

Shoreline News

Steenburg Lake Community Association

Spring 2005

Mission Statement

To source and make available relevant information to the Membership regarding political and environmental changes that impact cottage ownership and take appropriate action on behalf of the Association when deemed necessary by the executive; to promote, educate and encourage responsible lake stewardship and to provide opportunities to meet and socialize at events throughout the year with fellow cottage owners.

President's Message

While casting about for a suitable theme for this column, many subjects presented themselves. They ranged from instructive, to chiding, and on to somewhere near bitchy. In the end I decided that the most persuasive message was to focus on the wonderful things we have in the Steenburg Lake environment, in an effort to underscore the need for us all to put in a special effort to maintain the natural setting we now enjoy.

As I write this, ice is still on the lake from shore to shore, but with the warm spring sun, it will be a matter of days until the ice goes out. The loons stayed last fall until very near freeze up, and we can be pretty sure that they will come again as soon as there is open water to allow them to splash down. They will be diving for the young bass, rebuilding their strength after a long migration, and trumpeting their success with long piercing wails in the evening dusk.

Stokes Nature Guide says: "It is extremely important to remember that loons are easily disturbed during the incubation phase." That happens sometime late in May, and extends through the summer, sometimes as late as September.

Last fall, the heron also was late to leave the lake. We hope to see his slow, deliberate wing beat as he arcs past our shoreline early one evening, soon. When we last saw him, the maples were starting to burn with red, blaze with yellow, and yet still flash a few patches of summer green, before stripping to stand naked against the winter wind. Strangely, the birch coloured only a little, and shed their leaves early as if they could not abide the cold fall rains any longer, wishing only for a long winter sleep.

Unlike the previous winter, this one saw snow and freezing rain, followed by more snow, and more snow. All the local lakes and trails were perfect for those who enjoy winter sport: snowmobiling, cross country skiing, and ice fishing. Traffic on the lake was frequent throughout the winter months, even extending into early April.

Late in the winter we were visited by a barred owl, who frightened to death a few of our red squirrels (I believe his story!). Driven south by the deep snow further north, he stayed and hunted for over a week. His portrait is enclosed. He was briefly followed by a small raptor who showed himself only once, and remains unidentified.

Now that spring has made a promise it must not break, many of the birds have returned. Red wings, grackles, grosbeaks and the finches have come in flocks to our feeder. Deer we see often. The Pollards have struggled to keep birdseed available because a hungry doe, seeking a healthier diet, has been eating the grain before the birds can get there. They also have seen a couple of beaver who popped out of the thin strip of open water along the shore, no doubt with villainous intent to attack any innocent, unsuspecting, young trees.

Yesterday, the mat of fallen leaves near my deck showed several tall bulges, which on closer examination revealed sprouting daffodils, tulips and hyacinth, below. Summer is coming.

This is a small patch of paradise. We can all enjoy it for years to come if we recognize that we are its natural enemy, and work to minimize our impact on it. Or we can do what the cities have done; build more, and bigger, and cover nature over with pavement.

Here's wishing you all a warm and restful summer at the lake.

Dave Golem



Your SLCA Board

Dave Golem -
President

Steve Brown-
Social

Marlene
Pollard-
Membership

Garry
Goodfellow
Municipal
Affairs

Glenda
Opsahl-
Treasurer

Rick Burke-
Lake
Stewardship

Kim Kerr and
Barb Lavallee-
Secretaries and
Editors

MEMBERSHIP REPORT MAY 2005

WOW!!! That was a long winter. The lake has been busy all winter this year. It's nice to see many of the cottagers enjoying the winter season. We are going to be short a few canvassers this year. Some of them who have been doing it for a number of years are taking a well deserved rest. I have a few sections open this year and would appreciate some help. Ken Wadell and Peg Moffat are taking a rest so these two sections need volunteers. A good way to meet your neighbours so give me a call 613-474-2392 or send me a email rmpollard@bancom.net and let me know if you can help. Looking forward to hearing from you. If you have any suggestions or comments please feel free to contact me. See you at the annual meeting.

**Marlene Pollard
Memberships**

Did you know that Cottagers can get their name on the Voters list by
calling 1-866-296-6722?

Good news for all residents and visitors to Steenburg Lake: on April 15, 2005, the Ontario Government has announced funding for a Family Health Team to be situated in Bancroft, servicing the surrounding region.

This service is projected to be a multidisciplinary medical facility which should alleviate both the shortage of Medical Doctors, and the long wait times at the local hospital. Many of the operational details, and the total size of the grant, are still to be worked out with the Ministry of Health, but the money is definitely allocated.

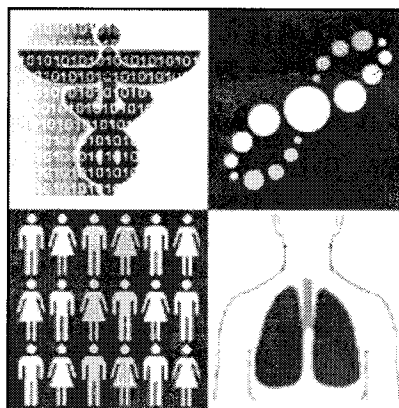
Over the past two or more years, members of the community have been working toward this goal. A fund raising initiative was undertaken in the last half of 2003, with members of the public, local businesses, and municipal governments in the area all contributing to a total well over \$100,000. With this money, work was started to obtain a 4000 square foot premises in which to locate. A very extensive application was prepared and sent to the appropriate government office.

Much work was done behind the scenes to solicit support for the project from each level of government. It is with thanks we note that the area MPP, Leona Dombrowski, has given this effort strong personal support.

To be known locally as the Family Health Centre, this facility will function primarily to provide medical care for the many people locally who have been unable to obtain their own doctor. The local emergency department at the hospital has been providing many of the routine services for these people, so the Family Health Centre will help to free up the hospital for real emergencies. From the beginning of planning there has been an intent on the part of the organizers that services must be available to the seasonal population, both summer and winter, but it is not yet known how this will be accomplished. For those who plan to retire to the lake, it is expected that this facility will ensure that a medical service is available to you, close to the lake.

The Family Medical Centre will be located in Bancroft in the same complex as the hospital, but enter from the north doors, next the coffee shop, and take the elevator to the second floor.

More on this as it happens.



2005 SUMMER ACTIVITIES ON STEENBURG LAKE

ROAD CLEANUP AND BEACH BBQ/REGATTA

Saturday, July 16, 2005 (Rain Date July 23)

Cleanup 9:30 a.m.

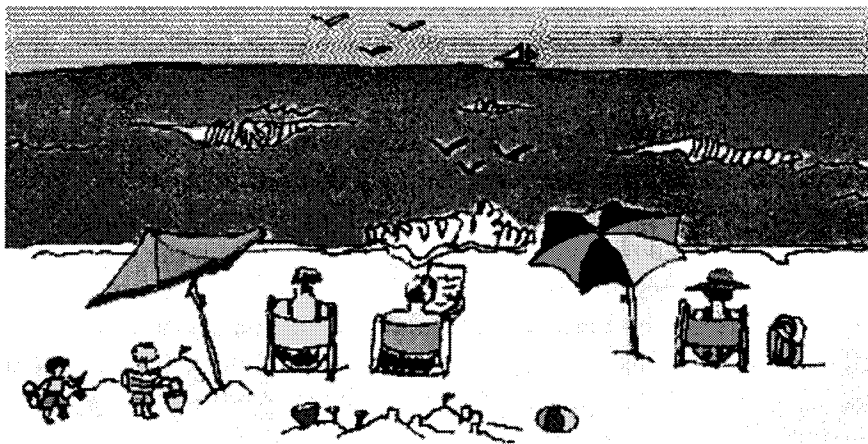
Meet at the Beach for North Road

Meet at the first fork for South Road

Hey Kids – Add to your community service hours. We will provide a letter for your school.

BBQ and Regatta 11:00 a.m.

*****At the Beach*****



Bring canoes, paddleboats, life jackets and your appetite for food and fun!!

STEENBURG LAKE ANNUAL MEETING

Sunday, July 31 2005

10:00 a.m. at the Limerick Centre

coffee, tea, juice and muffins to follow

FREE

with a Non-perishable Food Item for the Bancroft Food Bank
or a Donation to the Limerick Centre Kitchen Fund

Get Back to the Lake for a Restful Afternoon of Surf and Sun

~Annual Rock Bass Derby~

This exciting event is open to children 12 and under and will be taking place on the
August Long Weekend

The winner is determined by calling results into #613-474-2254 by 6 p.m. on Saturday.

Good Luck and Happy Fishing

*This is a catch and dispose program meaning any rock bass caught doesn't go back into the lake



It is with a heavy heart that we report the loss of two members from our cottage community here on Steenburg. As springs unfolds may their families continue to visit the lake and find strength and comfort in her natural beauty.

Vern Landon passed away February/05-cottage # 139. Our condolences to Aureen Landon and family.

Sheila Bateman passed away August/04 -cottage # 203. Our condolences to Dr.Charles Bateman and family.

Sharon Marshall passed away April/05-cottage # 34. Our condolences to PJ Marshall and family.

Check out our website at www.steenburglakeassoc.ca

Please contact Susan Nevins at steenburglake@aol.com if you have any suggestions or comments.

If anyone has any suggestions or concerns that you would like the SLCA Board to address at the Annual Meeting you may do so by contacting:

Dave Golem at dgolem@fyrelytte.net

or

Marlene Pollard at mpollard@bancom.net

The Limerick Fire Department

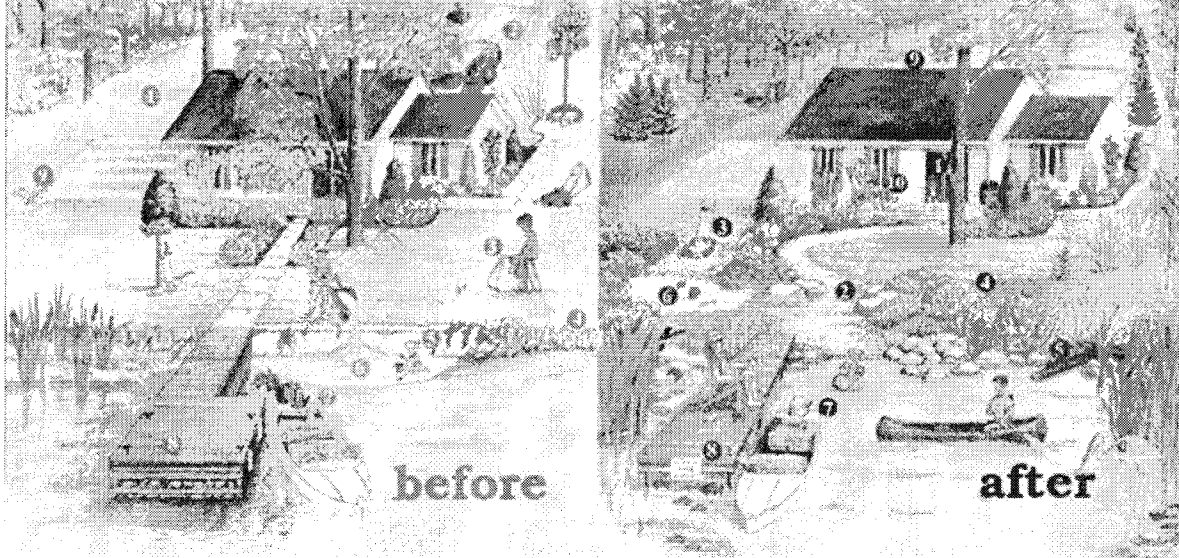
The Limerick Fire-fighters are holding a Hawaiian Luau theme bar-b-que pig roast on Saturday, August 13th, 2005.

This event is a fundraiser with proceeds to go towards the purchase of a new equipment van.

Come dressed in your best grass skirt and Hawaiian shirt! Prizes to be awarded (for best costume) and games to be played.

This worthy event is being held at Woodhaven Campground in St. Ola. For more information call Veronica 474-2509 or Pam 474-0905.

Give Your Shoreline a Make-over!



Before

1. Cleared, manicured lot-lacks shade and privacy; loss of native plants leads to more erosion, runoff... and more work for you!
2. Runoff-flows over solid surfaces accelerating erosion; pollutants and excess silt degrade habitat for aquatic life.
3. Chemical fertilizers and pesticides-degrade water quality, are hazardous to your health, can be deadly for fish and other wildlife.
4. Lawn to the water's edge-lacks deep roots required to stabilize bank.
5. Hardened shoreline-can deflect erosion downstream, eliminates "natural filtering" of pollutants and sediment, degrades habitat.
6. Artificial beach-requires ongoing sand replacement, reduces water quality, degrades aquatic habitat.
7. Old 2-stroke engine-dumps 40% of fuel, un-combusted into water and air.
8. Solid crib dock-destroys aquatic habitat, alters currents, can deflect erosion downstream.
9. Malfunctioning septic system-allows phosphorous and bacteria to leach into adjacent waterways.
10. Harmful household chemicals and cleaners-damage septic system and degrade water quality.

After

1. Prune trees rather than removing them; plant low maintenance native trees and shrubs to reduce erosion And absorb runoff.
2. Replace solid surfaces with porous materials where possible; redirect runoff into settling areas, away from the water's edge.
3. "Mow it high and let it lie"-leave grass 8 cm (3") high to retain moisture, mulch clippings for fertilizer.
4. Start a buffer-leave some grass uncut along the water's Edge; restore with deep rooting native plants.
5. "Soften" your shoreline-improve erosion protection with native trees, shrubs, grasses and aquatic plants.
6. Create a "dry land" beach above the high water mark; let imported sand erode away naturally and native plants grow back.
7. Use a well maintained electric motor, or a 4 or 2-stroke engine that meets or exceeds EPA 2006 guidelines.
8. Remove solid dock-try a pipe, cantilever or floating Dock, avoid treated wood; use public access.
9. Replace and properly maintain your septic system-consult an expert.
10. Use environment-friendly products, or alternatives like baking soda and vinegar.

*Printed with permission from Nature Canada



www.northhastingsnetworks.net
 www.north-hastings.com
 www.bancroftdistrict.com

Lake Partner Program

The Steenburg Lake Community Association has participated in this provincial program for several years. Each year, water samples are taken and sent for total phosphorus (TP) analysis to the Ministry of the Environment. In addition, water clarity is measured using a Secchi disc. These results are also sent to the Ministry of the Environment for their records. By measuring these two water quality parameters each year, it is possible to detect long-term changes in the water quality of our lake.

Phosphorus is the nutrient that controls the growth of algae in most Ontario lakes. Any increase in phosphorus in the lake will increase the quantity of algae that can grow.

While total phosphorus concentrations are the best way to describe the nutrient status of our lake, Secchi depth readings also help in identifying changes in water clarity that are not linked to nutrient status (zebra mussels, climate changes, etc.)

Below are the recordings for Steenburg Lake:

Mean annual Secchi Depths (m)

1996	1997	1998	1999	2000	2001	2002	2003	2004
4.1	5.6	4.3	4.5	3.8	4.3	3.0	4.1	4.9

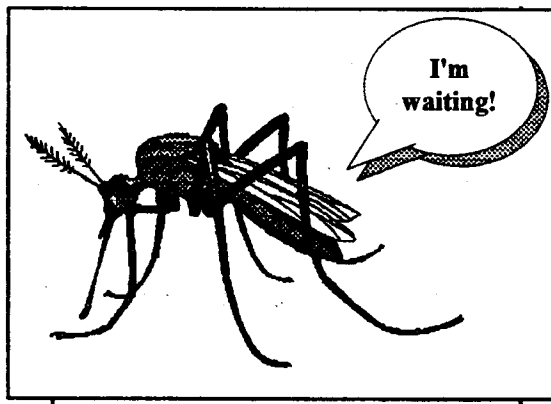
Total Phosphorus Results

Date	Site Description	TP1	TP2
June 7, 2002	Mid Lake	13.0	13.7
August 9, 2003	Mid Lake	8.2	8.2
July 26, 2004	Mid Lake	6.9	8.3

TP1 and TP2 – two tests are done on each water sample for contingency purposes

Full reports for all participating Ontario Lakes are available at:

http://www.ene.gov.on.ca/envision/water/lake_partner/index.htm



Facts About The West Nile Virus

What is it?

West Nile Encephalitis is caused by the West Nile virus (WNV). This virus is spread to humans through the bite of an infected mosquito. It can cause fever, headache and muscle aches usually lasting a week or less. Rash and swollen glands are common. Occasionally (less than 1% of cases) it causes encephalitis (swelling of the brain) or meningitis (swelling of the lining of the brain and spinal cord). The virus is named after the West Nile region of Uganda, where it was first isolated in 1937. Outbreaks have occurred in many areas around the world. The virus has been identified in birds, mosquitoes, horses and humans in Ontario since the summer of 2001.

How is it spread?

WNV is spread to humans through the bite of an infected mosquito. A mosquito becomes infected by biting a bird that carries the virus. WNV is mostly a disease of birds, but can spread to humans by mosquitoes that have fed on both birds and humans. The virus is not known to spread from person-to-person, nor from bird-to-person. Mammals other than humans can also become infected and may occasionally get sick from the virus.

Can I get sick from WNV?

Most people who become infected with WNV do not develop symptoms or have very mild symptoms. Symptoms appear 3 to 15 days following the bite of an infected mosquito and can range from a mild fever, headache and mild flu-like illness, to rapid onset of severe headache, high fever, stiff neck, muscle weakness, and disorientation. Severe symptoms are more likely to occur in the elderly, the very young and those with suppressed immune systems. In rare cases, it can result in death; however, most people recover fully.

How is it treated?

If you are bitten by a mosquito, no treatment or tests are needed unless symptoms develop. There is no specific treatment or vaccine for WNV. Some people with severe illness may require hospitalization. Most people who are infected with West Nile virus recover fully.

Once infected, does a natural immunity to WNV develop?

Studies indicate that following infection, antibodies and □memory□ white blood cells (T-lymphocytes) are produced in the body. The presence of these antibodies and T-lymphocytes last for years, therefore it is assumed that immunity will be lifelong, however, it may diminish in later years.

How can I protect myself?

Mosquitoes are most active from May through September and from dusk to dawn. To protect yourself from mosquito bites, the following personal precautions should be taken:

- Limit your time outdoors when mosquitoes are most active (from May to September, from dusk to dawn).
- If you must be outside when mosquitoes are active, wear protective clothing such as long pants, long sleeves, shoes and socks.
- Wear light-coloured clothing. Mosquitoes are attracted to dark, more intense colours.
- Use an insect repellent on exposed skin when outside in places and at times when mosquitoes are most active.

Note: Vitamin B, ultrasonic devices, incense, citronella plants and bug zappers have **NOT** been shown to be effective in preventing mosquito bites.

What can I do around my home?

The most common mosquito species associated with WNV is the Culex species, most often an urban-dwelling, container-breeding mosquito. Culex mosquitoes have a limited flight range, and as a result, adult mosquitoes are usually found close to their breeding site. Female mosquitoes tend to lay their eggs in or around water that is stagnant, shallow and high in organic matter. Eliminating potential breeding sites is the primary control measure in reducing mosquito populations. The following are simple steps that can be taken to eliminate potential breeding sites in and around your home and prevent you from getting a mosquito bite:

- Remove unused objects, garbage or refuse that could collect stagnant water (tires, flowerpots, etc.).
- When not in use, turn over items such as wading pools, recycling boxes, wheelbarrows and boats/canoes.
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. Cover if not in use.
- Weekly draining of water that collects on pool covers, window boxes, flower pots, etc.
- Weekly changing of water in wading pools, bird baths and pet food/water dishes.
- Aerate ornamental ponds, or stock self-contained ponds with mosquito-eating fish (gold fish, koi, etc.).
- Cover rainwater barrels with a fine mesh or screen.
- Do not wash grass clippings or leaves down roadside catch basins.
- Turn compost over on a regular basis.
- Do regular landscape maintenance of weeds, tall grasses and shrubs.
- Regular maintenance of roof gutters to prevent clogging.
- Ensure that doors and windows have tight fitting screens and are in good repair.
- Remind or help neighbours to eliminate mosquito breeding sites on their property.

Under optimal conditions, mosquitoes can breed in standing surface water in as little as 4 to 7 days.

***Printed with permission from Durham Region Health Department**

A

special

reminder to all

in regards to Trudy's:

The chip truck will be open.

The flower lady will be back with her plants.

Trudy's will have ice cream and possibly a fruit and vegetable stand.

**Also please remember to check the Steenburg Lake Association Bulletin Board for
new notices about upcoming events.**

POST THIS AT THE COTTAGE

SOCIAL NEWS **2005 SUMMER ACTIVITIES**

ROAD CLEANUP AND BEACH BARBEQUE/REGATTA

SATURDAY JULY 16, 2005

RAIN DATE JULY 23, 2005

TIME 9:30 A.M.

**MEET AT THE BEACH FOR THE NORTH ROAD
MEET AT THE FIRST FORK FOR THE SOUTH ROAD**

BBQ AND REGATTA WILL FOLLOW AT 11:00 A.M. AT THE BEACH

**BRING CANOES, PADDLE BOATS, LIFE JACKETS AND YOUR APPETITIE FOR
FOOD AND FUN**

ROCK BASS DERBY

SATURDAY, JULY 30, 2005 ALL DAY

**OPEN TO CHILDREN 12 AND UNDER. IT IS A CATCH AND DISPOSE
PROGRAM MEANING ROCK BASS CAUGHT DOES NOT GO BACK IN THE
LAKE. RESULTS TO BE REPORTED TO THE BURKE COTTAGE (474-2254) BY
SATURDAY EVENING AT 8:00 P.M.**

ANNUAL MEETING

SUNDAY JULY 31, 2005 AT 10:00 A.M.

PLACE: LIMERICK CENTRE

MUFFINS, COFFEE, TEA AND JUICE WILL BE PROVIDED