities. Evident passion for what they do, complemented by their skills with hi-tech and talents in negotiations, make Tracy & Gord an ideal team to work with whether buying or selling a property. You won't find better realtors anywhere!"

Eric & Lyne P.

"Your service was amazing from beginning to end. I was shocked at how easy you made it for us. You were 100% there for us from the cleaning up, storing items, and staging of our cottage. It was more than we expected! The sale went quickly and smoothly, and you were very easy and thoughtful to deal with. I would highly recommend you and Tracy without hesitation."

Suzanne & Michael M.

In 2018 our cottage listings sold for more money and sold faster by a significant factor!*

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MESSAGE FROM THE PRESIDENT

-- Continued --

WATER QUALITY RESULTS

To see the results for past years, simply visit website of the Archipelago, www.thearchipelago.on.ca and click on "water quality", then scroll down to Healey Lake. Monitoring for e.coli is not part of the province wide program, but Dan has taken the initiative to conduct these tests for Healey Lake. The results will be published in Spring Dock Talk each year.

IMPORTANT DATES

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

Dock Talk **Spring Edition (April)**

Spring AGM **Sunday May 19th, 2019 – 10:00 AM**

Presentations:

- + Georgian Bay Biosphere Research
- + Fire prevention and education

Bottle Drive **Saturday July 6th, 2019**

Beer & Liquor Bottles on dock by 10:00 AM
(bags of cans counted & labeled)

Dock Talk **Summer Edition (July)**

Biosphere **Saturday July 13th, 2019**

Event + Fish habitat & invasive species

Regatta **Saturday August 3, 2019**

+ Location TBD

Fall AGM **Sunday September 1, 2019**

+ Location TBD

Dock Talk **Fall Edition (October)**

DOCK TALK SUBMISSIONS

We always welcome the submission of written articles or submissions for Dock Talk. If you have stories about the history of the lake, observations on the flora and fauna or even an editorial on something that would be of interest to other cottagers, we'd love to hear from you. Send your submission to Ron Hutzul, Editor at rhutzul@gmail.com

GET IN TOUCH

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

David Latter



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HEALEY LAKE TENNIS CLUB

-- John Green --

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 2019 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 help out.

Thank-you,

John Green

TENNIS – IT'S HARDER THAN IT LOOKS



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COUNCILLOR'S CORNER

-- Grant Walker | Ward 6 --

THANKS FOR VOTING

This is my first opportunity to thank everyone who voted last fall. I very much appreciate those who helped and supported me and I'll continue to serve everyone in ward six at council to best of my ability. In addition I have been appointed chairman of public works, representative to the West Parry Sound Museum Board and member of the West Parry Sound OPP Community Policing Committee.

SETTING THE RECORD STRAIGHT

There have been some inaccurate and sensational articles about expenses for council in the local newspaper and while I was not mentioned I want to set the record straight. My expenses are as follows, travel \$3,516.72, accommodations and meals \$3,043.44, conferences and district meetings \$1,206.65, telephone \$240.00 and alcohol \$109.46.

ROAD CONDITIONS

It has been a very hard winter on our roads with the extreme high and low temperatures causing cracks and heaving. We will have a better idea of damages after ½ loading ends when the frost is all out. Our staff as usual did an excellent job at times under pretty bad conditions.

We will be making some changes in our waste operations as we continue to improve and reduce our environment footprint. You will not notice any change in frontline service.

CLEANING UP THE 'HOOD

We are looking at a program to do a general clean up of our neighborhoods. It would be to get rid of all kinds of trash both on land, the water and beaches. Trash of all kinds could be separated and measured/weighed to see what we are dealing with and to start a competition between neighborhoods for prizes and bragging rights. This is still in the planning stage and I would really like to get your ideas to make this a positive and fun community activity. As an example I learned during our early discussions that broken down dock flotation material is a big problem.

AMALGAMATION UPDATE

As I reported earlier the provincial government is reviewing district and county governments which has led to talk of amalgamations. Twice before we have fought against this happening as we are very different from our neighbors and have different wants needs and expectations for the future. We support and work with our neighbors. We support health care, education, the arts, group purchasing, technology but their desire for development and growth does not fit with what we are. We are going through all our records/reports and history from when we were able to stop being taken over in the past. We are researching the failures of previous amalgamation and having discussions with consultants with a background in this area.

COMMUNICATIONS

I have always communicated with you through your associations but sometimes things need to be discussed right away or feed back would be helpful in a timely way. I will continue to communicate in detail this way but would like to be able to contact you quickly on time-sensitive matters. If you would like to have quicker contact please send me your e-mail grant@olresources.ca

HEALEY LAKE UPDATE

For Healey Lake, the dock for Kapikog Bay is scheduled to be put in as soon as the ice goes out. We will finish the removal of any illegal docks in the spring.

Progress has been made cleaning up the trailer parking area and we will try to have it finished and looking attractive before summer season.

KAPIGOG LAKE UPDATE

For Kapikog Lake, we will work to get the parking lot lighting resolved.

Thank you, have a great 2019

GET IN TOUCH

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 --

Well another season is beginning which means the return of the loons to Healey Lake. On warm spring days common loons can be observed flying north in search of ice free water bodies. The first loons observed in the north are found near inlets and outlets of rivers where ice thaws first in mid April. For loons that are non-breeding, (either the young loons or displaced breeders), they will also return to lakes in our north.

STAKING A CLAIM

Young loons have difficulty finding a vacant breeding territory. They face one of 3 choices;

- finding a new territory on a vacant lake
- assume a territory that a previous resident vacated or intrude on an occupied territory
- attempt to oust the previous resident with a physical contest.

The last choice is usually the most popular with the loon population. Lakes where loons were successful in previous years for raising young usually have more territorial intrusions the following year.

The loons will quickly establish and defend their breeding territories. Courtship and mating are a quiet time and will begin once they return to the lake. As I have stated in previous articles, the loon does not mate for life and in fact, if a new male takes over a territory the female remains and mates with him. The pair will swim and make short dives together. Eventually the male will lead the female to a suitable spot on land for mating.

NESTING HABITS

Nests will be built in May and June and take about a week to complete. The same site is often used year after year usually near a sheltered bay or island. Researchers have found tree needles, leaves, grass, moss and other vegetation under loon eggs. If material is not handy loons will lay their eggs directly on the mud or rocks. Sometimes clumps of mud and vegetation are collected from the lake bottom to build their nest. Two olive brown coloured eggs will be laid in the month of June and will be incubated for approximately 28 days before hatching. If the eggs are lost, the pair may re-nest, often in the same general location.

LOON CHICKS

Early summer is extremely important for the survival of loon chicks. This is when human activity is at its highest and when we may adversely affect the loon family. During the early weeks the chicks are extremely vulnerable to separation from their parents. Chicks cannot dive and are easily run over by boats.

Eager loon watchers should use binoculars and telephoto cameras. If the adult comes toward you with wings spread or the tremolo call (crazy laugh) you are too close to the nest or the family.

Those cottagers who rent or allow guests or their children to drive their boats, Please remind them of safe boating practices and post these rules in the cottage.

- Slow your boat where loons next (nests can be flooded by wakes).
- Don't kayak or canoe near the nest (slow moving craft may alarm loon and it may abandon the nest).
- Steer clear of loons and chicks while boating
- Retrieve fishing line and tackle (loons become entangled leading to death)
- Use lead-free tackle (loons ingest small pebbles to digest food and mistake lead sinkers for pebbles. **LEAD POISONS!!!** Request a lead-free alternative

THANK YOU TO EVERYONE for helping protect our loons and other wildlife on Healey Lake!!!

LOON LAKE SURVEY

Healey Lake will be participating in the Bird Studies Canada Loon Lake Survey in 2019. Missy Mandel will be collecting the data for Healey Lake this year. It is important for loon research there where possible, people take time to report sightings to Missy at missy@missymandel.ca or by texting her directly at 416-804-5667

Your reports should contain the following;

1. Approx. location of loon sighting
2. Was the loon on a nest or in the water
3. Did the sighting include;
 - a single loon
 - a pair of loons
 - a loon with single chick
 - A loon with two chicks
4. If they noticed that a loon sighted previously with 2 chicks has only one at a later sighting.

Nancy : Missy

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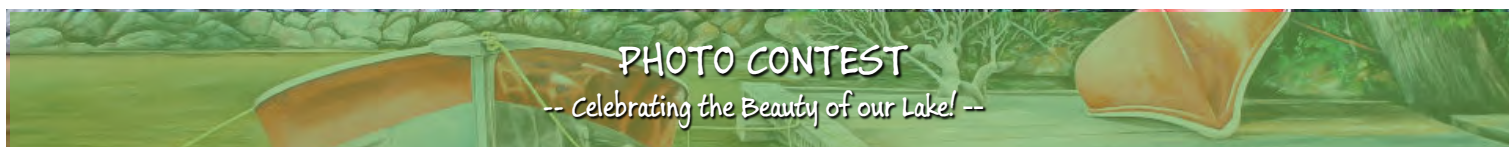
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SYLVAN



CONTEST CATEGORIES

There are 4 categories.

- Kids** "A Kid's Eye View"
a special category for 12 and under only
- Landscapes** **Healey Lake Landscapes**
Sunsets, shorelines, treelines, etc.
- Wildlife** **Healey Lake Wildlife**
Animals, Flora, Fauna, etc
- Lake Life** **People & Good Times**
People enjoying time on Healey Lake

SUBMISSIONS

Each entrant may submit up to 3 photos across any combination of categories. Please submit high-resolution images to missy@missymandel.ca. Submissions should include the full name of the photographer, (and age if in the kids category) as well as the category & title of each image.

You can email submissions individually or all together if your email provider allows

Submissions can also be shared via file transfer services like;

WeTransfer <https://wetransfer.com>

or

DropBox <https://dropbox.com>

RULES

The contest period runs through 4:00 PM on July 20, 2019 – all submissions must be received by then to be considered.

Images will be evaluated by Missy, Andy and one other selected camera club judge to be named at a later date.

Prizes and certificates of participation will be awarded at the Healey Lake Regatta scheduled for Aug 3rd, 2019.

The Contest is coordinated by Missy Mandel & Andy Zeltkalns – follow them on Instagram for some inspiration

Andy [@activeinmuskoka](https://www.instagram.com/activeinmuskoka)

Missy [@missymandel_photography](https://www.instagram.com/missymandel_photography)

Please forward any questions to missy@missymandel.ca

FINE PRINT

Your submission of entries into this contest indicates your willingness to allow the HLPOA to display your photos on the website and in the newsletter, in addition to including them as illustrations on a calendar or other promotional material.



We replaced the West Webcam in November/December due to damage sustained from a nearby lightning strike.

We also recently added some functionality to the West webcam. Below the picture you will see 10 dots. From left to right, each dot represents in order the last 10 pictures.



Dots above show the last 10 webcam pictures in order. Click on each to view.

You click on each dot to see the previous picture or use your arrow keys to move from picture to picture. This allows you to scroll back and look at changing conditions over the last couple of hours. Furthermore, if you leave the web page open, the webcam pictures will shift every 10 seconds.

Hopefully those cottagers that view the webcam find this useful.

Missy: Andy

Dave Duggan

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DRONE PHOTOGRAPHY UPDATE

-- A BIRD'S EYE VIEW ON HEALEY LAKE --

DRONE PHOTOGRAPHY

The limited use of commercial and consumer drones dates back to about 2006 but only since 2016 drone technology has improved to the point that consumer drones are safer, more reliable, and can produce stunning still images and video.

As a passionate photographer for more than 40 years I recently purchased a DJI Mavic 2 Pro drone and have used it several times to take aerial images of the Healey Lake area.

So far I am very impressed with the quality of the images possible and the smart technology of the drone. I recently received my Basic Level drone pilot's certificate which can be obtained by passing a Transport Canada on-line exam.

As of June 1st, 2019 there will be new laws in Canada governing drone use and anyone wanting to operate a drone between 250g and 25kg in weight will need to have a basic level licence and have their drone registered with transport Canada.

If you are interested in seeing some of my drone images along with my regular photography please visit my Instagram page [@activeinmuskoka](https://www.instagram.com/activeinmuskoka) or check out my website <https://www.zelcamphotography.com/>

Andy Zetkals



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Hi, I'd like to introduce myself. My name is Tyler Slade and my family has been Muskoka bound since 1973. I reside all year round on Crane Lake, for the past 6 years.

In 2012, while helping rebuild the family cottage, I had the opportunity to watch a man take down two huge trees. I was absolutely fascinated by this event. I knew then, that was what I wanted to do as a career! In 2013, I started working in Muskoka for a tree service company and learned everything I could about becoming an arborist. The more I did, the more I loved every aspect of arboriculture. I have worked full time for 6 years now in Muskoka, Simcoe County and Parry Sound Districts. I also attended and graduated with Honours from Humber College, and now, I have my own company.

While 2018 was MDA's first year, my crew and I were thrilled at the opportunities and successes we had. I am also happy to be giving back to my trade by taking on my first apprentice.

We are looking forward to 2019 and would appreciate an opportunity to give you, a family member or a friend a free quote regarding any of these services,

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Lot Clearing
Tree Health Care
Disease Analysis
Tree Preservation
Cabling and Bracing
Split Aged Firewood

My company is fully insured. I am a member of the International Society of Arboriculture, both International Chapter and the Ontario Chapter. I can present Insurance Documents upon request.

With Spring finally here, my season has started up and my team and I are eager to keep busy.

Please feel free to call, text or email me for a free estimate, or even just an opinion.

Sincerely

Tyler Slade

Show me this letter for the Friends of Muskoka discount.

705 229-7740 – Field / 705 792-8694 - Office

www.mdatreeservices.com / tyler@mdatreeservices.com



A PERIOD IN HISTORY | 50's & 60's

-- David Latter--

This new and exciting feature is courtesy of Dave Pols, thanks to whom the records of the Director's and Annual General Meetings from 1954 to the present, have been preserved. I will be mining the records from time to time to bring the membership a flavour of what has happened on the lake over the years and how the membership responded to the various challenges.

THE FIRST MEETING

The first meeting was held in 1953 and was attended by 15 of the 17 residents on the lake at that time. A turnout of almost 90%. By the 60's, the Annual General Meeting (AGM) was held at the Valhalla Inn in Toronto. We may want to try this in the future (just kidding) as the turnout was two to three times what we have now. Also interesting to note that members had to be paid up as of the date of the AGM in order to vote. Our membership co-ordinator, Sharon Tosswill, would love to have that rule in place. We collect fees over at least nine months of the year. So thanks to those who pay in March and April.

MEMBERSHIP FEES

Fees started at \$5 annually. Considering inflation and costs of insurance (Liability Insurance has gone from \$75 to \$2600) our current membership fees of \$40 are still quite modest. The minutes of meetings from the 60s' to just a few years ago, are a testament to the resistance to each fee increase. Most fee increases were initially voted down.

FIRE SAFETY

Cottage fires were not infrequent and one year even the Fire Marshall's cottage burned down. That generated more humour than sympathy.

ASSOCIATION ACTIVITIES

The activities of the Association in those days supported some of the same ones as today (dealing with government, building and maintenance of docks which are now shared with the Archipelago), the Regatta, and some quaint-by-today's standards (the garbage dump, pay phone, road maintenance and radio telephone).

THE REGATTA

The first Regatta was held in 1963, the HLPOA Constitution was formalized in 1966 and electricity came to Healey Lake in 1968/1969.

THE MEETINGS

There have been some inquiries as to we have a fall "AGM" and not just one held in the spring. It started in 1969 when a proposal was made to hold the AGM in August when cottagers were at the Lake (and may not live close to Toronto) and more members would be able to attend. The membership compromised and voted to hold two meetings - which we do to this day.

SERVICE & STEWARDSHIP

The HLPOA has been well served by the pioneers on the lake who laid the groundwork, with fewer individuals and fewer resources, for the services available to us today.



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OBITUARIES | FRIENDS OF HEALEY LAKE

-- CONTRIBUTED --

Dr. Alfred Vaughan

January 31, 1935 – April 7, 2019

Passed away Sunday evening at St. Joseph's Hospital in Toronto. He is survived by his loving wife, Rosemary Vaughan (nee Sereda), of 66 years. He was the proud father of Christopher, Susan and Candace (Greg) Otte. Alfred was also a loving grandfather and role model to his grandchildren Caitlin, Hartley, Robert, Rebecca and Ava. As a family man, he lived by high moral values and his legacy will be of trust, honour, integrity and compassion. From his birth in Toronto to proud Lithuanian parents, Annie and James Vaichulis, Alf was a hard working, kind soul who was a gifted scholar and athlete. In 1958, he graduated from the Faculty of Dentistry, University of Toronto, and continued to practice for over 30 years. He was also an integral part of the 5T8 Alumni group planning class reunions for over 60 years. Alf loved the wilderness and spent a significant amount of time building and enjoying the family cottage on Healey Lake near Mactier, Ontario. He instilled a love of nature in all his children and grandchildren. A long-time member and patron of the Toronto Racquet Club, Alf also ensured that his "Old Farts Club" maintained their friendship outside the walls of the club. Alf is described by his peers as a kind, thoughtful, and inspirational sportsman. In lieu of flowers, donations may be made to St. Joseph's Health Centre or The Princess Margaret Hospital Foundation. Online condolences may be made at www.turnerporter.ca

Karen Lee (Fenwick) Killough

March 2, 2019

Karen Lee (Fenwick) Killough, 58, of Attleboro, MA, passed peacefully in Sturdy Memorial Hospital on March 2, 2019, surrounded by family and friends following a brief illness.

Born in Buffalo, NY, she was the daughter of the late Paul and Mona (Frank) Fenwick.

Karen was a graduate of Kenmore East High School in Tonawanda, NY. During this time she found passion in nursing while doing volunteer work at nursing homes and the American Red Cross. She turned this passion into a career by receiving a nursing degree from Vermont College (Norwich University) in 1981. She was a cheerleader for Norwich and a member of the ski team. Karen worked at Nantucket Cottage Hospital, St. Luke's Hospital in New Bedford, MA and most recently Sturdy Memorial Hospital, retiring after 32 years of service as a Certified Emergency Room Nurse. She had a special place in her heart for first responders through service on Critical Incident Stress Management teams.



Karen has immense passion for her family's cottage on Healey Lake, Mactier, Ontario, Canada, spending summers there while growing up, and whenever she could later in life.



The peace and serenity of the cottage was her safe haven. Sharing the time at the cottage with her children and grandchildren gave her vast joy. Karen's hobbies included skiing, gardening, fishing and boating. She also shared her oldest daughter's passion for horses, having owned several over the course of her life. Her biggest love was precious time spent with her daughters, whether spending hours curling their hair for Irish dance competitions or taking countless hours on soccer fields. She always offered encouragement, and was happy to be anywhere supporting her girls. This continued to her three grandchildren. Her heart overflowed when blessed with grandchildren.

She was the loving mother of Bekah (Killough) Gilmore and her husband Steven of El Paso, TX, and Sarah Killough of Orlando, FL. She was the proud grandmother of Ryder, Skylynn and Ryett Gilmore. She is also survived by her brother David Fenwick and his wife, Michelle, and nieces Lindsay and Lauren, of West Milford, NJ. She also leaves several aunts, uncles and cousins. Karen was blessed to have good friends and was grateful for the support they offered. She was formally married to Scott Killough of Attleboro.

The family wishes to thank Dr. Steven Bensson and the staff of Sturdy Memorial Hospital – Montplaisir Unit for their professionalism, compassion and outstanding care.

All Services for Karen are private at the request of the family. Her family plans to scatter Karen's cremains at Healey Lake at a future date.

Donations can be made to The Friends of Attleboro Animal Shelter, 27 Pond St N, Attleboro, MA 02703.

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SPRING TIME IS COTTAGE LISTING TIME!

It's been a long and snowy winter up here in cottage country, let's hope Spring is just around the corner. We at ROYAL LePage just finished doing the Cottage Life Show at the International Centre in Toronto and we are excited by the enthusiastic responses we got from prospective Buyers. With interest rates creeping up, and the uncertainty of the economy, both nationally and internationally, this is a good window of opportunity to think about selling your cottage property at the best possible price. Please feel free to call me if you'd like a free estimate on your property. I have been in the real estate business for 52 years and have the means and equipment to service properties everywhere.

I look forward to hearing from you,

Gary R. Jennings

Broker



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I think spring is approaching – and we can hardly wait to return to the lake. Hope you had a great winter and are ready for some sun and fun. We are just back from a holiday and will be processing all the membership renewals. I expect to have an up-to-date count in time for the AGM in May. Looking forward to seeing everyone again. If you have a new neighbor please let me know and I will be over to meet them with a welcome package.

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 2019 are set at:

Cottage Owner: \$40.00

Associate Member: \$20.00

Please email question or inquiries to Sharon Tosswill:

Sharon_tosswill@hotmail.com



Explore Our Shores

Biosphere Saturday July 13th, 2019

Event + Fish habitat & invasive species

Location TBA

Join the Georgian Bay Biosphere Reserve staff to learn about how to enhance fish habitat in Healey Lake and protect against invasive species.

What does the fish say? Katrina Krievins will be able to tell us in her presentation on local fish species, their habitat needs, plus how and why we should help our scaly neighbours.

Invasive what? From plants to fish to insects, there are over 400 invasive species in Ontario. How did they get here and how can we stop the spread? Delaina Arnold will highlight simple strategies to keep these species at bay, and which species to keep an eye out for in and around Healey Lake.

We suggest bringing a picnic lunch to enjoy after the event! In the event of inclement weather, visit www.gbbr.ca for cancelation notices. For more information or to volunteer contact info@gbbr.ca or 705-774-0978.



QUINOA-CRUSTED PORK WITH PEAS & MINT

Cook Time: 25 minutes | serves 2

INGREDIENTS

- ☐ 1 cup shelled fresh peas
- ☐ 1 tbsp ground black pepper
- ☐ 1½ cups finely grated Parmigiano-Reggiano
- ☐ 1 cup grated pecorino
- ☐ ¾ cup water, room temp
- ☐ Salt
- ☐ 12 oz dried spaghetti
- ☐ 2 tbsp unsalted butter
- ☐ 8 oz smoked trout (store-bought)

DIRECTIONS

1. Bring a small pot of water to a boil. Add peas and cook for 2 minutes or until bright green and tender-crisp. Drain and transfer peas to ice water bath to stop cooking. Once cool, drain again and set aside.
2. Add grated cheeses to a large, wide bowl. Stir in ¾ cup room-temp water. Using a spatula, stir the cheese and water together, lightly pressing down with the back of the spatula to form a paste. Set aside.
3. Bring a large pot of well-salted water to a boil. Add pasta and cook al dente. Towards the end of the cooking time, scoop out 1 cup of cooking water to cool.
4. Drain pasta well and add to bowl with cheese paste, stirring continuously. As you stir, the cheese paste will turn creamy and coat the pasta. Add ¼ cup (60 mL) of reserved cooking water and stir. Add more cooking water as needed to make creamier. Stir in butter and the ground black pepper. Flake in smoked trout and add peas. Turn to mix, then divide between plates and top with more grated cheese and fresh ground pepper.
5. To create a creamier sauce, let the pasta water cool slightly before adding it to the pasta. If it's too hot, the cheese will seize and become grainy & lumpy!



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