



DOCK TALK

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



MESSAGE FROM THE PRESIDENT

-- DAVID LATTER --

COTTAGE SEASON SUMMARY

The last three summers have been quite a roller coaster ride for those of us fortunate enough to own a cottage on Healey Lake. Covid kept our U.S neighbours away and then made it difficult for them to get into the country. Inflation struck this summer and had us all thinking about how much gas we can afford for both our cars and our watercraft. Not to mention the cost of food!! Assets are dwindling and the water level in the lake is oscillating (nothing new there).

The fact remains that we still have a wonderful environment in which to vacation and live. The drive down Healey Lake Road this fall with the sun shining on the vibrant fall colours was a magnificent sight that most only see in pictures.



RETURN OF THE HEALEY LAKE REGATTA

We were able to hold the regatta for the first time in three years. It was well attended and was a great success. Many thanks to Michelle Burandt and George Youngberg and all the other volunteers that helped before and during the regatta. This is an important event on the lake and a tradition we want to maintain.

DAM REPLACEMENT UPDATE

We haven't made much progress on scheduling the replacement of the dam. The MNR are doing another inspection this fall and will have a report by the spring. The advice from them is as follows:

- The Ministry operates on a constrained budget in which high priority dams are serviced first. They identified situations where dams are in worst condition, or ultimate failure could result in greater impact to a community and property damage. If the 2023 report identifies need for Healey Lake West Outlet then appropriate budgeting priority will be placed for it.
- MNRF takes all necessary action to never see a dam fail, and that they appreciate public input on conditions, or rapid changes to conditions, because it can help them plan and evaluate accordingly, or at an increased frequency.
- The construction of Healey Lake West Outlet is generally fair, and the stone and mortar construction can leak.

With the help from our councillor, Dan Macleod, we will keep applying pressure to get as high up as possible, on the list of dams to be replaced.

VOLUNTEER UPDATE

We are making progress on filling the vacant positions on the executive. John Mendicino has stepped in to manage and maintain the fire pumps on the lake. But still more work to do.

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MESSAGE FROM THE PRESIDENT

-- DAVID LATTER --

OTHER "BUSINESS"

It appears that some individuals are not taking advantage of bathroom facilities and garbage cans at the Wolf gas station and the layby just before the exit for Lake Joseph Road. They apparently think it OK to wait until arriving at the boat launch to conduct their "business" and clean the garbage from their vehicles.

It is unfortunate that we must point out that this is unacceptable and a burden on the marina operators. If things don't improve, the association may have to bear the cost providing proper facilities at the public landing.

RESPONSIBLE WATERCRAFT OPERATION

This summer personal watercraft (AKS Sea Doos) were seen "playing" in one of the swamps on the lake. These are environmentally sensitive areas and are to be accessed only by canoes or kayaks. Personal watercraft should only be operated in open water deep enough for propeller-driven boats.

If you are renting your cottage, please advise the renters they must operate their boats only in open waters and observe speed and wake regulations when travelling on the lake to avoid the possibility of enforcement actions.

CELLULAR & INTERNET ACCESS

Bell Canada has received permission to build a cell phone tower on Penn Road. The nearby residents are concerned that this will impact the enjoyment of their property. It may be impossible to stop at this point as all the permits have been approved. Better cell phone coverage is needed in our area, but progress has uneven benefits and those close to the towers who are exposed to the biggest impact.

Bell has also won the contract to install a fibre optic internet system in our township (among many others). The connection will be via the hydro poles. At this time, it is uncertain when this initiative will be started and if all water access residents will be connected. This development will directly impact the viability of Lakeside Wireless. Richard Martin will be supporting his system as long as it remains feasible to do so but does not have much of an incentive to make any improvements. The Association will monitor developments and provide updates to our members.

WINTER IS COMING

The predictions are for a snowy cold winter. Good news for those who like to participate in winter activities. But I am sure an early spring would be welcomed by everyone.

GET IN TOUCH

If there are any ideas, issues or concerns that need the attention of the Executive, please email me at dlatter1712@gmail.com or call my cell at [+1 416 407-4965](tel:+14164074965).

David Latter

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IN MEMORIUM

-- CONTRIBUTED --

DAVID FRANCIS POLS

July 27, 1930 - September 3, 2022

David F. Pols passed away, surrounded by family, on Saturday, September 3 at the age of 92, at Margaret Bahen Hospice in Aurora.

A kind, gentle loving man, beloved husband of Pamela, loving father of Bev (David) and Caroline (Vlad). Proud grandfather to Ashley (Chris), Garrett (Heather), Emily (Anton) and Katrina and great grandfather to Isla.

David was born in England. He began playing the piano at a young age. He was a member of the Royal Air Force, where he played in bands. He emigrated to Canada in the 50s to pursue his career as a Chartered Accountant. David was an accomplished jazz musician; performing many gigs with bands well into his 80s.



He enjoyed travel with his wife Pamela including many good times at the family cottage on Healey Lake. David was a lifetime member of the Healey Lake Property Owners Association. He was treasurer for many years and with his wife Pamela, editor of Dock Talk. He took on many causes for the lake, writing pointed letters to the various politicians of the day.

David had endured developing dementia for the last three years but had maintained all other aspects of his health. He suffered a stroke on July 26, one day before his 92nd birthday. The week before his stroke he enjoyed a beautiful visit to the lake where he shared many cottage memories with his family.

Donations in his memory to Margaret Bahen Hospice would be appreciated by the family



ANNUAL GENERAL MEETING HIGHLIGHTS

-- SUNDAY, SEPTEMBER 4th 2022 --

VOLUNTEERS NEEDED

We reiterated the need for more volunteers. Despite blast emails, we were still missing a person to do fire safety/fire pumps (our most key position). Only 1 person was able to help Rick Kean do a trailer park clean up, the Bottle Drive day resulted in 3 adults and 3 teens/tweens. Cottage Watch only managed to recruit 3 people last year so unfortunately, not all cottages got visited. Fortunately, John Mendicino came forward to take over fire pumps – The Latters and three others offered Arnie assistance with Cottage Watch.

The HLPOA Exec needs a new VP as the Pres is feeling stale and would like a replacement in the next year or so. We could always need some new blood and there are a number of new faces on the lake that might have a lot to offer - if we can only find and engage them.

ENVIRONMENTAL STEWARDSHIP

Signs are up at the crown land camping sights in an effort to keep the sites a bit cleaner. Thanks to Doug T and his volunteer group. Many initiatives (invasive species, environmentally friendly products list,) coming from Doug per his memo to the Exec team.

Clarification from the last May AGM minutes. There is no plan to undertake 2 yearly water testings. There is a plan to add a 3rd testing site in Big Dollard Bay starting next year

COMMUNICATIONS

A 150 ft communications tower is to be built on Penn Rd to service Kapikog and Healey Lakes. Bell has won a contract for this and it is just a part of an overall Provincial Plan to improve communications. The Municipality is very involved and has a person who is in constant communication with Bell. Because it is being built on crown land, Bell only had to notify people within 500 ft of the installation, not an ideal situation when the entire lake can see a 150 ft tower with a shed at the base. There are no plans for it to be hidden with a tree top – as apparently, it's too expensive. Unclear if the tower is just for cell or internet or both. Richard Martin also spoke and suggested this Bell venture will likely put him out of business in another few years and he is worried that capital expenditures needed to help improve service, particularly at the Pine Bay section of Healey, may not be worthwhile.

PERSONAL RESPONSIBILITY & BEHAVIOUR

The plea for public toilet(s) and a bear-proof garbage bin at the public landing by the Marinas was renewed at the AGM. Conditions faced by the Marina operators appear to be worsening due to irresponsible individuals who lack consideration for others on the lake, (not to mention the environment).

The Membership agreed to a trial porta-potty next year to combat this offensive and disgusting behaviour. It was proposed to have the unit in place for June, July & August - to see how they work out and whether this initiative can improve conditions without the risk of damage or vandalism. The association would bear the cost and we would try to use the same company that now services the 2 transfer stations on Healey and Moon River.

There were many negative comments about an increasing number of wake boats and the resulting damage caused by irresponsible operators. However, there was no motion to see them formally excluded from the lake. It was noted, "Wake is the problem, not wake boats per se". The preferred option is to continue trying to educate and persuade people to ski and tow in the open areas of the lake and not the channel, for boaters to take off at straight angles from their properties (ie not follow the shore line to minimize wake) and in general, be more considerate of cottage owners on the lake.

NAVIGATION MARKERS

Membership agreement to limit HLPOA involvement in providing and maintaining markers and lights. No new markers or lights are to be added. Cottages should mark their own. The HLPOA has separately received a couple of requests to add rock markers this year. The Association has been advised by its insurers that a formal system must meet specific standards (federal navigation) and is just too costly (capital and manpower) for us to consider at this time.

HLPOA MEMBERSHIP

Membership numbers are trending down, but efforts are being renewed to identify new owners and attract those who simply aren't participating in the Association. We hope to explore ways to offer reduced prices (or preferred access) on Regatta apparel for members only. Someone suggested a coupon be offered with membership renewal. It was suggested we increase awareness that the trailer park is for Members Only. That alone should be an incentive to pay a \$40 membership fee – which incidentally, wouldn't even get you a movie and snacks these days.

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It has been my pleasure serving you over the years and as the summer of 2022 approaches, I would like to say **Thank You** for your continued and ongoing support. I've enjoyed meeting many wonderful new people on the lake and reconnecting with my past clients.

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

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On-Line Booking

Considering the current realities, physical distancing will be respected.

References Available Upon Request

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HLPOA MEMBERSHIP

-- SHARON TOSSWILL --

WELCOME NEW MEMBERS

We would like to extend a welcome to all new cottage or property owners on Healey Lake!! We encourage you and your guests to consider joining the Healey Lake Property Owners Association – various membership options are available. Membership information is available at:

<https://healeylake.org/community/#membership>

WE'VE GONE DIGITAL

The Association is no longer mailing out hard copy Membership Renewal Forms other than on an exception basis. We initiated email renewals in March 2022, but some Members were not aware of this change and were waiting to receive mailed information.

MEMBERSHIP RENEWALS

Please look for email renewals next Spring, 2023. At that time, please visit our website at www.healeylake.org to complete the online Membership Renewal form. This ensures we always have your current contact information.

NOTE: If you have moved or changed your email address in the current year, please update your contact information now for next year. We will need your updated contact info in the event our Cottage Watch Volunteers find a problem.

Next year, once the online Membership Renewal form has been completed, you will have 3 ways to pay annual dues

- 1) Pay Pal – available through the website <https://healeylake.org/>
- 2) E-transfer to Treasurer@healeylake.org
Include your 911/lot number in the cover email.
- 3) By cheque / cash and mail to:
HLPOA | PO Box 132
MacTier, ON POC 1H0

If you do not have an email address or would still prefer to receive a hard copy Membership Notice, please contact:

Sharon Tosswill, Membership Coordinator
647-217-6834 or sharon_tosswill@hotmail.com

MEMBERSHIP BENEFITS

Some of the many benefits your HLPOA Membership Fee work to support include:

- 1) Two Annual General Meetings (AGMs) in May and September to meet other members and exchange views of interest to us all.
- 2) Three annual editions of our Dock Talk newsletter.
- 3) Cottage Watch: Over the winter, Volunteers will visit your property and alert you to any issues.
- 4) Webcams: There are two currently installed on the lake, which are viewable through our website
- 5) Notifications: Email blast delivered to your inbox to keep you aware of events on the lake
- 6) Lake Stewardship Program: Annual Water testing and working on many initiatives to keep Healey Lake safe and flourishing.
- 7) Annual Regatta: Scheduled regularly for the Saturday of the August long weekend with games, crafts, food, and a beer tent.
- 8) Fire & Safety
 - 1) Provides and maintains 10 courtesy fire pumps on the lake, available to help in an emergency situation.
 - 2) Maintains select courtesy lights and markers to aid boating safety.
 - 3) Link on our Home webpage to the current Fire Rating (Fire Icon in top right corner) or see also <https://www.thearchipelago.on.ca/p/fire-rating>
- 9) Automatic FOCA (Federation of Ontario Cottagers Association) Membership with your HLPOA membership. FOCA members may additionally benefit from potential insurance savings. HLPOA is also a member of the Georgian Bay Biosphere.
- 10) Boat Trailer Parking: Available free to Members Only located by the two Marinas. In addition, the Association in partnership with the Township, maintains three landings at Fox Back Rd; Pine Bay and Kapiog Bay
- 11) Representing your interests to the Township of the Archipelago. Dan MacLeod is the Councillor for- Ward 6, TOA. A former President of the HLPOA, Dan is now a voice on Council, advocating for Healey Lake issues such as waste disposal, taxation, roads, fire safety, and working closely with the Association on MNR's management of the Dam etc.

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IN MEMORIAM

-- CONTRIBUTED --

EDMUND HANSSMAN

It is with great sadness that I share news of the sudden passing of Edmund Hanssman on November 21st, 2022.

Edmund was a cottager on Healey Lake for over 50 years.

Edmund was devoted to his wife Beata. They were married for over 30 happy years. He was a loving father to his daughter Gabi.

Edmund was an ordained minister and performed many marriage ceremonies, along with baptisms for cottagers, both on Healey and elsewhere.

Many afternoons were spent in their gazebo discussing life, telling stories, with laughter and a glass of beer or wine.

Edmund was a gentle soul and we are blessed to have known him.

He will be missed.

JOHN VALENTINE

Cottage Owner from 1969 to 2014 of 593 Healey Lake Rd (formerly 239 HLWater).

Passed peacefully, at Trillium Health Partners Mississauga Hospital, on Monday, July 25, 2022, at the age of 92. Beloved "hubby" of his late wife, Matilda "Tillie" (nee Klassen), the youngest son of Winnifred and Matthew, and brother to Joe, Tom, Nellie, Betty and Winnie.

He will be remembered fondly by many nieces and nephews in the UK, Canada and Australia. John was born in Bolton, UK, and worked for Metropolitan Vickers in Manchester, before immigrating to Canada in 1960, where he worked on the installation and commissioning of power generators for Canadian utilities.

He joined Ontario Hydro in 1970 at Lakeview G.S., where he worked until retirement in 1993.

Online condolences may be made through:

www.turnerporter.ca

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CANOE SAFETY

-- CONTRIBUTED --

A CANOE ADVENTURE

It's a beautiful sunny day. And you or your family or your guests can't wait to get on the water. The canoe is just sitting there on the dock so what better way to spend the afternoon on the water than to hop in a canoe, get a tan and soak in nature. There's no motor, people will be close to shore so what could go possibly wrong – even if the people in the canoe are totally inexperienced?

But the fact is that troubling numbers have emerged about the use of canoes and the drowning fatalities associated with them.

It seems that people look at canoes as one of the safest on water activities. But nothing could be further from the truth. Last year's OPP fatality data showed canoes as the vessel type with the most drownings at 10 of the 27 that occurred or 37%. In 2020 the results were the same with 12 canoeing deaths out of 32 fatalities or 38%.

The figures released last year by the Drowning Prevention Research Centre, the preeminent source of drowning data in Canada, show that from 2013 to 2017 that the number of country wide drowning fatalities from power boats under 5.5 metres and canoes were tied for first at 23%. Tied for number one! The most common boating incidents causing

fatalities are capsizing, falling overboard, and being swamped and all these can easily occur in a canoe. And, most importantly, the overwhelming commonality in drowning fatalities across the country and across the years is that of those who drowned, regardless of vessel type, is that between 80 and 90% of the victims were not wearing lifejackets.

WHAT CAN YOU DO?

The answer really is obvious. Be aware of who is hopping in your canoe and what their abilities are. What's the weather? Can you keep an eye on them? And have them wear a lifejacket!

It's interesting to note that last year in Ontario there was 1 kayak drowning. The ongoing Transport Canada Lifejacket wear study (found [here](#)) showed that just under 80% of kayakers observed were wearing PFDs. Last year in Ontario there were 10 canoeing drownings. And the same TC study showed lifejacket wear rates of slightly over 40%. The inference seems obvious. **Lifejackets save lives.**

And don't fall for "but I'm a good swimmer" because most people haven't ended up unexpectedly in the water – they can panic or they may be injured, or the water is cold – but if they are wearing a life jacket they will survive.



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LAKE STEWARDSHIP COMMITTEE

-- DOUG THOMPSON --

PROTECTED SPECIES

To the right is a picture of a Massasauga rattler taken behind Doug Thompson's cottage this summer. This species is endangered. It is illegal to harm or kill these snakes. If you see one, it's best to give it a wide birth. The rattle is a buzzing sound similar to a bee caught in a spider web.

If you hear anything unusual when walking through dense undergrowth or near tall grass, retreat until you know what it is. Rattlers are shy and will usually try to avoid you. If one is sunning itself on your property, spray it with water from a distance. I had one on my septic tank and one good soaking inspired a retreat and I haven't seen it since.

The bite is usually not fatal but if bitten you need antivenom which is available at the Parry Sound hospital. Wear hiking boots and long pants when walking through dense undergrowth or near tall grass.

Doug Thompson



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REGATTA SUMMARY REPORT

-- GEORGE YOUNGBERG & MICHELLE BURANDT --

COTTAGER & VOLUNTEER TURNOUT

The sun was shining...but we were not sure what to expect. In the end, it seemed like we had a very large turnout!

We struggled, in the beginning, to get volunteers because several key positions had yet to be filled. With Facebook posts, email blasts, word of mouth and constant texts and phone calls, we eventually had enough volunteers to run it.

In various stages and forms, there were close to 50 volunteers this year – please reach out if you're interested in lending a helping hand with next year's event.

OPERATIONS UPDATE

Beer tent had variety of beverages and was profitable (\$1000+), with Ryan & Justine committed to volunteering for the next 5 years at least. Melanie & Andrew Coulson "knocked it outta the park" with the raffle, having secured a variety of personal & business donations along with a number of \$50-\$75 gift cards. Melanie & Andrew are committed to helping in the future as well!

SPECIAL THANK YOU TO ALL OUR SPONSORS

Dale & Rick purchased and organized the food and did a fantastic job this year. There were many games for the kids – a focus we've had before - but having the games inside the venue for everyone to watch is indeed a highlight.

The kids are most excited and tend to enter the most events - and are the happiest for the prizes/medals and photo ops!

OPERATIONS UPDATE

Expenses were up slightly this year because a lot of items have just worn out over the years. We purchased a new tent, new tables, and new games, toys were replaced along with various items that were damaged while being stored in the pump house. The clothing was well received again.

The most expensive item unfortunately is porta potties.

All in all we made between \$2000-3000, though we are still finalizing figures. We would absolutely have been happy with a breakeven because after 2 years off it was more about creating memories and making the Regatta a destination event for all to enjoy.

Through our conversations with various people, we've learned there are still several cottagers on the lake who don't attend – for a variety of reasons including spending time with their family, never having attended in the past, not knowing when it is and so on.

Expenses will be lower next years because of some of the improvements made this year. Also, could look at changing venues (The Lodge)



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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,

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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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WILDLIFE UPDATE

-- MISSY MANDEL--

LOON UPDATE

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. One pair near the marinas had two chicks but lost one after a month or so. It is usually sibling rivalry that ends in chick loss, but these chicks were much older and passed the danger time for that to occur. I got a report that a chick was swimming on its own and calling out for its parents. Some cottagers in the area kept tabs on the chick and reported the parents coming back, but by the next morning the parents were seen with only one chick. Loon parents are very protective and will scream out if they are looking for a chick. In this circumstance the parents left that chick behind for a reason. Very sad for people to witness.

The second pair had one chick and spent the majority of the summer in Kapikog bay. That pair is fairly new, and very protective. I had to observe that pair from a great distance with binoculars. By the end of August the pair brought the young one into Little Dollard Bay alot of the time.

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.

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.

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



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TRAILER PARKING AREA

-- DAVID LATTER--

REMINDER

The HLPOA leases this land from the Township of the Archipelago and is responsible for its operation and maintenance.

You must be a Member of the Association to use this area.

- Renters may also use this area ***provided their equipment is properly marked and associated with an HLPOA member in good standing***
- No overnight vehicle parking is permitted
- All trailers / equipment must display the Owner's full contact information in a waterproof tag
- Unidentified and Non-Member equipment, risk removal at the Owner's expense

NOTE: Next year's online Membership Form will provide a space to enter your trailer plate number. This may be another more convenient way, for us and for you to identify your equipment.

BEAR-WISE COTTAGE CLOSING

-- DAVID LATTER--

As summer ends, the wild food sources bears rely on become more scarce. Improper food disposal, untidy garbage cans, poorly cleaned BBQ's, and bird feeders may provide just the feast hungry bears are looking for. It takes all cottagers working together to eliminate these attractants and to stop bear problems.

Whether you are closing the cottage for the season or just between stays, here are some precautions you can take:

- remove your garbage, taking it home or dropping it off at an approved waste disposal site on your way
- use a strong disinfectant to eliminate all odours from garbage and recycling containers and lids
- never discard cooking grease outside: dispose of it with other properly stored garbage
- clean your BBQ and store it in a secure shed
- when packing up, remember to remove all the food from the inside of your cottage and do not leave food or food scraps outdoors for pets or other wildlife
- do not leave scented products outside – even non-food items like suntan lotion, bug spray, soap or candles may attract bears
- close and lock all windows and doors

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GREEN EVENT PLANNING

-- CONTRIBUTED --

Event Planning impacts not only the association, but many cottage owners who host either at the lake, or during their times back in the city. Outlined below are some handy suggestions to ensure your events are as green as possible!

IDENTIFY AREAS OF IMPACT

- Announce greening measures to attendees
- Provide Recycling, composting & waste disposal options
- Waste characterization: what waste will be generated at your event? Knowing waste sources can help you create a management plan.
- Identify processes to address the different areas of impact. It is important to consult with contractors and event volunteers to ensure support and understanding.
- Consider your partnerships with contractors, vendors, and municipalities: what conversations are needed to get everyone working together for a greener event?
- Take action to achieve compliance with vendors, staff, and patrons: raising awareness, marketing, signage, etc.
- Monitoring and reporting – how were your green actions successful? What could be better next time?
- Start simple and plan to improve each year.

EVENT MARKETING AND TICKETING

- Where possible, avoid printing dates on signs so they can be re-used.
- Do as little printing as possible of items like handouts, flyers, etc – consider using digital promotions instead.
- Put QR codes on signs so people can scan and be directed to online materials.
- Consider how tickets can be issued to avoid printing (e.g. digital tickets, mobile ticket reader) and use digital check-in for large events, ie. Ticketfi, Eventbrite.
- Ask guests to return name tags for future events.
- When paper is necessary, encourage green choices:
 - ✓ Use recycled content paper, Make double-sided copies and print with vegetable-based ink
 - ✓ Avoid goldenrod or fluorescent-colored paper (it is difficult to recycle)
 - ✓ Give attendees the option to refuse copies, recycle, or return unwanted copies at the end of the event
 - ✓ Provide “Alternative Transportation” information

FOOD SERVICES

- Avoid the use of bottled water where possible. Provide water stations for water bottle refills.
- Request linen, china, metal cutlery, and glass for meals. No plastics. Avoid the use of straws.
- Use plant-based compostable items for food service.
- Avoid single-use plastics including bags, straws, containers, etc. Avoid single-serving containers of anything (condiments, sugar, cream, etc.)
- Use local food. Less transportation is more sustainable.
- Request fair trade food suppliers Include a larger number of vegetarian options and advise attendees of these options. Consider asking for eco-certified (organic, humanely processed) meat products.
- Plan menus using in-season, fresh, local, organic produce.
- Encourage participants and volunteers to bring their own cups, plates, utensils. Offer a discount for this option.

VENUE & VENDORS

- Pick a time of day and/or year when you can avoid cooling/heating costs in the venue.
- Evaluate and select vendors with zero carbon footprints, or proven low-waste practices (see above Planning section).
- Consider what supplies, furniture, props, etc. are required for the event and borrow vs buy.
- Buy in bulk from the vendor; no single serving packages.
- Make banner & signage that can be reused at multiple events or in future years.

TRANSPORTATION

- Consider event location and how participants will arrive. Is it walkable from center of town? On a bus route?
- Plan event in area well serviced by trails and transit.
- Reduce transportation impacts by carpooling or using electric vehicles. Encourage carpooling for out-of-town travelers.
- Offer bike valet services.
- Consider a ticket discount or raffle if attendees arrive in an eco-friendly way (walking, bike, carpool)
- Advertise how to get to the event by transit, biking, and walking.
- Consider webcast options for long-distance travelers.
- Consider asking attendees how they arrived and to make a donation offsetting travel emissions.

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THE LAKED CHEF

-- RON HUTZUL --

GARLIC ROSEMARY BEEF TENDERLOIN

Prep Time: 30 Minutes | Cook Time: 75 minutes | Serves 6-8

As it gets colder outside and tougher for even the most enthusiastic Grillers to heat the BBQ, I'm including this incredible recipe – especially for those who may be spending days outside enjoying the snowy weather!

INGREDIENTS

- ☐ 4 cloves garlic, minced
- ☐ 1 tablespoon chopped fresh rosemary
- ☐ 1 tablespoon chopped fresh thyme leaves
- ☐ Kosher salt and freshly ground black pepper, to taste
- ☐ 1 (4-pound) beef tenderloin, trimmed and tied
- ☐ 1 tablespoon olive oil

FOR THE HORSERADISH CREAM SAUCE

- ☐ ½ cup sour cream
- ☐ ¼ cup mayonnaise
- ☐ 2 tablespoons prepared horseradish
- ☐ 2 tablespoons chopped fresh chives
- ☐ Kosher salt and freshly ground black pepper, to taste

DIRECTIONS

1. To make the horseradish cream sauce, combine sour cream, mayonnaise, prepared horseradish and chives; season with salt and pepper, to taste. Set aside in the refrigerator until ready to serve.
2. Preheat oven to 275 degrees F. Line a baking sheet with foil and coat it with non-stick cooking spray.
3. In a small bowl, combine the minced garlic, rosemary, thyme, 1 tablespoon each of salt and black pepper.
4. Using paper towels, pat the tenderloin dry. Lightly drizzle with olive oil; (use your hands to ensure it's even) then rub with garlic mixture, gently pressing to adhere.
5. Place tenderloin onto the prepared baking sheet. Place into middle rack of the oven and bake until it reaches an internal temperature of 130-135°F for medium-rare, about 50 minutes to 1 hour and 15 minutes, or until desired doneness. Let rest 10 minutes before slicing.

NOTE: Many folks (including me) have started using sous-vide for cooking meats at more precise temperatures. You can bag and sous vide the tenderloin – your cook time will depend on your model, but you'll still need to finish it in the oven, (or on the grill if you're brave) for the crisp crust.

6. Serve immediately with horseradish cream sauce.

I like to serve this with rosemary garlic roast potatoes (you can leverage the ingredients for the rub for the potatoes as well) a glass of full-bodied red wine and some roast winter veggies – they'll get a slow roast alongside the tenderloin!



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