WIND SWEPT

The Lake Manitou Area Association Newsletter

"Let's keep our lake great"

This mighty raptor, the Bald Eagle, is a common summer visitor to Lake Manitou with at least 3 nests along the shores of the lake. Photo by John Harvey.

From the Editor

It is my sincere wish that all the members of the LMAA find the Spring Edition of Wind Swept an enjoyable, informative read. The newsletter serves to keep our members informed about important issues that affect the lake. It also serves to allow members to share thoughts and concerns with other readers.

Special thanks to our contributors for this edition. We look forward to your submissions; wherever possible they will be included in a future newsletter. For the first time, this edition features a section designed for the younger people living around the lake. Thanks to Dave Anderson and Chris Sailus for providing information bulletins targeted at school-age children. It is critical that our young people, who are the future stewards of Lake Manitou, develop an appreciation for all forms of life that affect this lake and understand what it takes to "Make Our Lake Great".

Happy reading!

Mark Harvey

Aerial shot of Lake Manitou, captured by Kyle McNamee (son of Carol McNamee), February 27, 2014

Message from the President: Davis-McLay Subdivision

After much discussion and reflection, the Directors of the LMAA decided to "stand down" from a full hearing of the OMB in regards to the Davis-McLay Subdivision on Lake Manitou. Attached you will see a press release sent to Robin Burridge of the Manitoulin Expositor by Rob Coulter on LMAA's behalf. Rob is a Lake Steward for the LMAA and we worked on behalf of the association on this problem.

LMAA has been fortunate to have the expertise and qualifications of Rob Coulter, who has 30 years of experience in this field. Rob has spent countless hours and time communicating our message to the Ministry on this problem.

Mike Costigan Sr.

Hello Robin,

I was aware that someone from the Expositor was permitted to listen in on the April 2 OMB hearing event, and assume that was you. If not, please forward to whatever other Expositor staff may be reporting on it.

FYI, the attachment provides comments/technical matters which LMAA would have raised had we pursued our objection in a full hearing at OMB (this was not entered as an exhibit at the hearing event, but had been forwarded beforehand to the OMB case coordinator (= staff person, not the Hearing officer) for the record). LMAA decided to accept the Agreement and withdraw our objection, in part because a number of communications across the prior week (with representatives of the developer and the province) made it clear that the province actually wanted the Agreement, in order to proceed as part of a (now..) 3 lake "pilot project" to assess the effectiveness of developing phosphorus removal/retention technologies. This interest by the province lent additional weight to the opposition LMAA would be facing in a full Hearing, and a majority of LMAA Directors provided direction not to pursue the objection.

We wish to clarify that we do not in any way support the Agreement, with the attached comments summarizing what we see as some serious shortcomings. As I stated during the hearing event, Lake Manitou is a provincially significant lake trout lake (so designated by MNRF), in its own right, and additionally so since the operation of the Blue Jay Creek hatchery station provides genetic material that supports the lake trout fisheries in a number of lakes across the province. As such, it is a singularly inappropriate location and context to run a "pilot project" experiment.

In communications prior to the hearing event, LMAA was able to secure two relatively minor changes or additions to the Agreement. One of these is that LMAA will receive copies of all monitoring reports, and have the opportunity to forward its comments to MMAH/MOECC before the province reaches decisions on the adequacy of the results.

It is my understanding from MOECC staff that it does not regard the "pilot project" as a precedent, and it otherwise intends to continue for now its policy and practice of not allowing further subdivision-type development within 300 meters of an 'At-Capacity' lake (Lake Manitou is so-designated, due to measured deepwater oxygen levels that are already below the provincial standard for preserving lake trout fisheries). This was also a consideration in LMAA withdrawing its objection.

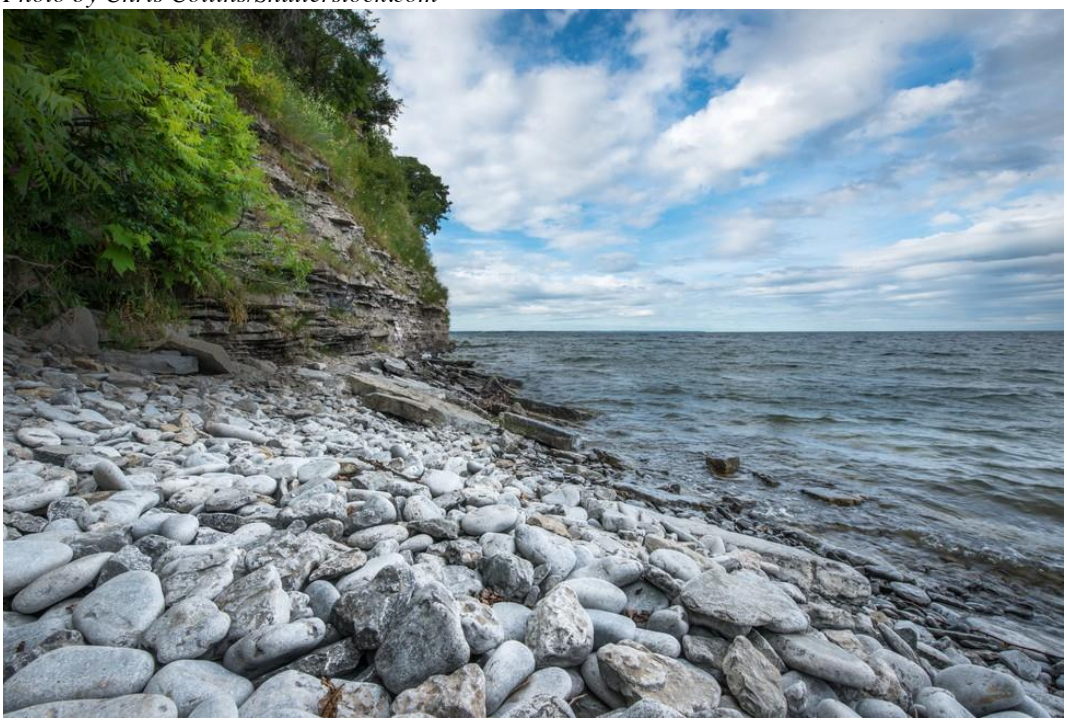
Thank you for your attention,

Rob Coulter, M.Sc.
(for) Lake Manitou Area Association

New legislation seeks to protect Great Lakes from "irreversible" damages

By Samantha Edwards

Photo by Chris Collins/Shutterstock.com



Last summer, 400,000 residents of Toledo, Ohio, were without drinking water after a poisonous algae bloom in Lake Erie contaminated the city's water supply.

For two days, residents could not drink, brush their teeth or wash dishes with the tap water. Boiling the polluted water was also out of the question, as it would increase the concentration of toxins. Ingesting the noxious water could cause vomiting, diarrhea, rashes, cramps, and other health issues.

Earlier this month, Environment Minister Glen Murray warned that if immediate action was not taken to protect the Great Lakes, Ontarians could face a similar crisis.

"The scientists are now saying we are getting close to a turning point," Murray said to reporters at a press conference last month. "If we don't get better data, if we don't figure out how to intervene and we don't do it quickly, the damage is going to be irreversible."

Murray has proposed new legislation to protect the Great Lakes, which provides safe drinking water to more than 80 percent of Ontario residents. The proposed Great Lakes Protection Act would reduce harmful algae blooms, protect wetlands and coastal areas; monitor and report on biodiversity, climate change, invasive species and acidity levels; and establish a Great Lakes Guardian Council comprised of multiple stakeholders, including conservation authorities.

"[The act] will actually bring people together…to actually start to integrate things like the Source Water Protection Act and the conservation authorizes – to bring everybody together to manage different parts of it," said Murray.

In the past five years, two similar acts have yet to pass.

Murray said that of all the Great Lakes, the most stressed is Lake Ontario. Manufacturing industries and dense populations surrounding the body of water has taken its toll. This is especially problematic as more than 95 percent of Ontario's agricultural land is in the Great Lakes basin.

So far, several environmental organizations such as Ecojustice, Ducks Unlimited Canada, Lake Ontario Waterkeeper, and Environmental Defence have supported the bill.

Terry Rees, the executive director of the Federation of Ontario Cottagers' Associations, praised the legislation in an official statement.

"As a uniquely watery jurisdiction, Ontario has both the incredible legacy, and the obligation, to steward the waters of the Great lakes basin for the continued prosperity of our communities, and for the restorative powers of our lakes and rivers."

Wind Swept Editor's Comment

Many cottagers around Ontario are concerned about the effects of nutrient levels in their lakes and the effects, especially of phosphorus, that it can have on water quality. When blue-green algae started showing up in lakes just to the north of Manitoulin Island, the Central Algoma Freshwater Coalition proactively partnered with other organizations to determine the source and severity of the problem. Check out the Coalition's report on this situation and Desbarats Lake.

How Blue-Green Algae levels are being assessed in Algoma area lakes

Between the spring and fall of 2013, Federation of Ontario Cottagers' Associations (FOCA), the Central Algoma Freshwater Coalition, and the MOE will monitor cyanobacteria, water chemistry, lake temperature, dissolved oxygen, and other environmental factors in four lakes in Algoma, an area in the Northern Region that has experienced recurrent blue-green algal blooms.

The data collected will be used to investigate the factors that may trigger an algae bloom, and assess why blooms occur in some lakes but not in others. Monitoring studies such as the Algoma project, which was made possible through partnerships with lake stewards, are a valuable approach to understanding algal blooms and protecting Ontario lakes.

What are you, Lake Manitou?

No one knows Lake Manitou like those who live along her shoreline.

There are three basic types of lakes found in Ontario. Check out the different types below and see if you can identify our lake. Also, learn more about our lake's unique characteristics by contacting your local Conservation Authority, Ontario Ministry of Natural Resources (MNR) or cottage association.

Oligotrophic Lakes

- Generally deep
- Minimal aquatic plant growth
- Low nutrient levels
- Support cold-water fish such as trout and whitefish
- Low levels of phosphorus and chlorophyll
- Most lakes on the Canadian Shield are oligotrophic with some exceptions

Mesotrophic Lakes

- Medium depth
- Usually good for fishing; supports a wide variety of fish such as walleye and bass
- More nutrients than oligotrophic lakes, but not nearly as much as eutrophic lakes

• Occasional algae bloom at the surface

Eutrophic Lakes
• Generally shallow with abundant vegetation
• Support warm-water fish such as perch, bass and pan fish
• Frequent algae blooms
• Susceptible to oxygen depletion
• High phosphorus or chlorophyll readings

Eutrophication is a lake's aging process. Sediments, erosion and the growth and decomposition of aquatic plants eventually fill up the lake bottom. Over time, the lake is converted to a wetland (e.g., a bog or marsh) and later, dry land. This process normally takes tens of thousands of years, but human activity can accelerate lake eutrophication by contributing excessive nutrients.

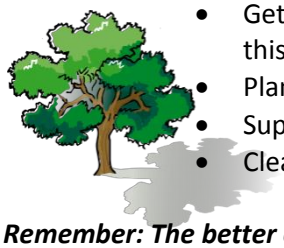
Tehk's Bay at the extreme east end of Lake Manitou, captured by Carole McCabe, October 23, 2014

The "Let's Keep Our Lake Great" Challenge

Now that we've identified Lake Manitou as an **oligotrophic lake**, take a look along the shoreline. How does it look? Are we doing our part to "Keep Our Lake Great"?

We at Wind Swept **challenge** every Lake Manitou property owner to do at least one thing this year to help make our lake better.

Here are a few suggestions**:**



- Get the kids involved**:** Bring them to the LMAA information night and raise awareness about lake issues, make this a fun project for your family.
- Plant a tree near the shore or use shrubs to keep the nuisance geese away**.**
- Support a Lake Manitou, Manitoulin Streams project.
- Clean up debris from an old dock.

Remember: The better off our lake is the more we can enjoy it!

Read on for additional information about healthy lakes and how you can Keep Our Lake Great:

Limiting Nutrients in Our Lake

Excessive amounts of nutrients, particularly phosphorus, are carried into a water body with runoff from fertilized lawns, golf courses, urban or agricultural areas and from poorly maintained septic systems. Water quality impacts associated with excessive nutrients in a lake include:

- Frequent blooms of undesirable algae* (potentially toxic, giving water poor taste and odour)
- Excessive growth of aquatic plants leading to a loss of open water
- Decrease in water clarity
- Lower levels of dissolved oxygen, which may lead to fish kills and affect fish diversity
- Increased levels of coliform and E. coli bacteria present
- Possible increase in the presence of carcinogens, such as chloroform, resulting from increased organic matter reacting with disinfectants such as chlorine

**Note that nutrients are only one of the variables that influence algal blooms. Blooms are also impacted by increased temperatures and water column stability.*

Simple Steps to Reduce Excess Nutrients

- **Reduce or Eliminate Fertilizer Use**
  Remember that what goes on your property goes into the lake! That includes fertilizers applied near the water. Rain and irrigation carry these fertilizers into the water and encourage the rapid growth of aquatic plants and algae. For every pound of phosphorus in the water, 500 pounds of aquatic vegetation are produced!
- **Maintain Your Septic System**
  Pumping out your septic tank on a regular basis is critical to reducing nutrient flows into lakes. The frequency of your pump-outs will vary based on the size of your tank, your family size, and the number of appliances you use. As a general rule, pumping your septic tank every 2 to 3 years is a good practice.
- **Be Careful With Soap**
  At the lake, soaps should always be phosphate-free. Soapy wastewater from dishwashing and bathing should be disposed of in soil at least 60 meters from the water's edge to prevent harming wildlife and creating nutrient-induced algae blooms.

The Importance of Shorelines

The shoreline of your waterfront property is called a 'ribbon of life' because it is where 90 percent of all lake and river life is born, raised and fed. Natural shorelines support cattail, pickerelweed and reeds that provide habitat for fish, nesting birds, mammals and insects. Plants at the water's edge help filter nutrients and prevent erosion, while underwater logs and rock piles allow fish to rest, feed and spawn while providing protection from predators. In these ways, healthy shorelines help to protect valuable recreational resources and are part of a healthy lake ecosystem. Unfortunately, not every shoreline demonstrates these features.

Erosion

Shorelines erode due to various forces: natural wave and wind action, ice movement from freezing and thawing, and human activities such as altering the waterfront with lawns, docks and breakwalls. When soil is exposed and vegetation is mowed to the water's edge, the stabilizing effect of root systems is lost, exposing the soil to the power of waves, ice and surface runoff. Sediment carried away by wind or waves reduces the size of waterfront properties and damages shoreline habitat by burying spawning beds and reducing water clarity.

Hardened Shorelines

Despite their popularity in some areas, natural erosion can't be prevented by concrete shore walls or sloped rock. Both of these measures are expensive and temporary fixes. Major storms, ice damage and the effects of time eventually cause them to fail. Hardened shores in one place may also deflect wave and wind energy and cause more erosion problems at neighbouring shorelines.

Naturalized Shorelines

A naturalized shoreline is generally considered the best multi-purpose approach to protecting the lake's edge. Maintaining or planting a buffer zone of native vegetation along your shoreline will slow erosion, provide food and shelter for fish and wildlife species and protect your property and investment. Best of all, naturalized shorelines mean less work and more time to enjoy the lake!

Buffer Zones Protect Shorelines and Reduce Erosion

- Roots from shrubs and trees absorb wave and ice energy, stabilize soils and prevent erosion
- Plants along the shoreline slow surface runoff and filter contaminants before they reach the lake
- Shrubs and trees discourage Canada Geese, preventing goose poop and nuisance interactions with these birds
- Naturalized shorelines provide food and shelter for fish and wildlife species
- Protect the natural shoreline by replanting areas that lack trees and shrubs, and maintain those areas that already exist.
- Leave a buffer zone of native vegetation around all shoreline areas. The buffer zone can be as little as three meters wide or as large as you would like.
- Don't mow right to the waterfront. A pathway can be maintained for access down to the water, but keep any development at least 30 meters away from the shoreline.

Restoring Developed or Damaged Shorelines

Shorelines that have been stabilized with rock 'rip rap', armour stone or gabion baskets can be modified to incorporate natural vegetation and extend the life of retaining structures. Noted below are some options to protect your shoreline from erosion while improving habitat.

Vegetated Buffer Zone

Plant native species of trees and shrubs with a variety of other aquatic and upland plants. Biodegradable erosion-control fabric can be effective when used with native plants; it holds the soil while allowing plants to grow through it.

Loose Rock Buffer Zone
In some instances, loose rocks can be placed on a gradual slope and used to stabilize an eroding shoreline. Native shrubs and vines should be planted among rocks and will provide natural protection to absorb and dissipate wave action.

Bioengineering Techniques
Bundles of branches, or "wattles," staked into the bank will protect the shoreline from eroding. Live stakes or posts of willow or red osier dogwood also work to stabilize eroding shorelines. Brush layers can be used on steeper banks where deeper reinforcement of the soil is needed.

Thank you to the Federation of Ontario Cottagers' Associations (FOCA) for providing much of the above information on water quality in our lakes.

Next year at this time the LMAA Wind Swept editors invite you to send in your written accounts of how you helped make our lake better this year. A reminder will be sent out next spring.
We want to hear from you!

Tips for Opening the Cottage

By Mike Costigan Sr.

- If you have not pumped your septic tank in the last 3-4 years, do it this spring.
- Instead of using commercial fertilizer on your lawn, go with a "country lawn". Chemicals will eventually make their way to the lake.
- Do not mow your lawn down to the lake's edge. Grow a five foot riparian zone along your water front.
- Avoid using antibacterial soap in your septic system. It kills the bacteria in your septic tank.
- Plant milkweed and honeysuckle in your garden to help bring back the Monarch Butterfly and produce nectar for other pollinators.
- Let your lawn grow to 4.5-5 inches and then cut it back to 3.5 inches. Longer lawns will stand the heat better and the mulch will fertilize it naturally.
- Embrace certain weeds. Clover takes nitrogen from the air and feeds it to the soil. Dandelions, with their long tap roots, provide natural aeration. Mow them as you would grass.

Otter Tracks in the snow - Shore of Lake Manitou. Photo by Mark Harvey.

Marker Buoys on Lake Manitou

1. We will be replacing 4 new buoys at the Narrows (One Tree Island).
2. We will be replacing 2 new buoys on Acre Shoal.
3. There are 2 buoys on Shepard's Rock Rockville area.
4. There are 2 buoys in the Moody Bay area.
5. There are 3 buoys in the Holiday Haven Manitowaning area.

The "How well do you know Lake Manitou?" Trivia Quiz

Some of the answers to these questions can be found by referring to the following LMAA publications:

1. The Lake Manitou LMAA topographic map, produced by the LMAA Map Committee
2. Lake Manitou Historical Tidbits, compiled by Pat Costigan and the LMAA
3. This edition of the LMAA Wind Swept

If you get 10 / 10 correct answers you are a genius.
If you don't get any correct answers you are less than a genius.
Correct answers are below.

1. Who was the first and founding president of the LMAA?
Paul Moffat Peter Edwards Mike Costigan Don Payne

2. How many Marker Buoys is the LMAA putting out on the lake this year?
Select the closest answer 4 13 19 7

3. What is the deepest point in Lake Manitou (approximate)?
160 ft (48m) 100 ft (30m) 240 ft (73m) 80ft (24m)

4. What is the name of the creek that drains into the lake which <u>Manitoulin Streams</u> stocks with brook trout?
Moody creek Spry Creek Bass Creek Norton Creek

5. Which Township does not have any Lake Manitou lake frontage?
Billings Assiginack Tehkummah Central Manitoulin

6. Lake Manitou is drained by which river /creek?
Mindemoya River Manitou River Blue Jay Creek Turtle Creek

7. Lake Manitou was originally called:
Clear Lake Big Lake Manitoulin Lake Trout Lake

8. Which road is named after a former speaker of the House of Commons?
Watson's Bay Road Monkhouse's Road Crosby's Road Bidwell Road

9. How many cottages and residences are currently on Lake Manitou?
225 325 450 675

10. What is the date of the next LMAA 2015 Annual Meeting? (10am in the Sandfield Hall)
July 4 July 11 August 10 June 27

ANSWERS

1. Peter Edwards	*2. 13*	*3. 160 ft (48 m)*
4. Norton's Creek	*5. Tehkummah Township*	*6. Manitou River*
7. Big Lake	*8. Bidwell Road*	*9. 450*
10. July 11		

Kids' Section

With the following articles (huge thank you to Dave Anderson of the LMAA Education Committee for his article about Dragonflies and to Chris Sailus for his about Red Squirrels) we have the first two in our very own Lake Manitou Nature Book for Children. We look forward to your future contributions to this project!

Dragonflies of Lake Manitou

A **dragonfly** is an insect with large eyes, two pairs of strong transparent wings, and an elongated body. Dragonflies can be mistaken for the related group, damselflies; however, dragonflies are heavy-bodied, strong-flying insects that hold their wings horizontally when at rest, and damselflies have slender bodies, fly more weakly, and most species fold their wings over the abdomen when stationary.

Female dragonflies lay their eggs in the water or on aquatic plants. A clutch of eggs may number as many as 1,500, and they take about a week to hatch into aquatic nymphs or naiads which moult between six and fifteen times as they grow. Most of a dragonfly's life is spent as a nymph, beneath the water's surface. Up to five years of the insect's life is spent as a nymph living in freshwater; the adults may be on the wing for just a few days or weeks.

Dragonflies are predators, both during the aquatic larval stage, when they are known as nymphs, and as adults. They are fast agile fliers and are often but not always found near water. We have all seen adult dragonflies swooping and darting over Lake Manitou on a calm summer evening. Adult dragonflies hunt on the wing using their exceptionally acute eyesight and strong agile flight. They can propel themselves in six directions: upward, downward, forward, back, to left and to right. They eat a wide variety of insects ranging from small midges and mosquitoes to moths; the larvae are voracious predators, eating most living things that are smaller than they are. Their staple diet is mostly insect larvae, but they also feed on tadpoles, and small fish.

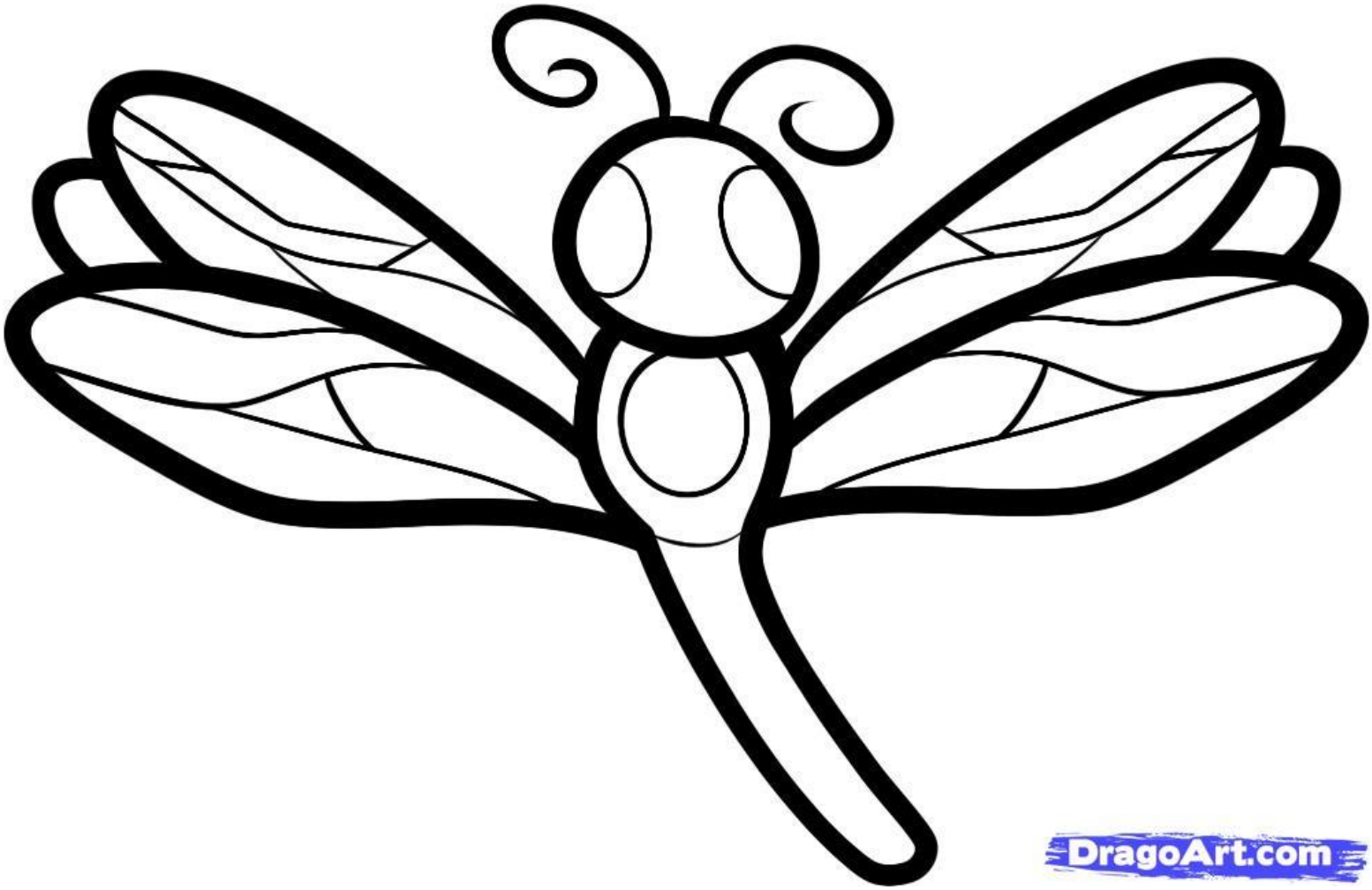
The larval stage of dragonflies lasts from two months to five years. When the naiad is ready to metamorphose into an adult, it stops feeding and makes its way to the surface then climbs up a reed or a dock, and moults, its skin begins to split at a weak spot behind the head. The adult dragonfly crawls out of its larval skin, it swallows air which plumps out its body, and pumps haemolymph into its wings which causes them to expand to their full extent. You can often find the

empty nymph skins hanging on the edges of the dock in the summer, and if you are really lucky you may see an adult crawling out of its skin on a sunny afternoon.

Although dragonflies are swift and agile fliers, there are predators fast enough to catch them. These include the kestrel, nighthawks, swifts, flycatchers and swallows. In the water, various species of duck and heron eat dragonfly nymphs and they are also eaten by newts, frogs, fish and water spiders.

So this summer spend some time on the dock watching the acrobatics of the dragonflies and maybe you will get to see one coming out of its skin! Don't be afraid of them, they won't hurt you and they love to eat mosquitoes and black flies!

Colour your very own Lake Manitou dragonfly!



Lake Manitou's Red Squirrels

You've probably seen your fair share of squirrels darting around the shores of Lake Manitou, whether they were chirping at your dog, chasing one another, or burying something outside your window. There is also a good chance these were Eastern Gray Squirrels.

What's far rarer to see is the Red Squirrel, what scientists call *Tamiasciurus hudsonicus* (try saying that 5 times fast!). Rather than the dingy gray or jet black coat of more common squirrels, the fur of a red squirrel is reddish brown on their back, head, and tail, and white on their belly. They have a less bushy tail and are smaller than other squirrels, with the largest ones weighing only about 8 ounces, or roughly the weight of a can of pop!

What Red Squirrels lack in size, they make up for in ferocity. Red Squirrels are notorious for their aggressive behavior and often chase off much larger animals who venture too close to their home or food. In fact, you often hear Red Squirrels before you see them. The quick and angry clucking you hear as you walk through the forests around Lake Manitou often comes from squirrels who feel you have intruded into their territory. Red Squirrels have been known to get so agitated at intruders that they have even fallen out of trees!

Red Squirrels are not picky eaters; they enjoy nuts, fruit, bark, small insects, mushrooms, tree sap, pinecones, and other small animals or plant life. They've probably even eaten a few things out of your parents' or grandparents' garden! Squirrels sleep through most of the winter, a process called hibernation, so in the cool autumn months you can often see them burying nuts and pine cones that are saved in case they need a mid-winter snack. In this way, Red Squirrels are an important part of Lake Manitou's ecosystem: the nuts, pinecones, and other seeds Red Squirrels forget to eat grow into the next generation of trees.

Red Squirrels are found throughout all of continental Canada: from the Yukon to Nova Scotia. They create large grassy nests in tree hollows, dead logs, or in tall grasses. They mate in the late winter and usually by May mothers have given birth to a litter of 3 to 7 baby squirrels. Baby squirrels will stay with their parents for up to 18 weeks. The average squirrel has a lifespan of 2.5 to 8 years. This large range is caused by the many predators who like the taste of Red Squirrel; Red Squirrels have to dodge foxes, coyotes, owls, hawks, weasels, and even dogs if they want to make it to their 8th birthday!

So next time you see something dart across your lawn or hear chatter above your head, look up! You might just spot a Red Squirrel – an important and entertaining part of Lake Manitou's unique ecosystem.

Off-Road Vehicle Rules Under Review

March 2015: The Ontario Ministry of Transportation (MTO) is currently reviewing the rules related to off-road vehicles (ORV) in Ontario, including:

- mandatory helmet use
- minimum ORV operating age
- rider training
- potential for extending on-road access to additional ORV types (e.g. two-up
- ATV'S side by side

The ministry is seeking feedback on these various ORV-related safety issues from the general public, and interested organizations are asked to please submit all comments on or before April 13, 2015 by email to SPEB@ontario.ca, or in writing to:

Ministry of Transportation
1201 Wilson Avenue
Building "A", Room 212
Downsview, ON M3M 1J8

More information is available in this ORV Feedback Form.

Proposals under Consideration:

1) Amend Highway Traffic Act (HTA) Regulation 316/03 to extend on-road access to additional ORV types that carry one or more passengers (e.g. side-by-side ATVs, two-up ATVs, utility terrain vehicles).
2) Enhancing the existing off-road vehicle operating age requirements, including clear definitions for passenger age restrictions, and "adult supervision".
3) Consideration of mandatory training for operators under the age of 16 years, similar to the requirements placed on snowmobile operators. Also, encouraging all operators to receive proper training on how to handle their vehicles.

Copied from ELERT March 2015 Federation of Ontario Cottagers' Associations

Culinary Delights

Here are two of Marj Mihalyfi's favourite cottage recipes. Their cottage is located at Eagle's Nest, Lake Manitou.

TACO DIP
1 1/2 cups shredded sharp cheddar
1 cup chopped black olives
1/2 cup chopped green onions, plus tops
1/2 cup mayonnaise
Few drops hot sauce
Chili powder to taste
Mix all together. Heat at 350 for 15 minutes and serve with tortilla chips.

Showy Lady Slippers near Blue Jay Creek. Photo by Mark Harvey.

BUTTERSTUFFING 'n TOMATOES
1/3 c. butter
1/4 c. chopped onion or 1 tbsp. instant chopped onion
1/2 to 1 tsp. salt
1 c. seasoned stuffing mix
1 tsp. sweet basil leaves
4 (2 1/2") tomatoes, cut in 8 wedges each
1/4 tsp. pepper
2 tsp. sugar, if desired
1/2 cup diagonal sliced celery
1/2 green pepper strips (1/4 x 1")
In a heavy 10" skillet, melt butter; add seasonings. Sauté celery, green pepper and onion uncovered over medium heat until crisply tender. Add stuffing, toss. Add tomatoes and sugar; toss gently. Cover; continue cooking until tomatoes are hot yet firm (10-12 minutes). Yield: 4 to 5 (1c.) servings.

Seasoned croutons may be substituted for stuffing mix. (I have never done this.)

LAKE MANITOU FOSSILS AND SHOALS SQUARES
Submitted by Jennifer Harvey

Ingredients
- 4 cups chocolate chips
- 1 cup peanut butter
- 5 cups marshmallows
- 1 cup chopped nuts (walnuts or peanuts)

Directions
1. Line a 9x13-inch pan with waxed paper, cut to fit. Set aside.
2. Measure chocolate chips into med saucepan. Stir at low heat until melted.
3. Remove from stove, continue stirring until smooth.
4. Stir in peanut butter until evenly blended.
5. In a large bowl, mix marshmallows and nuts.
6. Pour in the chocolate mixture and stir until just combined.
7. Spread into pan and refrigerate until firm.
8. With sharp knife, cut into squares.

*Note: Half recipe uses an 8-inch square pan.

Tip: use 2 cups of milk chocolate and 2 cups of semisweet chocolate chips. Add 1/4 cup more nuts, add cranberries.

Members' Notice Board

- The 2015 LMAA Annual Meeting will be July 11 at 10 am in the Sandfield School House / Community Centre.
- The LMAA Information Night will be August 11 at 7:30 pm in the Sandfield School House / Community Centre.
- Please forward submissions, ideas, and requests for the Fall Edition of Wind Swept by November 1st, 2015.
- Special thanks to Jenn Sailus and Jen Harvey for editing and compiling the 2015 Spring Edition of Wind Swept.
- Special thanks to everyone who contributed to this edition.

Directors' Roster

Title	Winter Address	Summer Address
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Vice President: Paul Moffatt Holiday Haven Area	Box 41 – 78 Heron Trail Manitowaning ON P0P 1N0 705-859-3362 herontrail@gmail.com	Same
Secretary: Effie Williamson Eagle's Nest Area	459 Sierra Dr Traverse City MI 49685 231-943-8333 Litemetals@yahoo.com	53C L&J Ln One RR2 Manitowaning ON P0P 1N0 705-859-3559
Treasurer: Don Payne Silver Bay Road Area	35 Christman Court Markham ON L3P 3C7 905-294-4819 payne@interlog.com	162 Franks Rd W. RR1 Site15 Comp 6 Mindemoya ON P0P 1S0 705-377-5284
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Director: Rob Chown Holiday Haven Area	125 Merrygale Dr. Sudbury ON P3E 6K5 705-670-9365 robert.chown@rbc.com	124 Loon Lane Manitouwaning ON P0P 1N0 705-929-0272
Director : Michael R Costigan Eagle's Nest Area	4 Nuttal St Cambridge ON N2C 4J3 519-654-7324 mikecostigan@hotmail.com	91 L&J Lane One RR2 Manitowaning ON P0P 1N0 705-859-2705
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