



Shoreline News

Fall 2015

STEENBURG LAKE COMMUNITY ASSOCIATION NEWSLETTER

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President's Message

by Anthony Genovese

So Long, and Thanks for All the Fish

This will be my last message to you as President of the Steenburg Lake Community Association.

Time has a way of passing very, very quickly. Like most, I happily joined this association when I purchased into this paradise. For me, that was fourteen years ago.

For the past 7 years, I have been an active contributor to our association. Whether I hosted an event, advanced our communications, or got politically involved, the past five years as the President of the SLCA has been the most rewarding experience. I hope that my contributions have had a positive impact on our community.

I leave you now with the most important message of all;

This association could not have survived the past 57 years without active members who are willing to volunteer their time.

The SLCA currently has three critical vacancies on the team; i) Social Director, ii) Municipal Affairs, and iii) Vice President.

I am most grateful to those members who have actively contributed to the SLCA, our current team and those who have served in the past.

The future of this association requires more than membership. Have you been active recently?



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Maria Kaczmarek - Action



Victoria Huk - Tweens



Donna Cochrane - Landscape

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Wild Parsnip

Pastinaca sativa



Wild parsnip is an invasive plant native to Europe and Asia. It was likely brought to North America by European settlers, who grew it for its edible root. Since its introduction, wild parsnip has escaped from cultivated gardens and spread across the continent.

Wild parsnip roots are edible, but the sap of the plant can cause severe burns. Collecting the plant from the wild should only be done with extreme care. See the section *Protective Clothing* below.

Wild parsnip, which is also known as poison parsnip, is a member of the carrot/parsley family. It typically grows a low, spindly rosette of leaves in the first year while the root develops. In the second year it flowers on a tall stalk and then dies. The plant can form dense stands and spreads quickly in disturbed areas such as abandoned yards, waste dumps, meadows, open fields, roadsides and railway embankments. Its seeds are easily dispersed by wind and water, and on mowing or other equipment.

Like giant hogweed and other members of the carrot family, it produces sap containing chemicals that can cause human skin to react to sunlight, resulting in intense burns, rashes or blisters.

Range

In North America, scattered wild parsnip populations are found from British Columbia to California, and from Ontario to Florida. It has been reported in all provinces and territories of Canada except Nunavut. The plant is currently found throughout eastern

and southern Ontario, and researchers believe it is spreading from east to west across the province.

Impacts of Wild Parsnip

- The plant can form dense stands that outcompete native plants, reducing biodiversity.
- Stem, leaves, and flowers contain chemicals that can increase skin sensitivity to sunlight and cause severe dermatitis.
- Wild parsnip reduces the quality and saleability of agricultural forage crops such as hay, oats, and alfalfa.
- Chemical compounds in the plant are known to reduce weight gain and fertility in livestock that eat it.

Wild Parsnip Removal and Management

If you have small clusters of wild parsnip on your property (fewer than 100 plants), you may be able to manage the plant yourself. Wear protective clothing and dispose of plants carefully, as described below. To remove larger infestations (thousands of plants), you will likely need a professional exterminator and repeated treatments over several years.

Note: To manage wild parsnip effectively, learn how to identify the plant in both its first-year stage as a small rosette of leaves, and in its second year, as a tall flowering plant. The area must be monitored for several seasons to ensure complete eradication.

Protective Clothing

Wear protective clothing, including waterproof gloves, long-sleeved shirts, pants and eye protection. A disposable spray suit over your normal clothing provides the best protection. Spray suits are commercial-grade waterproof coveralls. After working around the plant, remove your protective clothing carefully to avoid transferring any sap from your clothing onto your skin. Wash your rubber gloves with soap and water, then take off your spray suit or outer clothing. Wash your rubber gloves again and then take them off. Finally, take off your protective eye wear. Put non-disposable clothing in the laundry and wash yourself immediately with soap and water.

Mechanical Control

For a small infestation in a yard or garden (fewer than 100 plants), dig out as much of the taproot as you can with a sharp shovel or spade. Digging is most effective in the spring when the soil is moist and the taproot is more easily removed. Follow-up digging will be required every few weeks to deal with re-growth (if the taproot was not completely removed) or missed plants.

Pulling up the plants is impractical for larger infestations, but mowing can be effective if begun just after peak blooming, but before the seeds set in the late summer or early fall. Cut plants will likely re-sprout after mowing, so it is important to combine mowing with other control methods.

Another method of control is to cover the dug or mowed areas with black plastic to smother new growth of all plants. The plastic should be left in place for at least one season to ensure the roots are smothered. The area must be replanted after the plastic is removed to replace desirable plants and rehabilitate the soil.

Chemical Control

In Ontario, herbicide use, storage and disposal is regulated under the [Pesticides Act](#). While many uses of herbicides are banned, certain herbicides may be used to control plants that are poisonous to humans who touch them, such as wild parsnip. Herbicides that may be used for this purpose include those containing the active ingredient glyphosate. If you are considering using a pesticide, read the product label before buying it to ensure it can legally be used on wild parsnip.

Herbicides containing glyphosate can be an effective tool to control larger populations of wild parsnip. Glyphosate is a broad spectrum herbicide that kills green plants that it comes into contact with. New seedlings will often germinate and emerge after glyphosate has been applied, meaning that follow up applications may be required.




For the best results, apply herbicide to the leaves of actively growing plants in the spring, followed by a summer application for missed plants that are still growing. Herbicide treatments may need to be repeated in following years. Follow directions on the product label and provincial and [federal laws](#) when using herbicides.

How to Identify Wild Parsnip

- Grows up to 1.5 metres tall.
- The single green stem is two to five centimetres thick and smooth with few hairs.
- Compound leaves are arranged in pairs, with sharply toothed leaflets that are shaped like a mitten
- Yellowish green flowers form umbrella-shaped clusters 10 to 20 centimetres across.
- Seeds are flat and round.



Check the chart below to know how to identify wild parsnip.

<p>Giant Hogweed (<i>Heracleum mantegazzianum</i>)</p> 	<p>Height: Height: 2.5 to 5 m</p> <p>Flowers: Large, white umbrella-shaped flower clusters 30 to 90 cm across, made up of 50 to 150 small flower clusters</p> <p>Leaves:</p> <ul style="list-style-type: none"> • Prominently spiked edges Up to 1.5 m long • Leaflets grow right out of each side of main stem, with no leaf stalk <p>Stem: Hollow, 5 to 15 cm thick. Prominent purple blotches. Distinct, coarse, bristly hairs</p> <p>Origin: Biennial (lives for two years) or perennial (lives longer than two years)</p> <p>Origin: Invasive</p>
<p>Cow Parsnip (<i>Heracleum maximum</i>)</p> 	<p>Height: 1 to 2.5 m</p> <p>Flowers: White umbrella-shaped flower cluster 10 to 30 cm across, made up of 15 to 30 small clusters</p> <p>Leaves: Leaves have lobes shaped like a hand with fingers, with fuzzy undersides. Up to 0.5 m long and wide. Leaf blade separated from main stem by leaf stalk</p> <p>Stem: Hollow, 5 cm thick at base. Green, few to no purple spots. Soft and fuzzy hairs</p> <p>Origin: Perennial</p> <p>Origin: Native</p>
<p>Wild Parsnip (<i>Pastinaca sativa</i>)</p> 	<p>Height: 0.5 to 1.5 m</p> <p>Flowers: Yellowish-green flower clusters 10 to 20 cm across</p> <p>Leaves: Leaves consist of 2 to 5 pairs of leaflets that grow across from each other along the stem, and one diamond-shaped leaflet on the end. Leaflets toothed and often shaped like a mitten</p> <p>Stem: Green, 2.5 to 5 cm thick Smooth with few hairs</p> <p>Origin: Biennial/Perennial</p> <p>Origin: Invasive</p>



Disposal

DO NOT burn or compost wild parsnip plants that have been cut down or dug up. If possible, leave the stems to dry out completely at the site. Carefully dispose of plant material in black plastic bags and leave in direct sun for a week or more. Contact your municipality to determine if the bagged plants can be sent to your local landfill site.

What You Can Do

- Learn how to identify wild parsnip and other invasive plants.
- Stay on trails and away from areas known to have wild parsnip or other invasive species.
- Inspect, clean and remove mud, seeds and plant parts from clothing, pets (including horses), vehicles (including bicycles) and equipment such as mowers and tools. Before travelling to new areas, clean vehicles and equipment in a place where plant seeds or parts aren't likely to spread, such as in a driveway or at a car wash. It's very important to carefully wash any sap from clothing, equipment and pets.
- Avoid disturbing soil and removing plants from natural areas; they may be rare native plants or even invasive plants.
- If you think you have wild parsnip on your property or if you see it in your community, please call the Invading Species Hotline at 1-800-563-7711, or [report your sighting online](#). You will be asked to send in photos for identification. **DO NOT** touch, cut or collect parts of the plant for identification purposes.

Other Resources

- [Ontario Invasive Plant Council](#)
- [Invasive Species: A Threat to Ontario's Biodiversity](#)
- [Ontario Ministry of Agriculture, Food and Rural Affairs – Ontario Weeds](#)
- [Invasive Species Centre](#)

OFAH/OMNR Invading Species Awareness Program. (2012). Wild Parsnip. Retrieved from: <http://www.invadingspecies.com>. This factsheet may be reproduced for non-commercial purposes.

Boating Safety Equipment Requirements

by Don Mills

On at least three different occasions this summer, the Ontario Provincial Police boat was seen patrolling on Steenburg Lake. While I observed the officers stop a couple of larger boats, they were more frequently stopping paddle boats, canoes, kayaks and paddle boards. Earlier in the fall I stopped at the OPP detachment in Madoc and spoke with Constable Alana Deubel who is the Community Safety Officer for the Central Hastings Detachment East Region.

In the three charges she laid in the area this summer two were for operating kayaks and one for operating a paddle boat without wearing a life jacket or personal flotation device (PFD). A common finding is that when they are questioned people feel they are strong swimmers and don't need a lifejacket. In some cases the offenders are visiting a friend's cottage or are renters and don't know what the regulations are. In any case, being charged can be an expensive lesson. A charge under the Small Vessel Regulations (Canada Shipping Act) for operating a Human Powered or Non-Human Powered Pleasure Craft without a PFD or lifejacket carries a fine of \$240 with applicable surcharge. An additional fine of \$100 can be added for each passenger not having a PFD or lifejacket.

There were at least 5 drowning deaths in the OPP East Region this summer. One incident, which was highly publicized in this area, occurred north of Kingston. Two adult males, in their late 20s and a small child were in a canoe which capsized. The adults drowned while the child who was wearing a lifejacket survived. Between 2005 and 2014, 276 people lost their lives in boating accidents in Ontario with 226 of the deceased not wearing lifejackets.

It is easy to assume that the regulations apply only to our larger, motorized boats but that clearly is not the case. The OPP, in promoting water safety, is strongly emphasizing the need for safety equipment in non-motorized pleasure craft such as paddle boats, canoes and kayaks. For canoes and kayaks each person on board must have a lifejacket. As well, requirements include a buoyant heaving line, a bailing bucket and a sound-signaling device such as a whistle. The easiest way to meet these requirements is to purchase an inexpensive safety kit which will also include a flashlight. For paddle boats each individual must have a lifejacket and a sound-signaling device is required. For those of you using paddleboards, they are considered to be human powered water craft and there must be a lifejacket for every person on board.

The Safe Boating Guide also contains the requirements for personal water craft and sail and power boats. For the details see www.boatingsafety.gc.ca.

As part of their safety message the OPP is also reminding boaters that operating a boat in Ontario while impaired by alcohol or drugs comes with the same consequences as driving a vehicle while impaired. This means that impaired boat operators not only face criminal charges but will also have their driving privileges for motor vehicles immediately suspended. Boaters face the same Warn Range suspensions as motor vehicle drivers.

Sources:

Government of Canada website www.boatingsafety.gc.ca

Ontario Provincial Police Media Release – Summer 2015

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Memories of Bass Lake (cont.)

by Richard McCarthy

CHAPTER 20 – Steenburg Lake Marina

Pat Stallaert asked me to document any of the memories that I might have of the "Steenburg Lake Marina" property that is now owned by Mike and Donna Cochrane. I'll try my best to recall some of the history of the marina.

Mart Murphy and his wife Carol lived at the location where Mike and Donna Cochrane's home is now. The house that they lived in was substantially smaller than the existing house. Mart Murphy and his brother Charlie Murphy were the two Murphy brothers who I knew, and operated the lumber mill that was located on the south-west corner of Murphys' Corners. You'll notice that I called it "Murphys' Corners" rather than "Murphy Corners". Somehow the "s" got lost over the years and Murphy became singular. In any event, Mart and Carol decided that it would be a good idea to build a store on the lake, and Carol would run the store. It was called "Carol's Marina" and was operated by Carol for several years. It was stocked with items like bread, milk, soft drinks, chocolate bars and many of the items you'd expect to find in a variety store. I remember that Carol's mother lived directly across the bay from Carol's Marina in possibly cottage # 729B owned by the Flavelle family.



The next memorable owners were the Millers. I'm not sure whether the spelling of the surname was Miller or Millar, but I'll stick with Miller.

Al Miller and his wife operated the marina as a "retirement project" and felt he would enjoy having the "little business" to keep him busy in his retirement. They ran the store, and had the expansion added to the side of the building where the stone foundation is now located. Al did repairs to small motors in that little shop, and he reminded me of a wonderful retired man who lived on Brooke Avenue in North York, Toronto who repaired all the kids' bikes in the

neighbourhood, and was called "Uncle Mac" by everyone, as his name was MacKenzie. The Millers worked very hard at their business, and I can remember Al Miller saying that he had no idea what he was getting himself into when they purchased the marina. He had never worked so hard in his life.

After the Millers, there was a man by the name of Rick "something", and I cannot remember his last name. It operated for a relatively short period of time as "Rick's Marina". Trudy had purchased the Steenburg Store by this time, and everyone on the lake went to Trudy's for any of their supplies and gas for the boats. Having gas storage tanks at the marina, close to the water, would have been very expensive for a seasonal business, and having gas delivered to the marina would have been just as difficult to arrange. Trudy did such a terrific job of renovating her place that the marina couldn't have competed against it for business.

Perry and Donna Conlin owned the marina property for quite a number of years after that, and transformed the small house on the property into the larger one that is there now. Perry had built the new structure outside of the existing building, and dismantled the original house after he had erected the new structure. It was a "unique" building with eccentricities such as a swinging rope walk to the master bedroom, and a large tree trunk in the interior of the building. Many improvements had to be made to the building after the Cochranes took over, and Mike and Donna have made it into the beautiful home that it is today.



CHAPTER 21 – The development of a stretch of the Steenburg Lake North Road

Martin (Mart) Murphy had a great influence on my life as a young man growing up. I was always intrigued by someone working, and would much rather watch a skilled person performing a job than to play a sport. Mart would be called to repair a road, bring loads of gravel or fill, drop a tree and remove stumps with his bulldozer, or even when needed, build an entirely new road. If he was working in our area, I would always hang around with Mart when I got the chance to do so. Mart was kind enough a person that he taught me how to drive his bulldozer and his dump truck. These were skills that came in handy when I became a Junior Forest Ranger with The Ontario Department of Lands and Forests. Back in those days, it didn't matter if you had a special licence that would qualify you to be able to operate a large piece of equipment. It was only important that you knew how to operate it properly. In the forestry, I was able to drive the dump truck around and dump the loads when we were developing the Clear Lake

Campground at Grundy Lake Provincial Park, while the other Junior Rangers had to cut the brush with their sharp axes, and throw the brush into the dump truck.

At some point in the early '60s, Bowes and Cocks Realty Limited in Peterborough decided that they would buy up all the land around Dickey Lake and develop cottage lots for sale. The development would be called SHAWANO. A Mr. Harold McGrath, a senior executive at Bowes & Cocks was in charge of the development. Mr. McGrath has died in the last few weeks, sometime in September, 2015, and this little tale should be a tribute to his good work in the opening up of our beloved cottage country. Harold realized that the road going from Murphys' Corners to The Ridge Road was very twisty and narrow, and would make it difficult to sell lots in the Shawano Development on Dickey Lake. He contracted with Mart Murphy to build the road that exists there today. When the road was first developed, it was cleared way back from the edge of the road, being a new construction. When you came from the shores of Steenburg Lake to Murphys' Corners, and started to drive towards the Ridge Road, you thought you were driving on Hwy. #62, and anyone would have been amazed to see this beautiful roadway being built right through the middle of the woods. Mart Murphy had his home for the rest of his life on the shores of Dickey Lake, and died several years ago. It would be interesting to know how much Bowes and Cocks paid Mart Murphy to build that terrific stretch of road 50 to 60 years ago, and to compare that figure to what it would cost today to build the same thing. I can never travel that road, past Murphys' Corners, along past the Dickey Lake Road, then the Thanet Lake Road and eventually to the turn-off to the Ridge Road without thinking about our good dear departed friend Mart Murphy.

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Membership Report

by Marlene Pollard

As many of you know by now this will be my last report as membership chair. I have done this job for 12 years now and it was time to pass it on. Diane Burke a long time member of the lake has decided to step forward and take this position on. Thank you Diane. I have enjoyed the last 12 years very much. Doing this job on the executive has introduced me to so many members of the association. I have learnt a lot about the people and the history of this lake. It is the best lake in Ontario.

I am happy to report that we have 179 paid members in our association. A few more memberships will still be coming in during the fall months. A total of 28 used our pay pal service. Every year the number is increasing.

I would like to take this opportunity to thank all of our canvassers. They are as follows, John Harnett, Margot Withey, Wendy Butler, Pat/Heather Stallaert, Dave Anderson, Elaine/John McCarthy, Christina Candy, Carolyn Dobson, Wendy Rudd, Dave McDonald, Jim/Susan Bridger, Joanne Boyce, Ashley Cameron, Ed Horne, Cathy Wilson and Eileen Walsh. Again thank you.

We have some new members to welcome to the lake. They are as follows Keith and Amy Fletcher from Brampton, Peter and Agatha Goring from Delaware, Jan and Lilla Ploszaj from Pickering, Bill and Melissa Duncan from Whitby, and Bac and Nerys Phan from Toronto. Welcome to our lake. If I have missed anyone I apologize and please let Diane know.

There was a 50 years member certificate given out to the McCullough Family on Maple Landing. If there are any members coming up to this mark next year please let Diane know and she will recognize them at the 2016 AGM.

ROAD CLEANUP

I would like to thank the road clean-up crews who took part in the clean-up. On the south road were Hamish McDonald and Dave McDonald. There was a very poor turnout considering the number of



Lakeview Hotel Circa 1930 - 2005

members who are on the South Road. Maybe next year more members will turn up to help the McDonalds. The North Road had a wonderful turnout. With so many it took no time to do the road. They were Diane and Don Mills, Janet and Carl Sobotka, Jim and Pat Riches, Eileen Walsh, Susan, Jim and Shawn Nevins, Dawn and Kevin Neuman and Ron and Marlene Pollard.

On a sad note, we have lost 2 long time members this year: Frank Pinder who had a cottage on the north road and a longtime resident Jessie Fitzgibbon. I didn't know Frank but certainly knew Jessie. She was a lovely lady who would always have time to sit and visit with you whenever you dropped in. A few years ago she moved to Belleville and passed away in a nursing home. She had just celebrated her 99th birthday this last May. Some of you might remember the house at the end of the lake on the north road. The foundation still remains there between the Sobotka's and the Burke's. The home where Jessie lived is still there. The home on the remaining foundation was known as the Lakeview Hotel. It opened in 1910 by Harry Fitzgibbon (Jessie's father-in-law) and then closed in 1914 with the start of World War I. The family then moved to Belleville. When the Fitzgibbons moved back and Jessie married Curtis Fitzgibbon it became her home.



Jesse and Don Fitzgibbon Making Maple Syrup

Thanks for a great 12 years. I will miss the executive meetings but do feel free to drop in any time. Have a good winter and see you all in the spring.

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Lake Stewardship Report

by Don Mills

As the saying goes "time flies when you are having fun" and 2015 is doing just that. It was a cold winter and for the first time for some cottagers on the lake their septic and water lines froze. While there was lots of snow for snowmobiling around the lake and in the area, the snow came when it was very cold and it was a light, dry snow which did not pack. As a result there never was a good base on the trails and rocks, stones and gravel were sometimes showing through.

As noted in the Spring Newsletter, for the first time in memory, an ice fishing hut was abandoned on the ice by the beach. Fortunately it was lined with Styrofoam and when it went through the melting ice it floated to shore and was removed successfully.

In June the water level in the lake was as high as many cottagers and residents had ever seen it and several had docks totally under water. There turned out to be two blockages limiting the outflow to Limerick Lake. The first was between highway 62 and Limerick, and the second (a beaver dam) just north of the outflow dam by the beach. When these were removed the water levels slowly returned to more normal levels.

We participated in the Invading Species Watch Program this year. The Program was initiated in 1998 to assist cottagers and lake residents in detecting the presence of aquatic invading species such as zebra mussels and spiny water fleas in their lakes. It is coordinated by the Ontario Federation of Anglers and Hunters in partnership with the Ontario Ministry of Natural Resources and Forestry. Water samples were taken the end of May in three locations on the lake: in 30 feet of water out from the Boat Launch, in the deep part at the opposite end of the lake (out in front of 770 South Road) and in the deeper area between the small island and the beach.

Samples were collected using a plankton net with a collection device on the bottom. When the net was lowered and returned to the surface anything collected in the net ended up in the collection device. The contents were transferred to a sample jar and the sample preserved with isopropyl alcohol. The samples were sent to Peterborough and the results are expected to be published later in the fall.

Water samples were also taken the end of May, to determine lake phosphorus and calcium levels, and sent to the Lake Partner Program in Dorset. Water clarity tests are being done monthly in the deep water in West Bay. The results will be sent to Dorset after the October measurement and published on the Lake Partner Program website in November.

Visit: www.ontario.ca/environment-and-energy/map-lake-partner



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Social Corner

by Donna Cochrane

I would just like to say thank you to everyone for giving me the opportunity to be your Social Director for Steenburg Lake. I know my stay at this position was short, but, I was very busy doing the association events and the non-association events. This is opening the door for someone to step forward and become a part of our lakes activities. In this position you are an extended arm to the wonderful people running the regatta, and the fun run. I hope someone will fill this position, and enjoy it as much as I did. Thank you again.

Beach Regatta and BBQ

by Jennifer Vanner

This summer I had the opportunity to host the annual Steenburg Lake Regatta and what a great experience it was! I would like to say thank you to all of the volunteers who helped make the regatta happen, as well as a thank you to all of the families who came out to participate in the events of the day! Along with the race events happening out on the water families were also able to enjoy activities such as face painting, sack races and a BBQ compliments of the SLCA! The regatta is not only a fun event for the whole family but also a great way to mingle and meet new people from around the lake. I hope to see all of you there for the 2016 annual Steenburg Lake Regatta!

With a very good turn out, we were able to successfully run paddle boat, canoe, kayak and swimming races with the winners as follows:

Kayak	9 & under	1 st Colby Rusaw	
		2 nd Shawn Murphy	
		3 rd Shane Thomas	
	10-13	1 st Kaitlyn	
		2 nd Jeremy C.	
		3 rd Dawson	
	14-17	1 st Ben L.	
		2 nd Chris R.	
		3 rd Isabella P.	
18 & older	1 st Patrick Legere		
	2 nd Alanna Waddell		
	3 rd Mike		
Swimming	9 & under	1 st Colby Rusaw	
		2 nd Ryan Donald	
		3 rd Kai Donald	
	10-13	1 st Dawson Rusaw	
		2 nd Jeremy C.	
		3 rd Kaitlyn	
	Canoe 2	9 - 13	1 st Cailyn + Kaitlyn
			2 nd Jerome C + Samantha
		14 - 17	1 st Brendan + Hamish
2 nd Brendan + Hilton			
3 rd Chris + Nathan			
18 & older		1 st John + Maria	
	2 nd Mike + Paul		
	3 rd Chris G + Chris L		

Congratulations to all of the winners and thank you to all of the participants!



Fun Run

by Wendy Butler

After a hot summer it was a perfect day for our annual fun run. Turn-out was fabulous, with approximately 70 participants and many volunteers to help me run this mid-summer event. Without the help of these volunteers, the event would not be possible. A big shout out goes to Patti, Donna, Dianne, Chris, Tom, Carolyn & Dean.

I was pleased to see that category #5: 46 – 59 year old was packed with runners and walkers that topped all previous seasons. The first runner across the finish line in a record setting time of 17:47, was Luke JZ and the first female to finish was Renata JZ with a time of 23:20. The JZ family comes from Limerick Lake and has signed up for 4 years in a row, claiming that the Steenburg Lake Fun Run is the best around, showing pride and family participation by all. Well, dah, we knew that already.

So if you are wondering where your neighbours and fellow cottagers are getting their fashionable Steenburg Lake Fun Run t-shirts, just sign up for next year and be a part of this traditional Saturday morning get together. Whether you are watching, cheering, volunteering, running or walking. Don't miss out on another year.

So get off the dock and let's make 2016 the best Fun Run ever. I look forward to seeing your name on the entry sheet. Just sign up on line or give me a call/email at the cottage next summer.



Purple Loosestrife Scare

by Don Mills

Purple Loosestrife is a wetland plant that was brought from Europe to North America in the early 1800s. It has become a serious invader of wetlands, lake and river shores and other areas in Ontario and has spread widely throughout the Great Lakes – St. Lawrence River Basin. The plant forms dense stands with thick mats of roots that spread over large areas negatively impacting on the habitat for birds, aquatic life, insects and other plants. Purple loosestrife can grow 1-2 metres tall with numerous stems growing from a single root mass. The stems are reddish-purple, square and very woody. The flowers are also reddish-purple. The plant has been found in areas close to the lake in the past.

One day in August, Dan and Lorraine Cornish, who have a cottage on East Bay Road, went for a paddle boat ride and headed towards the beach. In a small bay they came across a stand of purplish coloured plants, with long stems, growing in about two feet of water near the shore. Being aware of the concerns regarding purple loosestrife, and seeing similarities, they pulled a flowering stem. The plant was later identified at the Invading Species Program in Peterborough as pickerel weed.

Found typically in shallow, quiet water the pickerel weed plant produces one spike of bluish-purple flowers. It grows to a height of about 3 feet, which makes it shorter than loosestrife, with the leaves and flowers above water. The leaves are longer and wider than those of the loosestrife plant. Although I am not aware of any pickerel being in Steenburg Lake, the plant gets its name from the fish with which it is thought to co-exist. The plant is actually edible and the young stems and leaves can be eaten as greens and the seeds roasted and eaten as nuts. According to Kellie Sherman, Coordinator with the Ontario Plant Council, who identified the plant, it is good for our lake and acts as a natural filter.

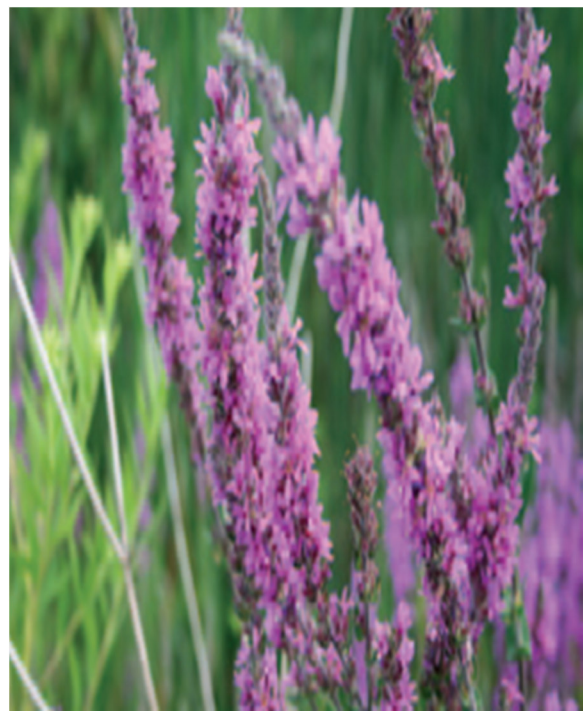
Good catch Dan and Lorraine. All of us need to be on the lookout and aware of the dangers that can negatively impact the quality of our lake.

Sources:

www.invadingspecies.com/invaders/plants

www.wildflower.org/plants

www.ontarioinvasiveplants.ca



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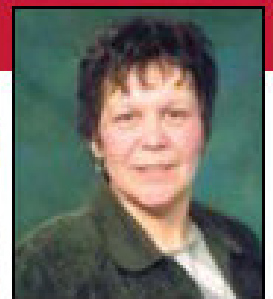
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Update: Lyme Disease

by Dr. R. Pellizzari, Peterborough City-County Health Unit

In Ontario, climate change experts warn that we can expect average temperatures to continue to rise during this century. Changes associated with climate change will alter our communities, lives and wellbeing. Climate change is expected to cause, and local naturalists already report, the northern migration of plants and animals. Consider the spread of the Blacklegged tick and the increased risk of Lyme disease as one implication.

The culprit is a bacterium *Borrelia Burgdorferi*, spread by the Blacklegged tick (or deer tick). The tick contracts the infection from feeding on wildlife such as mice and deer that carry the disease and then transmits it to humans through a bite. 'Home' for the Blacklegged tick has been the northeastern, mid-Atlantic, and north-central United States, but warming temperatures and changes in land use have resulted in spread, throughout parts of Ontario, and Quebec beyond the endemic areas surrounding Lake Erie and the St. Lawrence Islands National Park area.



The best defense is to be well-informed and proactive. Since ticks live in wooded and bushy areas with high grass and leaf litter, it is important to avoid bites by wearing light-coloured clothing that is well-tucked in and well-sprayed with DEET-containing insect repellent when hiking in the woods.

A tick can be hard to see, as they can be as small as a freckle but they fill up as they feed, growing in size and usually become more noticeable. Daily showers and inspections, with or without the help of loved-ones or mirrors can help find them before they can transmit

Lyme disease. Don't forget to check the warm and hairy spots where ticks can hide and happily feed. Removing ticks before they have been attached for about 24 hours, and bringing them to your local Health Unit for testing, can help prevent Lyme.

Find your local Health Unit here:

<http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx>.

Some physicians are treating everyone who has had an engorged tick for 24-36 hours with one dose of an antibiotic to help prevent the disease.

If not successfully prevented, signs and symptoms of Lyme disease usually start to appear as early as three days and as late as 32 days after being bitten, however not everyone gets symptoms. The most common symptom is a red, expanding rash known as *Erythema migrans* (EM) or "bull's-eye" rash that fades in three to four weeks.

The diagnosis is often a clinical one, without the use of tests, as blood tests looking for the antibody against Lyme Disease take weeks to become positive. Once infected, antibodies can circulate for years. Early treatment with antibiotics will not only prevent the long term consequences but may also stop antibodies from forming in some people who will then test negative.

Controversies exist about both testing and treatment, and it is "buyer beware" when it comes to using private labs in the U.S. who profit by marketing their tests. Some of these tests have not been validated and are difficult to interpret. Ontario uses state-of-the-art, two-tiered testing in its Public Health Lab. By the time that late stage disease develops, virtually everyone will test positive. Negative serological tests in patients with prolonged non-specific symptoms can virtually rule out the disease and physicians should look for other causes.

In response to external claims, in March 2012 Public Health Ontario evaluated the existing science and could not find any sound evidence of a post-Lyme Disease illness that warrants prolonged IV antibiotics. There are certainly compelling anecdotal stories and case reports appearing in local media that can cause concern; hopefully there will be well-designed clinical trials to help sort out the most salient facts, soon.

In the meantime, the ticks are really telling us that the clock is ticking on climate change and we better take this threat seriously.

Reprinted by permission from the Federation of Ontario Cottager Associations (FOCA) – Lake Stewards Newsletter (2015).



Financial Report – August 31, 2015

by Dave McDonald

	2015	2014	2013
Assets:			
Bank Account	\$ 5,058	\$ 5,726	\$ 5,960
PayPal	11	121	301
GIC - 2.5 Yr 2.45% Nov 29 2013	-	-	13,959
GIC - 2.5 Yr 1.80% Mar 15 2014	-	-	5,253
GIC - 2.5 Yr 2.05% Apr 9 2015	-	3,233	3,168
GIC - 2.5 Yr 2.00% May 7 2015	-	2,589	2,538
GIC - 1 Yr 0.50% Oct 16 2014 (Cashable)	-	4,014	-
GIC - 5 Yr 2.30% Laddered Dec 3 2019	7,308	-	-
GIC - 5 Yr 2.30% Laddered Dec 3 2018	-	7,144	-
GIC - 5 Yr 0.75% Dec 3 2018 Cdn Equity	7,134	7,080	-
GIC - 5 Yr 2.30% Laddered Mar 15 2019	5,479	5,356	-
GIC - 5 Yr 2.30% Laddered Oct 16 2019	4,087	-	-
GIC - 5 Yr 1.40% Laddered Apr 21 2020	5,014	-	-
GIC - 2.5 Yr 2.00% Nov 7 2017	2,641	-	-
Prepaid Insurance Sep/15-May/16	1,236	1,158	1,062
Inventory T-Shirts/Hoodies	567	684	1,046
Total Assets	\$ 38,534	\$ 37,106	\$ 33,287
Net Assets represented by:			
Reserve for Future Expenditures	\$ 20,000	\$ 20,000	\$ 20,000
General Fund, Unrestricted	17,106	13,287	11,736
Net Assets, Beginning of Year	37,106	33,287	31,736
Excess (Loss), Current Year	1,428	3,819	1,552
Net Assets, End of Year	\$ 38,534	\$ 37,106	\$ 33,287
INCOME:			
Membership Fees	\$ 4,785	\$ 6,075	\$ 4,300
Advertising Income	850	1,200	1,275
Fundraising Income, Maps	-	-	20
Fundraising Income, Merchandise	2,404	2,720	1,940
Fundraising Income, Fun Run	345	345	350
Fundraising Sponsor/Donation	50	-	-
Interest Income	531	499	526
Total Income	\$ 8,965	\$ 10,839	\$ 8,411
EXPENSES:			
Fundraising Costs, Merchandise	\$ 1,288	\$ 1,535	\$ 1,738
Fun Run Expenses	585	473	648
AGM, Regatta	808	523	361
FOCA Dues & Expenses	717	687	596
Insurance	1,573	1,534	1,423
Newsletter Expenses	1,597	1,305	1,126
Members Handout	-	224	149
Bank, Paypal & Admin Charges	78	109	82
Rock Markers, Fishing Derby	288	390	291
Sign Maintenance	-	-	5
Donations/Gifts/Memberships	484	133	150
Web/Webcams	119	109	99
Water Testing	-	-	191
Total Expenses	\$ 7,537	\$ 7,021	\$ 6,859
Excess (Deficit) for period	\$ 1,428	\$ 3,819	\$ 1,552

Just a reminder to place your orders for some great **Steenburg Lake Merchandise** in time for Christmas Hats, T-shirts, hoodies and more... These quality items make great gifts, and each item purchased helps support your community and the important work the SLCA performs.

...and these handy little LED flashlights are ideal for your boat's safety kits, and make great stocking stuffers, at just \$4 each.



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www.steenburglake.com/Merchandise.html



We finished the 2014-2015 fiscal year with a healthy profit of \$1,428. The net income for 2013-2014 had been higher than usual due to the inclusion of revenue that had been delayed from the year prior to that. In 2014-2015 we also had some membership fees which were delayed and will be included in the 2015-2016 fiscal year. Other reasons for lower net income in 2014-2015 include: lower advertising income, and higher expenses for the Regatta and AGM, Newsletters, Donations and Gifts.

The Cottage Bookshelf

Review by Olga Smid

I would like to recommend the book **"They Left us Everything"** by Plum Johnson. (ISBN 978-0-14-318905-3). This is a memoir. The author describes in her book what it was like for her and her siblings to sort through the lifetime of possessions belonging to her family in the house they grew up in. At the time of her mother's death, she was 63 and had spent the last 19 years of her life taking care of her parents in their declining years. I think this book is something that a lot of people can relate to if they have been the ones who have had to wrap up an estate for parents or an elderly relative who had no children.

Plum is brutally honest in this book. She resents being anchored by aging parents. When dealing with her mother, all she wanted was her freedom and she wondered if she would ever get her life back. Years before, a number of her siblings moved far from home in order to escape. She resented her mother for praising their short weekly phone calls!

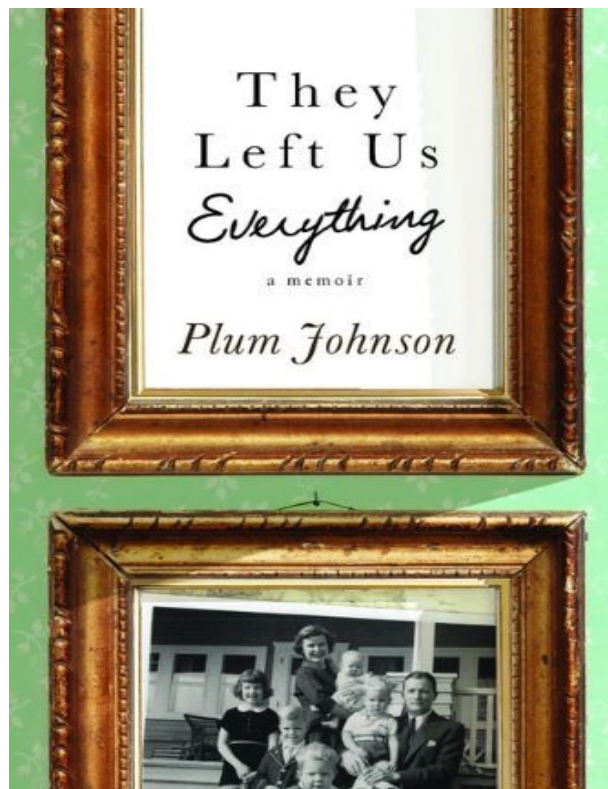
Separating the trash from the treasures seems overwhelming to Plum. Ironically, she discovers that it is some of the valuable items that no one wants. Junk, of no apparent value, has the memory laden significance that just about everyone is interested in. She skillfully draws us into her family history in a memorable way.

Plum and her siblings wonder who their parents really were before they became parents. By shifting through what they left behind would they know them better? She says that it felt like "wading through a pile of puzzle pieces, with no finished picture-guide on the lid of the box". Plum wonders if her mother had any regrets and had her life turned out the way she'd expected. She has so many questions that she wishes she could ask her mother. Of all the things found in the family home, the correspondence between her parents is now her most important possession.

When Plum was taking care of her mother, she couldn't wait for her to go. Her mother apparently had frequently said "careful what you wish for, you might just get it". Upon her death Plum searched for evidence of her and wondered where her compassion for her mother was in her final years.

This process of winding up everything at the family home was estimated to take 6 weeks. It ended up taking almost two years. The family possessions were inventoried and for sentimental reasons photo albums were created showing the home interior. The home was situated in Oakville on Lake Ontario. Plum was able to beautifully illustrate the special features of the property and the changing of the seasons she experiences while staying there. She draws you in to what a special place that home must have been like to grow up in.

Plum Johnson won the 2015 RBC Taylor prize which is recognition of excellence in Canadian literary non-fiction. This book reflects the experience of many baby boomers, who have faced, or will be facing, the aging of their parents. The book is a quick read and while it may not be for everyone, it has a tremendous charm.

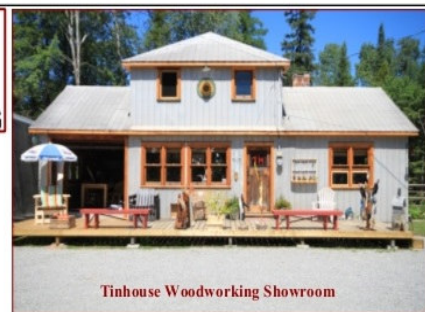


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The Cottage Bookshelf is a regular feature of your Shoreline News. Feel free to submit your own reviews and recommendations to Newsletter@steenburghlake.com.

Cottage Cookbook

by Melissa Stallaert

Well, it's that time of year again: The leaves have changed colour and the boats are safely tucked away until spring. Here's another Stallaert family favourite, just perfect for those cooler fall days. You can prepare it at home or make it at the cottage, the choice is yours!

Serve it with your favourite rice. It's delicious!

Chicken Italienne

Ingredients:

- 1 kg (2 lbs.) chicken parts (we prefer boneless chicken breasts)
- 25 ml (2 tbsp.) oil
- 1 – 284 ml (10 oz.) can of Campbell's Beef Consommé
- 125 ml (1/2 cup) canned tomatoes
- 1 medium onion, quartered
- 2 ml (1/2 tsp.) oregano leaves, crushed
- 1 ml (1/4 tsp.) salt
- 1 ml (1/4 tsp.) pepper
- 25 ml (2 tbsp.) flour
- (50 ml (1/4 cup) water

Directions:

In a large fry pan, brown chicken in oil. Pour off fat. Add remaining ingredients except flour and water. Cover and simmer for 45 minutes. Blend flour and water and slowly add to sauce, stirring constantly. Cook, while stirring until mixture thickens. Serve with your choice of rice. Makes four servings but this recipe can easily be doubled.

(original recipe from Campbell's – Recipe No. 60)

Feel free to submit your favourite cottage recipes to:
Newsletter@steenburglake.com



165 Municipalities Oppose Selling Off Hydro One

Toronto, ON – The Keep Hydro Public campaign, joined by *municipal* leaders from across the province, released a list of 165 communities whose councils have passed motions opposing the Liberal government's plan to sell off of 60 percent of Hydro One. Sarnia Mayor Mike Bradley said, "The Wynne government needs to listen to Mayors and Councils across Ontario and consult with us and the public, who are the true owners of Hydro One, not the Ontario Government."

Katrina Miller, spokesperson for Keep Hydro Public, noted the list of municipal resolutions opposing the sell-off keeps growing. "More communities are opposing the sell-off every day. In fact a few hours from now, Peterborough will be meeting to consider a resolution opposing the sale."

Many of the resolutions are based on a template provided by the campaign, which calls on the government to stop the sale of Hydro One and respect the role of local electrical distribution companies. However, activism has taken root in the municipal arena on this issue. The Western Ontario Wardens' Caucus and the Northern Ontario Municipalities Association have drafted and circulated similar resolutions.

Chris Leahy, Councillor for Whitby, who successfully passed a resolution at his Council just last week said, "The Town of Whitby council joined the position of over 160 other municipalities that we should Keep Hydro Public here in Ontario. It was the foresight of the community to keep hydro public over 100 years ago and we need to preserve this public asset for the benefit of our children for the next 100 years."

The campaign will continue to encourage local councils to pass resolutions and will work with municipal leaders over the coming weeks to bring their concerns to local MPPs. The Keep Hydro Public campaign is supported by more than 20 labour, environment, anti-- poverty, and student organizations.

For more information, please contact:

Katrina Miller at 647--272--5024

[Map of Ontario communities opposing Hydro One sell-off](#)

[List of Municipalities that have passed resolutions opposing Hydro One sell-off](#)

Please note, that as of the time this newsletter went to press, Limerick Township had not passed such resolution, yet Tudor-Cashel had. You may want to call your elected politicians in Limerick to enquire as to why that is...



It's not Just the Water

by Pat Stallaert

Every once in a while, you'll find an article reminding us all to use caution, courtesy and good judgement while operating our boats and vessels on the lake. It's a sad fact that these articles need to be repeated so often and yet seem to go unheeded by some.

Unfortunately, it's not only our waterways that could use more care and attention, but the same holds true about the roads in our community. Where does it say that just because you're on a cottage road, that safety and common sense no longer apply?

We have had complaints and numerous accounts of near misses on our roads this season. Vehicles travelling too quickly for the conditions, whether it's sharp turns that limit the view of oncoming traffic or pedestrians, cyclists and animals, or dark roads and rough terrain that present more challenges to navigating safely, we all could do a better job of adjusting our driving habits. And it's not always young people who are to blame!

We've all experienced the rush one gets of pulling onto the last stretch of road as we near the cottage, but that adrenaline would be better met by doubling our attention to safety, than with added pressure on the accelerator. The extra minute it might take to get to the cottage, might make all the difference in your life or those you encounter along the way.

Keep in mind that our roads are narrow, and have tight turns, steep hills, uneven surfaces, and trees that protrude and further hinder vision. And this problem is not limited to the South Road, though there is no denying that it has more than its share of hazardous spots.

Also be advised that at least one of our host townships is in discussion already with the OPP to establish photo radar on one of our prominent roads around our lake,

And know that there is never any excuse for driving while under the influence of alcohol or other drugs. Why risk a wonderful trip to and from the cottage for a possible life filled with misery and regret?

Things to remember:

- *Posted speeds are for optimum conditions and often do not take into consideration deteriorating roads and changing conditions*
- *Distracted drivers are a hazard to everyone inside and outside their vehicle*
- *Deer and other animals frequently forage and venture out onto roadways at dawn and dusk, but not only at these times.*
- *Keep to the right as much as possible and slow down when approaching hills, turns or other traffic and pedestrians*
- *ATV'ers and other riders must use the same care and attention as other drivers, and must always be aware of their surroundings, not only dead ahead!*
- *Pedestrians should always walk opposing traffic, wear brightly coloured clothing (ideally reflective at dusk and dawn) and listen carefully for approaching vehicles. Keep pets on a short lead, and draw them in at the first sight or sound of approaching traffic.*

Don't become a headline or a statistic, and report any dangerous driving as soon as possible to the OPP!

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SERIOUS ABOUT SERVICE

Loon Hunters of Steenburg Lake

by Pat Stallaert

At this year's AGM, Anita and Ken Waddell were recognized for their efforts at tracking and reporting loon populations of Steenburg Lake for the past 30 years. A small thank you gift and a donation of \$50 to the Bird Studies Canada, loon study was made by the SLCA in recognition of this dedicated commitment to our community.

Thankfully, loon populations on our lake have held fairly steady over the past three decades as have the number of surviving offspring.

As Anita pointed out, the biggest threats to our loon population remain:

- Fluctuating water levels which drowned out nests
- Loss of natural shorelines
- Lost and abandoned fishing lines which entangle and drown young loons
- Careless boaters who cause wakes near nests and travel too closely to swimming loons, and particularly their young

Thank you Anita and Ken for your exemplary commitment, and to the rest of us, let's continue to admire these magnificent creatures from a distance, and listen for their eerie calls in the night. Cottage country just wouldn't be the same without them!



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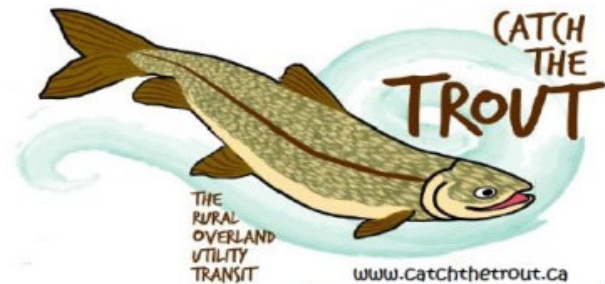


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Continued...

Photo Contest Winners

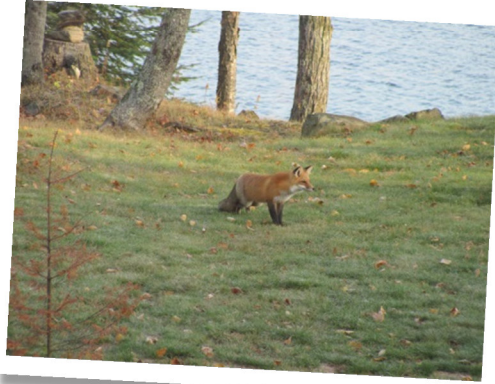


Pat Simmons - Nature



Carolina Rotella – Life at the Cottage





Around the Lake...

