



"Let's keep our lake great"

WIND SWEEP

The Lake Manitou Area Association Newsletter

OCTOBER 2011

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Information Night 2011

The month of August saw another successful "Information Night" held at the Sandfield School house thanks to the ongoing hard work of the Education committee. (Mary Lohead, Pat Costigan, John Harvey). The evening began with an address by Mary Lohead, reminding all of the importance of being a "green cottager". Her plea ...**"Do what you can, where you can, while you can"** reinforced the message that it is



our responsibility as property owners to be diligent in our practices in and around our beloved lake so that our children may enjoy the same privileges that Lake Manitou has given us.

This year's guest speakers included some new and familiar faces to the association. **Will Byman**, a Forest Specialist with the Sudbury and District Branch of the MNR spoke about **"The Wonder of a Tree"**. The importance of trees, identification, diseases, and planting on the lakeshore was the focus of his presentation.

Bob Florean, consultant for EnviroScience Incorporated, used Lake Manitou in his presentation on "A Healthy Lake".



Finally, **Paul Methner** presented his annual update on the status of fish stocks in Lake Manitou.

Welcome New Members

It is the second year in a row that the association has seen significant membership growth. Please welcome the following:

Keith and Karen Carlson
Dale Deman
Allan & Jean Farquharson
Hubert & Wendy Flinsenber
Dick & Sandi Gieringer
Mark Harvey
Frank & Ann McFarquhar
Ted & Estelle Merrifield
Daryl & Lenka Rautainen
Joe & Brenda Ricketts
Dave & Lorrie Roberts
Tony & Linda Rosato
Craig Williamson & Angela Ferguson
Jerry Zelle

A reminder to all members to **PAY your ANNUAL dues** and keep us up to date on changes to your personal information so we can keep you informed of association happenings! **We look forward to your involvement and continued membership!**

Manitoulin Streams Summary – Summer 2011

Overview

Manitoulin Streams Improvement Association took on five (5) projects in 2011. Three (3) of the projects were community stewardship projects completed mostly with the help of volunteers from the LMAA and other organizations, while the remaining two (2) were large scale projects completed with machinery. In 2011, the area of shoreline protected, stabilized or improved was 1.416 hectares. These areas were vegetated with a total of 3674 trees and shrubs. Manitoulin Streams would like to thank the LMAA for its continued support. We encourage all of you to become members of the Manitoulin Streams Improvement Association. Membership only costs \$35.00 annually and includes a membership in the Ontario Federation of Anglers and Hunters (OFAH), \$3 million liability insurance for outdoor activities like fishing and hunting and a subscription to the OFAH magazine Ontario Out of Doors. That's a darn good deal! Anyone interested in becoming a member or making a donation to this newly deemed charitable organization should contact Manitoulin Streams Project Coordinator Marcus Mohr at (705) 859-1653 or email streams@amtelecom.net.

Norton's Creek 2011

As LMAA members may be aware, we have already rehabilitated the upper half of Norton's creek which delivers 1979 gallons per minute of water into Lake Manitou from its cold water springs. The health of Norton's Creek is vital to the water quality of Lake Manitou. The 2011 Norton's Creek Project took place on a new section of the creek south of Bidwell Road. This section of Norton's Creek is plagued by beaver issues which decreases the velocity of the creek allowing sediment build up and the water to spread out becoming

stagnant and anoxic. The project’s aim is to channel the water down the main path of the creek. This will increase velocity and clear out sediment, revealing new spawning habitat for the fish, specifically, the brook trout population that is being reestablished.

- 3 artificial banks constructed. Layers from bottom to top include brush layers, cedar slabs, geo-textile, hay, soil, coir mat, soil and grass seed.
- 7 Beaver channels blocked using sand bags and geo-textile.
- Blocking off of a man made channel using sand bags and geo-textile.
- 12 Stewardship Rangers from Killarney Provincial Park provided an excellent source of labour for this project.



Manitou River Site M38

- Fixed a 21 x 23 foot eroding bank at former cattle crossing.
- Filled with sod and soil, covered with erosion control blanket and seeded.
- Several hundred trees were also planted in the area along the banks to help hold the banks in place and provide shade and food sources along the river.
- 9 LMAA members volunteered at this project.



LMAA Volunteers: (L-R) Patti Howarth, Clare Sabine, Mark Sabine

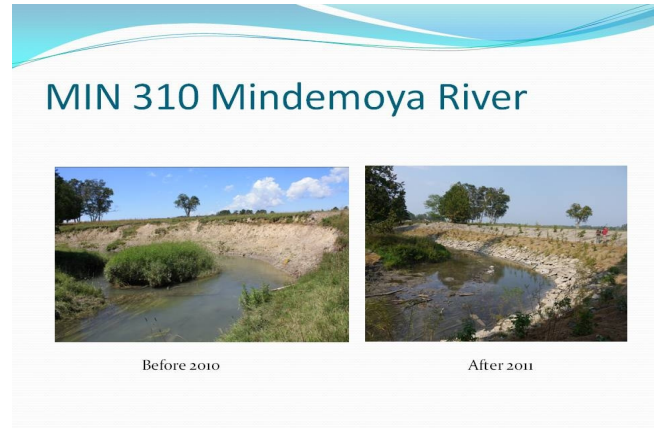


Graem Costigan planting a tree

Mindemoya River Site MIN 310

This site was a continuation of a 2010 project which saw a designated livestock crossing area installed along with bank grading and re-vegetation. This particular site was a large 18 foot high corner bank that had a large amount of erosion from unrestricted livestock access. Rehabilitation of this project involved an engineered site design and heavy equipment.

- 540 sq. m of bank grading and stone placement
- 450 potted shrub plantings
- 80 tree plantings
- 195 sq. m of seed application
- Erosion and sediment controls implemented
- 500 Bare Root stock trees/shrubs planted in the spring.



Mindemoya River Site MIN 614

The rehabilitation of MIN 614 involved the creation of an engineered site design and the use of heavy equipment. A 20 foot high bank was reinforced at the toe with large pieces of limestone rock, while the top portion was graded and vegetated.

- 280 sq m of bank grading and stone placement
- 144 potted shrubs
- 195 sq. m of seed application
- 280 sq. m of coir matting
- Erosion and sediment control plans implemented.



Grimesthorpe Creek 2011

- 500 bare root stock trees and shrubs planted in the spring.
- 221 linear meters of high tensile electric fencing wire will be permanently installed to restrict livestock access.



Other Projects

- **Mouth of the Mindemoya Channel.** On September 20th 2011 Manitoulin Streams in conjunction with the Municipality of Central Manitoulin and the Ministry of Natural Resources created a temporary fish passageway at the Mouth of the Mindemoya River to allow migrating salmon to get into the river to spawn. Due to several factors, such as low amounts of water coming over the Lake Mindemoya dam and coastal wave action on Lake Huron, the mouth of the river often becomes filled with sand. To put it simply, there isn't enough water coming down stream to create the velocity needed to push sand out of the mouth of the river.



Locals have happily reported that because of our efforts, hundreds of salmon have been able to make it upstream during this year's Chinook run. Later in the fall Coho's are expected to come to the Mindemoya River to spawn, at which time we hope to have enough rain events to help keep the mouth open. To put this effort into perspective, each full sized female contains approximately 2000 - 3000 eggs.

- **Brook Trout Eyed Egg Release.** At this time, 5000 eyed brook trout eggs are slated to be stocked into Norton's Creek in mid-December of 2011. These eggs will add to the 10,000 eggs stocked in the last 2 years for a grand total of 15,000. As stated in the past, stocking them at the eyed egg stage will allow the creek to be imprinted on the brook trout and will allow for natural reproduction in the future when they return to Norton's Creek to spawn. A 2010 electro-fishing survey of Norton's Creek yielded juvenile brook trout from our initial stocking efforts in 2009.



LMAA Website

For those new to the association we do have a website. We have managed to secure both domain names www.lakemanitouarea.ca or www.lakemanitouarea.com . The site has under gone some recent updates since its release in the spring of 2011, thanks to Marcus Mohr. The site will continue to evolve with time. Please book mark it as one of your favorites as we plan to use it to post notices for the association happenings (i.e., AGM and Information Night} for those who have internet access at the cottage. **As always, any suggestions can be forwarded to Marcus Mohr or Michael R. Costigan.**

One further note, the FOCA website, www.foca.on.ca is now linked to our LMAA site. Just select the Regions/Members menu on the FOCA site and click the North of French River region and you will see our association underlined. Simply click and you are there! The additional exposure of this relationship can only be positive for the LMAA.

Wild Turkeys on Manitoulin by Bob Florean

To all who are interested in wild turkeys on Manitoulin, last Saturday, Aug., 6th while traveling back from a meeting in Kagawong I caught sight of a flock of 11 wild turkeys feeding down a power line at about 4:00 PM. I drove further down the road so not to spook them and snuck thru a bush line swath that separated the highway from the power line and hid behind a big maple tree.

The picture here is what I took with my iPhone and they immediately took off after realizing I was there. These birds are the real thing and wild as heck. There was 11 birds total; 7 poults that stood at least 2' high, 2 big hens and 1 jake and a big tom.



They were actively feeding while they moved along down the pole line on low growing plants and probably bugs. Nice to see how well they are faring and reproducing. I expect that we will be seeing a lot more of this species around the Island if this is any indication of how well this one small flock is doing.

Further Water Quality Testing for Lake Manitou

As many of you know, the LMAA takes monthly phosphorus and secchi disk readings between May and October annually and reports the information to the Ministry of the Environment's "Lake Partner Program". Since the association's inception in 1993, monitoring Lake Manitou's water quality has been at the very core of its existence. However it has come to the association's attention, thanks to the efforts of **LMAA director John Coulter and his brother Rob**, also a member of the association, that the addition of testing deep water oxygen levels may more accurately depict the health of Lake Manitou. The following is a summary of the rationalization presented to the LMAA for pursuing this testing of Lake Manitou waters.

A lake, like Lake Manitou, that is oligotrophic (high water quality) is low in nutrients (especially phosphorus) that stimulate aquatic plant/biomass production (especially microscopic algae = phytoplankton). One result of low biomass production is high water clarity (measured by secchi disk). Another is that the inevitable death and decomposition of the biomass,--which consumes oxygen--, is low enough so that ample oxygen remains to support coldwater fish such as lake trout.

Coldwater fish are especially sensitive because lakes become stratified into distinct layers in the summertime, and these fish exist only in the deeper, colder layer that receives no mixing,--and therefore no new oxygen supplies--, during the period of summertime stratification. In Lake Manitou, this is generally from early/mid July through late September.

The assumption that 8-10 ppb phosphorus results in sufficiently low biomass production (to prevent oxygen depletion during the summertime stratification period) is based on 1960s-1970s research carried out mainly in Shield lakes located in granite geology. Those lakes have substantially different water chemistry (pH, hardness) than lakes such as Lake Manitou that sit in limestone geology, and similar research was never done for limestone basin lakes.

Monitoring, such as is done under the Lake Partner program, is based on the “**granite lake**” model (referred to as the “Dillon” model, after lead researcher, Dr. Peter Dillon), and may not fully account for all phosphorus loads entering a **limestone basin lake**. It can mis-estimate the total amount of phosphorus and consequent biomass production/decomposition, and therefore the amount of oxygen depletion. In the absence of a “**limestone lake**” model, direct measurement of summertime, deepwater oxygen levels could be done. This has been done occasionally, over the years.

Most recently, the Ministry of Environment (MOE) did direct measurement of summertime oxygen levels at all depths in 2007, 2009 and 2010. The 2009 measurements (only year in which both the eastern and western basin were profiled) showed there was sufficient oxygen in the deeper waters of the eastern basin to support lake trout (5-6 mg/L), but that oxygen levels were inadequate for lake trout in the western basin (1-3 mg/L). Although some difference is to be expected (due to physical differences between the two basins), the concern exists that the eastern basin could go the way of the western basin, and bring an end to Lake Manitou’s valued lake trout fishery.

LMAA could support and/or carry out actions that continue better and more pertinent monitoring, limit further development (and related phosphorus loading), and encourage “good housekeeping” to limit phosphorus loads from existing shoreline occupancy.

Lake Manitou Map & Historical Tidbits Booklet



SOLD OUT! Believe it or not, the 300 copies of the recently published Lake Manitou Historical Tidbits booklet have all been sold and we have only 15 copies of the Lake Manitou Map left. Arrangements have been made to have more copies printed. They should be available in June/July 2012. If you are interested in adding your name to the booklet waiting list, contact Pat at patriciawilliamson39@gmail.com

Also, “**Cottage Life**” magazine has been contacted to see if they would be interested in featuring this popular project in one of their upcoming publications. Stay tuned for further developments on that front!

Emerald Ash Borer on Manitoulin



The announcement of the arrival of the emerald ash borer (EAB) on Manitoulin Island has left many residents pondering questions such as what is an EAB? Do I have an ash tree on my property? What can I do? In this article, The Expositor tried to answer some of these questions by speaking with leading experts in the field. <<http://www.manitoulin.ca/2011/11/23/are-your-trees-infected-know-the-signs/>>

Perhaps our Manitoulin community can learn a lesson from the loss of nearly 100 percent of the Central Canadian elm tree population 40 years ago in light of current news about a pest set to savage the Island’s ash tree population. <http://www.manitoulin.ca/2011/11/23/islanders-should-aggressively-plan-replacement-species-for-ash-trees/>>

Cottage Cuisine taken from Cottage Life Dockside Winter edition

Spicy Pulled Pork on a Bun

- 3 lbs pork roast (shoulder, picnic, or butt end, bone-in or boneless) (1 1/2 kg)
- Spicy Citrus Sauce (recipe below)
- 2 tbsp dark brown sugar (30 ml)
- 2 tbsp red wine vinegar (30 ml)
- 1/2 cup fresh orange juice (125 ml)
- 8 crusty rolls
- 8 radicchio leaves
- 2 avocados, pitted and sliced
- 1 medium red onion, thinly sliced
- Kosher or sea salt and freshly ground black pepper



Spicy Citrus Sauce

- 1/4 cup olive oil (60 ml)
- 1/4 cup fresh orange juice (60 ml)
- 1/4 cup fresh lime juice (60 ml)
- 2 cloves garlic, minced
- 1 tbsp ground cumin (15 ml)
- 2 tbsp dark brown sugar (30 ml)
- 1 tsp hot or sweet paprika (5 ml)
- 1/2 tsp chili powder (2 ml)

- 1/2 tsp cayenne (2 ml)
- 1/2 tsp nutmeg (2 ml)
- 1 tsp ground ginger (5 ml)
- 1/2 tsp ground cinnamon (2 ml)
- 1 tsp kosher or sea salt (5 ml)
- 1/2 tsp freshly ground black pepper (2 ml)

Preparation

1. Trim excess fat from pork. Marinate meat in Spicy Citrus Sauce, covered in the fridge, overnight.
2. Cook, covered, in slow cooker at low heat for about 8 hours, or in a covered casserole dish in a 325°F (160°C) oven for 3–4 hours, until pork is very tender and pulls apart easily into shreds. Remove pork to a platter; set aside, covered with foil, until meat is just cool enough to handle.
3. Meanwhile, carefully pour juices from pot into a large glass measuring cup. Refrigerate until cool and fat has risen to the top. Remove excess fat.
4. In a shallow saucepan, combine skimmed pork juices, sugar, vinegar, and orange juice. Place pan over medium heat and reduce for about 10 minutes, to make approximately 1 cup (250 ml) of sauce. Season to taste.
5. Pull pork apart with a fork until it's all shredded. Combine shredded pork (approximately 4 cups) and juice mixture.
6. Serve pork warm (reheat if needed). Cut each crusty roll in half horizontally. Toast rolls lightly on the barbecue or under broiler for a couple of minutes. Place a radicchio leaf on the bottom half of roll. Pile on about 1/2 cup (125 ml) of pulled pork and garnish with one or two slices of avocado and a few slices of red onion. Cover with top of roll.

Tip

If you double the recipe, using a 6-lb (3-kg) roast, cut the roast into two pieces: The marinade will flavour more surface area and the meat will cook more evenly.

Spicy Citrus Sauce

Combine paste ingredients in a bowl.
Makes about 1 cup.

Member Notice Board

🚩 FOCA – Spring Annual General Meeting: March 3rd, 2012

🚩 **Please keep your contact information up to date! If you have a change in mailing address or email address please forward to one of the following:**

Don Payne at payne@interlog.com or Michael R. Costigan at mikecostigan@hotmail.com

🚩 A reminder to members that submissions for any newsletter are always welcomed!

LMAA - Directors, Officers, Project Coordinators

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