



DOCK TALK

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

MESSAGE FROM THE PRESIDENT

-- David Latter --

WATER LEVEL UPDATE

It has been quite a summer for fluctuations in the water level of the lake - from a low in early June to a near record level in late September. For those of you who left after Labour Day or were not on the lake this summer, the water rose about a foot in 24 hours, after a long heavy rainstorm.

Lots of docks were under water and a few floated away from their moorings. But the water dropped 8 inches in a week and we are now back to a normal level for the fall.

There are pictures in this edition of the dam at full flood the day after the big rise and a week later. The flow is still steady but one can now walk across the tops of the dams safely.

SPEAKING OF THE DAM

The engineers' inspection report from September 2019 recommends replacement or major renovations for the West Dam.

"The overall condition of Healey Like Dam (West Outlet) is in fair to poor condition overall. The structure is currently 90 years old and has not undergone major rehabilitation since its original construction to address any deficiencies. Ongoing leakage from the dam should be monitored, and maintenance repairs should be considered to extend the life of the structure. Rehabilitation of replacement should be considered within the next 5 years."

The executive will work, over the winter with local MNR representatives and focus any political support we can harness to set a timetable for replacement of the dam.

If anyone would like a copy of the Dam reports, please contact me. I can email the documents.

TRAILER STORAGE

The land-based equipment storage container is now in place at the trailer storage lot. This will make it a lot easier to safely store and access to equipment (equipment used for the Regatta in particular).

ANNUAL GENERAL MEETING (AGM)

The AGM was held on Sunday September 5th, 2021.

Concerns were expressed about the increase in day visitors to the lake (lack of garbage and toilet facilities), an increase in cottage rentals (noise and more pressure on septic systems) and pressure on water quality (more debris in campsites, bays and wetlands).

A suggestion was made to install portable toilets and a garbage container at the public landings. There were mixed responses to this idea. Some are in favour but others were concerned about misuse of these facilities.

With COVID-19, cottage rentals have become more popular. Rental rules are the responsibility of the cottage owners. Most renters are welcome but there is a subset that want to have loud, late-night parties.

Also, the cost of rentals has increased which has resulted in more individuals at the cottage than when used by the owners. The extra people put a strain on the septic system.

A proposal has been made to set up a committee to be responsible for lake stewardship. This would involve monitoring the campsites, shorelines, bays and wetlands for garbage and evidence of other types of misuse. There are three individuals who would like to help but are not prepared to be head of the committee. If any individual on the lake would like to volunteer to head up this committee, please contact me.

Any input from association members with respect to the above topics would be welcome. Please email me with your comments.

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MESSAGE FROM THE PRESIDENT

-- David Latter --

SAFE QUIET LAKES (EROSION, WAKE BOATS ETC.)

I attended a conference, by ZOOM, put on by the Safe, Quiet Lakes organization, (SQL). The results of a survey they did with 6000 cottagers was reviewed. Proposals for controlling boat noise, wake erosion and improving boating safety were discussed.

A full report and links to the survey are found elsewhere in this edition of Dock Talk.

COTTAGE WATCH/LAKE DIRECTORY

All members of the Healey Lake Cottage Owners Association are eligible for inspection of their cottage and property during the winter season when most owners are absent.

If you want to be part of this program, please ensure your membership is up to date.

To help the volunteer inspectors identify your property from the lake, please have your cottage water number or road number, for road access properties, prominently displayed on your dock or other lakeside structure.

A new edition of the Lake Directory will be available by the Fall/Winter of 2021 for all members of the HLPOA.

HEALEY LAKE LODGE & MARKET

Healey Lake Lodge is back in business and as you can see from the name, there are new services available.

You can now boat to a location *on the lake* that serves meals and beverages and has a local market.

The HLPOA would like to welcome Fred and Nadia Tedesco to the lake. We are happy to have this landmark back in business and impressed with all the improvements you have made in a short time.

Including the two Marina's on the lake we encourage all our members to support the local businesses. They strengthen the economy of the local area and contribute to the enjoyment of the lake by all cottagers.

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

David Latter

GRANT WALKER UPDATE

Our long-time councillor for Ward 6 Grant Walker has resigned his post.

On behalf of all the members and the executive of the Healey Lake Property Owners Association I would like to extend my thanks to Grant for many years of dedicated representation for Ward 6 and in particular the HLPOA.

Grant provided valuable input about TOA initiatives that would impact our Association, represented our interests on council and offered sound advice for handling local issues. He took time to attend our Executive and Annual General meetings and was a consistent contributor to Dock Talk.

Under his guidance the Association and Township employees have worked to clean up and improve the trailer park and the public landings. The infrastructure on the lake is either new or in good repair.

Well done Grant. Enjoy your retirement!



WALL 2 WALL PAINTING & SERVICES

On behalf of Wall-2-Wall Painting, I would like to thank **Healey Laker Cottagers** for being such loyal customers.

It has been my pleasure serving you over the years and as the summer of 2021 concludes, I would like to say **Thank You** for your continued and ongoing support. I've enjoyed meeting wonderful new people and reconnecting with past clients.

Your support & loyalty has been overwhelming and I am excited to be able to continue providing you with interior and exterior painting services for years to come.

Wall-2Wall Painting is committed to providing customers with only the **highest quality service**, delivered through impeccable attention to detail. For those who are interested in booking at the **2022 Spring Pre-Booking Special Rate**, please contact me at **(905) 830-8900** so we can discuss details of your cottage painting projects.

Thank You for your business and the ongoing support. I look forward to serving you in the coming year.

Darlene Jones

Wall-2-Wall Painting

info@wall2wallpainting.ca

www.wall2wallpainting.ca

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COUNCILLOR'S CORNER

-- Dan MacLeod | Ward 6 --

NEW WARD 6 COUNCILLOR

Welcome to my first Dock Talk submission as councillor for Ward 6. I would like to echo Dave's words and thank Grant Walker for his many years of service.

As of September 17, I was appointed as your Councillor for Ward 6 for the duration of this term, ending in October 2022. I view this as a great opportunity and look forward to a challenging chapter in my life. While it has only been a little over a month, there have been many congratulatory messages and people asking, "Now that you are our Councillor, what can you do about this issue?". I am already working on a number of those issues and will expand on these, when my research and data are complete.

One point I would like to mention is the amount of garbage thrown on our roads. We have idyllic surroundings, and some people have no regard for it. I am asking everyone to put trash where it belongs.

From personal experience, our dog, Loxley, went exploring again. As a responsible dog owner, we try and keep him on a leash and limit him to our property. There are times when he "travels". We have a GPS tracker on him, making sure he does not trash neighbouring properties and ensure that he does not leave behind any "deposits". I would like to encourage all dog owners to keep a careful watch and make certain your pets do not become a nuisance.



GET IN TOUCH

If you have any questions, concerns or suggestions I look forward to hearing from and meeting you, so feel free to contact me. A website is in the process of being created, but in the interim I am currently on both Facebook and Twitter. My email is danmacleodward6@gmail.com or you may reach me by phone at [+1 647-549-5474](tel:+16475495474).

Dan MacLeod

TRANSFER STATION

-- WINTER HOURS --

WINTER SEASON

Thanksgiving Weekend through Victoria Day Weekend

HEALEY LAKE TRANSFER STATION

(169 HEALEY LAKE RD)

- **Sunday** 9:00 AM to 6:00 PM
- **Tuesday** 8:00 AM to 4:00 PM
- **Monday, Wednesday, Thursday, Friday & Saturday** Closed
- **Open Holidays:** Family Day, Easter Monday 9:00 AM to 9:00 PM
- **Closed Holidays:** Christmas Day, Boxing Day, New Year's Day and Good Friday: Closed

WOODS BAY TRANSFER STATION

(718 HEALEY LAKE RD).

WINTER HOURS OF OPERATION

- **Sunday, Wednesday** 9:00 AM to 6:00 PM
- **Monday, Tuesday, Thursday, Friday & Saturday** Closed
- **Open Holidays:** Family Day, Easter Monday 9:00 AM to 9:00 PM
- **Closed Holidays:** Christmas Day, Boxing Day, New Year's Day and Good Friday: Closed

ITEMS ACCEPTED

- household garbage
- blue box fibres and containers
- large household items e.g. furniture, appliances
- empty & expired 20 lb propane tanks
- re-use items
- construction/demolition materials
- dock structures, dismantled and cut into manageable sized pieces
- scrap metal
- electronic waste
- single use batteries and cell phones
- clothing and textiles

MORE INFORMATION

SOUTH ARCHIPELAGO WASTE DISPOSAL PAGE

- <https://www.thearchipelago.on.ca/p/south-archipelago---facilities-and-hours-of-operation>

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SEASONAL PRIVATE ROADS

-- CONTRIBUTED --

SEASONAL PRIVATE ROADS

The Township would like to remind all persons that the following seasonal roads are only maintained by the Township during the *summer months* and will not be maintained between the dates of October 15th and May 15th inclusive.

- Aga Ming Road
- Crane-Walker Road
- Joyce Lane
- Kapikog Dam Road
- Kapikog North Road
- Kapikog South Road
- Munro Drive
- North Fork Road
- Ramsey-Johnston Road
- South Fork Road

Per the Township's Roads [By-law 15-43](#), unauthorized work/repairs to these roads is prohibited, including ploughing and the clearing of snow accumulation. In the event of snow or inclement weather affecting one of the above roads, it is the responsibility of the seasonal resident or any other user of the road to extricate their vehicle if they get stuck or drive off the road.

PRIVATE ROAD MAINTENANCE

Please Note: If your property is accessed by a private road and if you are using your property during the winter months, *it is your responsibility to maintain your private road to allow access for emergency services.*

The Archipelago will not maintain a private road in an emergency. It will be the property owner's responsibility to hire a private contractor to clear a road should there be an emergency.

The Township has installed "Private Road" signage at the entrance to all private roads to make EMS and visitors aware that the road is not municipally maintained.

MORE INFORMATION

OPERATIONAL SERVICES, PUBLIC WORKS & ROADS

<https://www.thearchipelago.on.ca/p/operational-services-and-public-works>



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

SAFE QUIET LAKES

-- David Latter --

SQL is an organization formed to help make Ontario Lakes safer and quieter to ensure the sustainable enjoyment of a treasured, shared resource. They try to use persuasion to resolve the inherent conflict between power boat users and those who rely on self propelled watercraft (canoes, kayaks and paddle boards).

They have conducted three surveys (2013, 2017, 2021) of cottage owners in central Ontario. The 2021 survey had almost 6000 respondents, up from 1300 in 2017.

To view the summary and/or full survey results visit:

www.safequiet.ca

The three big concerns for most cottagers are noise, wakes and the number and speed of power boats everywhere but particularly on small or narrow lakes.

Wake, most frequently from wake boats, is of great concern. They create havoc with docks, self propelled watercraft and shore installations, cause shore erosion and other environmental damage (propwash up to six feet deep).

Noise is another big issue. SQL and other organizations will be lobbying for an enforceable maximum decibel level for boat motor noise and the regulation of the decibel level for boat motors.

YOUR COTTAGE HELPER



Have a project in mind but no time during the precious weekend?

Need a hand to get things accomplished?

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I am an experienced, enthusiastic, hard-working student planning to summer on Healey Lake!

Email or Text: cottagewingman@gmail.com

On-Line Booking

Considering the current realities, physical distancing will be respected.

References Available Upon Request

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CLIMATE CHANGE AT THE COTTAGE

-- Doug Thompson --

Guilty as charged. I did my carbon footprint recently at www.footprintcalculator.org and was surprised at how high my score was. I live in a house slightly larger than I need, I have all electric tools, including an electric lawnmower and I drive an average size gas-powered vehicle. The science which unfortunately many of us seem to ignore (COVID-19 and the doom and gloom scenario of global warming have left many of us detached and unengaged) says we need 1.6 planets for sustainability into the future and we need to decrease our carbon footprint by 50% in the next decade and 100% by 2050 or we reach a very different and not desirable world. Ignore the advice at your peril!

But we have solutions to change that outlook and change is happening all over the world. I work with Rotary and their International Environmental group, the Environmental Sustainability Rotary Action Group (ESRAG) and also with our local Climate momentum team in my community. My initiative through ESRAG is replacing open fire stoves (1 billion in the world) with cleaner cooking alternatives. Did you know for example that one open fire cooking stove in a developing country is equivalent in pollution to one gas powered car. There are many solutions like that happening internationally.

I would encourage you to listen to the series of Ted Talks called "Countdown". It is uplifting and provides a way forward and a light at the end of the tunnel for all of us. Knowledge is power and action moving forward. And we all need that right now!

But I digress because I also own a cottage on Healey Lake which is water access so I wonder what lies ahead for my other life and how I can change my carbon footprint there. Moreover, there are special threats that climate change poses in cottage country with warming temperatures. This includes increasing migration north of ticks and Lyme disease, increasing infestations of all sorts; such as our recent Hemlock Looper outbreak, warming water temperatures and possible algae blooms, the loss of biodiversity, drought, heat waves, tornadoes and of course the dreaded forest fires which could wipe out our whole lake community. The reason most of us have a cottages is to enjoy nature and be stewards of the environment.

So what can we all do!

- Calculate your carbon footprint and strive to reduce it as recommended by science i.e. 50% in next 10 years and 100% by 2050
- Moving forward consider replacing your carbon consumers and reducing fossil fuels -electrify. Look at renewable alternatives
- Choose green products and reduce phosphate and nitrogen pollutants in our lake. Pay attention to your septic as per the document recently sent to us.

- Enjoy nature by swimming, canoeing, kayaking, paddle boarding and sailing, recreational activities that are carbon neutral and reduce those activities that are not.
- Preserve our large trees, shorelines and wetland areas as carbon sinks
- Focus on sustainability, food waste, plant rich, recycling, reducing and repurposing

Technology, science and innovation are showing us the way and providing hope for our next generations. BUT we must also take individual responsibility and be advocates for our future.

Arguments I do not think are useful in moving forward:

- It does not make financial sense. Does it make environmental sense? What's the long-term pay back
- I am doing my small part or I am a drop in the bucket or other people are not doing their part. We can all do more! Have the conversation with your friends!
- Technology & science will save us, but only if we do our part!
- I get too depressed and am burnt out with all the bad news and crises. There is also good news and positive efforts that give us hope for the future. Try to source and spread the good news so we can all engage.
- Maybe the science is wrong or inaccurate. Not likely! The recent UN IPCC report reviewed all the evidence. And concluded humans are responsible for climate change and there is a high probability their modeling projections are right on.
- I will wait for better technology to come along. There will be better technology including recreational vehicles and boats but time is running out. We need to act now!

Go to references:

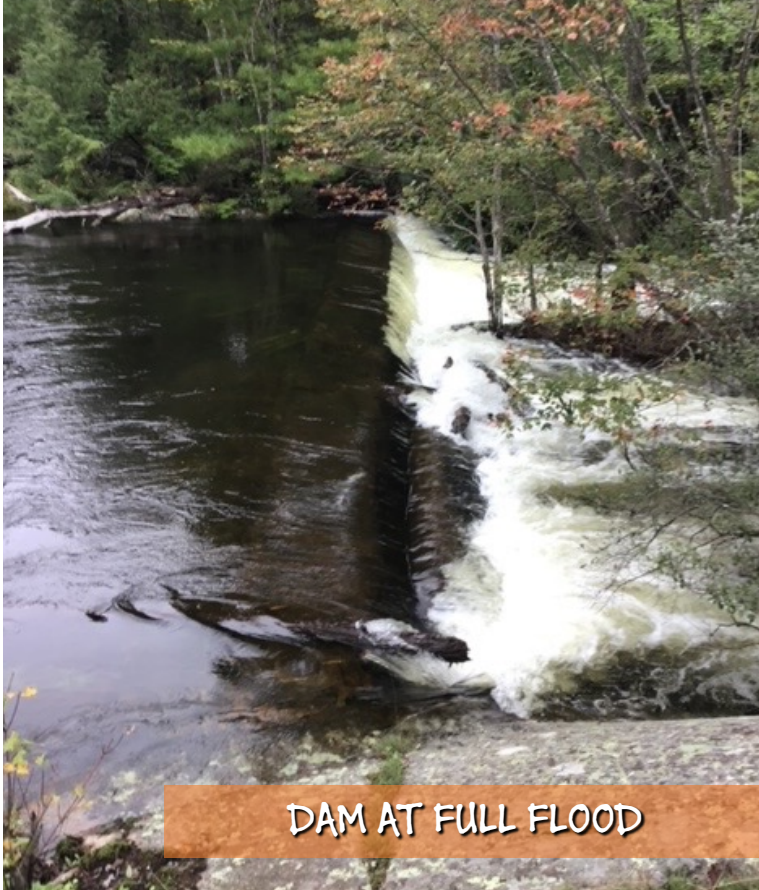
- Knowledge is Power and Action
- FOCA: Federation of Ontario Cottagers Association
- Project Drawdown
- ESRAG
- Ted Talks on Global Warming.

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RAPID WATER LEVEL CHANGES

-- CONTRIBUTED --

As noted in the Message From the President, there were rapid changes in the water level on the lake in early October. Below are some photos showing the Dam at various stages and a dock impacted by the high-water level.



DAM AT FULL FLOOD



DAM ON OCTOBER 7TH



HIGH WATER IMPACT ON DOCKS

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OUR NORTHERN ONTARIO MOOSE

-- Nancy Gilchrist --

MOOSE BASICS

As we come to an end of another wonderful summer season on Healey lake, I thought it might be fun to write about the Northern Ontario Moose. I am sure some of you have been lucky enough to catch a quick glimpse of a moose in your travels or while sitting at your cottage but some of us I am sure have never had the privilege.

The estimated moose population in Ontario's north is around 80,000. Approx. half are found in Northwestern Ontario, about 34,000 in northeastern Ontario and about 6,000 in southern Ontario.

Moose are a member of the deer family and obviously the largest member. They are also the tallest mammals in North America. A male (bull) weighs 881 lbs (400kg) and can weigh as much as 1800 lbs (816kg), while a female (cow) weighs 771 lbs (350kg). The moose has extremely poor eyesight, but their sense of smell and hearing compensate. Moose have chocolate brown fur that fades to lighter, more grayish colours on their legs. Most moose have a hanging piece of fur covered skin (called a bell) that hangs from their throat (the purpose of that "bell" is still unclear to those who have studied the moose). The fur of a moose gets thicker along the spine during the winter months. They are most active at dawn and dusk due to their colour and it makes them exceptionally hard to see on the road. They can swim up to six miles an hour which is fast for their size. Their hair is hollow which helps them stay afloat while they are swimming or eating. It also assists them with keeping warm in winter. Moose can run as fast as 35 miles/hour (55 km/hour) and swim for several hours at any one time. A moose calf is also able to follow its mother on a long swim even while very young, occasionally resting its muzzle on the cow's back for support.

Moose are solitary animals. Although they may be seen together in the same area they typically ignore each other and only come together during mating season.

Moose prefer the colder climate so they only live in places that have snow cover in coniferous forests (eg. pine and spruce, etc). They cannot withstand heat over 80 F or 27 C. On a hot summer day you will find moose in the water trying to cool off.

BREEDING AND THEIR YOUNG

The breeding season, also called the "rut" starts in mid September. The male will compete for the female and may take multiple females as mates during a season. Females will give birth in May/June after 8 months of gestation. Females can give birth to 1 or 2 calves, occasionally 3 but this is extremely rare. Calves weigh 22 to 35 lbs (10 to 16 kg) at birth. Calves are helpless at birth and the mother will keep them in seclusion for a couple of days hidden from enemies.

Females will make a den for the calves that are just an impression of grass, somewhere sheltered, where they will leave the calves during the day. At birth calves are well protected and out of reach of predators for the first few days of life. A baby moose grows at an incredible pace its first year of life. They are born in the spring and gain about one to two lbs a day and as they grow the amount they increase in weight also increases to 5 lbs or more per day. By the time they are 5 days old they can outrun an adult. Calves will remain with their mother until she calves again the following spring. At that time she drives them off to prepare for the new calf birth.

THEIR ANTLERS

Once they reach a year old the male moose grows antlers that increase in size and weight each year. Their large rack of antlers may span between 3 to 5 feet (approx. 120 and 150 cm). They are covered in a velvety skin and are soft and spongy with blood vessels running through them. By late August or early September, the antlers are fully developed and are hard and bony. The velvet dries and the bulls rub it off against tree trunks. Antlers (also referred to as paddles) aren't used for anything in the summer but come fall during mating season they use to intimidate their rivals. Two bull moose of equal size and age may "face off" during mating season. Their antlers will eventually fall off and will grow back the following year.

MOOSE SOUNDS

The voice of a newborn calf is a low grunt, but after a few days the calf develops a "wail" that sounds almost human. During breeding season, the cow moose entices a mate with a nasal-toned bawling. The bull responds with a coughing bellow.

THEIR DIET

Moose are herbivores. They must eat all day to fill up. They got their name from the Algonquin word "moz" or "mons" which means twig-eater or he strips off. They can eat any kind of vegetation and require almost 10,000 calories each day. Like cows they have four chambered stomachs. Since they have a 4 chambered stomach for processing food they can store up to 45 kg (100lbs) of food in their stomach. What they eat depends on the season. In the winter they will often eat twigs and branches from balsam, fir, poplar, birch willows and other leafy trees. Winter is a time of hunger for moose. They restrict their food intake and limit their activity to save energy. When food becomes scarce, as it often does toward spring, moose will strip bark from trees, especially poplars. In the summer they have a broader diet by including plants and water plants such as lilies. Deer, rabbits and even beaver sometimes compete with the moose for food.

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OUR NORTHERN ONTARIO MOOSE

-- Nancy Gilchrist --

MOOSE DIVING

Moose can dive 20 feet under water and stay under water for up to 1 minute. They can get food at the bottom of the lake by diving.

PREDATORS

Moose have about a 50% chance of being killed by predators like wolves or bear while they are calves. If they survive their predators and hunters they can survive up to 20 years. In Ontario, wolves are the main predator of moose. They can kill both calves and adults, but adults represent a much greater risk of getting hurt during the hunt. To hunt an adult moose, wolves will use their pack hunting to take down the moose. Also, parasites and pathogens are affecting the moose populations (ie. ticks, tapeworms and a parasite called the meningeal worm). The meningeal worm is a parasite specific to the white-tailed deer but is not lethal to them. However, if the moose becomes infected the results are lethal and the moose will die. Moose are also increasingly hit by cars, with high fatalities to both the moose and the humans in the vehicles.

Moose can also be infested with up to 200,000 ticks during the winter which is a major cause of death in the winter due to blood loss and substantial heat loss from loss of them rubbing their fur off. For this reason, you may see some moose with very little skin or large bare patches as they tend to rub off their brown fur exposing their pale undercoat and skin to rid themselves of the ticks.

Warning signs from a Moose:

Moose typically are not aggressive towards people but if provoked they can be deadly. Moose like other animals will defend their young and their territory if they feel threatened. As humans we are not likely to outrun a moose even though they look slow and bored. What signs might you see to indicate a moose might become aggressive:

1. The moose stops eating and stares at you
2. Lays back its ears and raises the hair on its hump, neck or hips

3. Smacks or licks its lips and clicks its teeth
4. Lowers its head and walks towards you
5. Urinates
6. Shows the whites of its eyes
7. Whips its head back like a horse

Most important they may just charge without warning so never put yourself at risk. If a moose starts charging at you there are a few suggestions to keep yourself safe:

1. **Back off and run.** Make sure you get behind the nearest tree, fence, or building that acts as a strong barrier between you and the moose.
2. **Curl up in a ball** if the moose knocks you down. This will protect your head and vital organs. Don't get up until the moose moves to a good distance away.

MOOSE ON OUR ROADWAYS:

At dusk or dawn is especially risky for moose or deer crossing our roadways.

Those yellow warning signs (diamond shaped) that we see on the highways are there for a reason. Some telltale signs of an animal on the road is if you see flickering headlights of oncoming cars or tail lights of the vehicles in front of you may be an indication of an animal crossing the road. Roadside reflectors that disappear/reappear might indicate an animal crossing in front of them. Moose are so tall that their eyes normally are above the beams of most vehicle head lights so they won't reflect the light so you won't see the shining eyes reflecting back at you as you would with other animals crossing the road.

If you have to choose between swerving or striking a moose consider swerving. A collision with a moose, carries a significant risk of injury or death to motorists and passengers. If a crash with a moose is inevitable, crouch as low as possible in your seat or under the dash as a moose's body often crushes the roof of a car completely flat.



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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 2020 and would appreciate an opportunity to give you, a family member or a friend a free quote regarding any of these services,

Specialty Tree Removals
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Lot Clearing
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Tree Preservation
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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

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CANOEING

IN THE BACK LAKES

Canoeing is the best way to explore many of the smaller lakes in our area. However few people actually take advantage of the opportunity to canoe into the back lakes easily available to us with a little knowledge and experience. To address this I have created an Airbnb experience called Canoeing in the Back Lakes to offer people an experience which is off the beaten path, yet accessible by canoe.

Starting first thing in the morning from the parking lot at the south end of Kapikog Bay on Healey Lake, we will paddle through a number of lakes and over several easy but unmarked portages. We will reach our destination at Juniper Lake mid-morning, a quiet lake with generally good fishing and no cottages or road access. Here we will engage in a combination of fishing, hiking, photography, and nature study, with the exact mix depending on the conditions and interests of the participants. After lunch at the lake, we will make the return trip, arriving back at our starting point in mid-afternoon. Along the way we will observe and discuss the variety of plant life, changes to the environment over time, and whatever animals present themselves.

My name is Stuart and I have canoed, camped, hiked, and fished in the Muskoka/Parry Sound area for over 50 years. I have now retired and live most of the year on Kapikog Lake and have the opportunity to share this beautiful part of Canada with others.

FOR MORE INFORMATION AND BOOKING

Visit: www.airbnb.ca/experiences/1460386.

If the link does not take you directly to the experience page, navigate to the 'Experiences' section on the Airbnb site, and search for experiences in the Georgian Bay area. I look forward to meeting you!

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

LOON UPDATE

--Missy Mandel--

Thank you to everyone who reached out with loon sightings. It helped me keep tabs on our loon families and report all the pertinent data to Bird Studies Canada.

We had a very successful season with two chicks making it to migration. Our adult loons will leave Healey Lake by early November. By this time our two young ones will be able to look after themselves, and they will follow soon after. You may have noticed the adult loons are beginning their winter plumage and their black faces are salt and pepper now. The young ones are almost as big as their parents and their eyes are changing from brown to red.

Their red eyes are caused by a pigment in the retina that filters light when loons dive beneath the water's surface and allows for sight.

WINTER RANGE

Loons will spend from November to March in salt water close to the Pacific and Atlantic coastlines of North America, usually in bays and coves. Their winter range extends from Newfoundland and the Aleutian Islands southward to the Gulf of Mexico and Baja California.



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WHAT'S NEXT FOR OUR LOONS

Since the common loon can live for more than 20 years, we will see the same pairs breeding on our lakes for many years. The young ones born on our lake will float around surrounding lakes for the first 2 to 3 years until they become mature enough to breed and come back to Healey Lake to find a vacant territory or establish a new one. Often they will attempt to seize a territory from an established owner, especially sites which have a record of producing chicks. You may have witnessed such a territory battle early on in the season. These intruder loons create havoc with a nesting pair, and the encounters can be loud and are often violent. There are many cases where a territory battle ends in death, usually from the displaced male owner. I had many reports of such battles going on in Little Dollard Bay. Coincidentally, that pair did not nest this season.

Enjoy your fall and winter seasons and let's see what next spring brings

Missy Mandel

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"THE LAKE-ED CHEF"

-- Adapted for Lake Use by Ron Hutzul --

ONE POT BEEF STROGANOFF

Prep Time: 15 Minutes | Cook Time: 25 minutes | Serves 4-6

This is a hearty and delicious meal that comes together easily and satisfies the hunger that comes from closing up for the season or chopping and stacking wood so you don't have to.

INGREDIENTS

- ☐ 2 tablespoons unsalted butter
- ☐ 12 ounces cremini mushrooms, thickly sliced
- ☐ 1/2 medium sweet onion, finely diced
- ☐ Kosher salt and freshly ground black pepper, to taste
- ☐ 1 lb lean ground beef or sliced top round (venison works well)
- ☐ 2 cloves garlic, minced
- ☐ 1/2 teaspoon dried thyme
- ☐ 3 tablespoons all-purpose flour
- ☐ 1/4 cup dry white wine
- ☐ 4 cups beef stock (use low-sodium if available, then salt to taste)
- ☐ 2 tablespoons Worcestershire sauce
- ☐ 1 tablespoon smokey mustard
- ☐ 8 ounces broad or extra-broad egg noodles, uncooked
- ☐ 1 cup frozen green peas (optional)
- ☐ 1/2 cup sour cream
- ☐ 2 tablespoons chopped fresh parsley leaves

DIRECTIONS

1. Melt butter in a large skillet over medium heat. Add onion and garlic cooking for 3 mins, stirring occasionally, then add mushrooms and cook until tender and browned, about 3-5 minutes; season with salt and pepper, to taste.
2. Add ground beef and cook until browned, about 3-5 minutes, making sure to break up the beef as it cooks. Stir in thyme until fragrant, about 1 minute.
3. Whisk in flour until lightly browned, about 1 minute.
4. Stir in wine, scraping any browned bits from the bottom of the skillet.
5. Stir in beef stock, Worcestershire, mustard and egg noodles; season with salt and pepper, to taste. Bring mixture to a boil; cover, *reducing heat to simmer* until pasta is cooked through, about 10 minutes.
6. If using, add frozen peas 5 minutes into cooking time
7. Remove pan from heat and stir in the sour cream until it's heated through, about 1-2 minutes.
8. Serve immediately, garnished with parsley, if desired.

I like to serve this with thick slices of fresh bread as they can be used to sop up the delicious gravy – and a green salad as the dish is pretty rich.



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

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