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West End of Lake Manitou, January 2018

Manitoulin Streams and Norton Creek by Maria Diebolt

Manitoulin Streams has a history of working on tributaries of Lake Manitou. We've completed numerous projects on the Manitou River and we rehabilitated Norton's Creek, a spring-fed, cold water creek that flows into Lake Manitou on its north shore.

Our Norton's Creek work began in 2008 when Bob Hutton came to Manitoulin Streams looking for help. He had just purchased a property along Norton's Creek where he remembered fishing for brook trout as a child. He saw there were no fish left and wanted to change that but didn't know the best way to go about it. We were happy to offer our assistance! We began by completing a creek assessment and determined that none of the original species were present. We immediately got to work by enlisting community volunteers to help install cedar rail fencing that would restrict cattle's access to the water. We then improved the in-stream and riparian habitat. We saw great improvements to the aquatic health in that first year. On top of that we began hosting an annual brook trout egg-planting event. With the help of local students and groups, we have placed brook trout eggs in the creek on an annual basis for 9 years. 'Planting' the eggs directly in the creek ensure that the fry 'imprint' on the creek. Over generations these fish will become 'stream smart,' moving into the lake, growing and then returning to reproduce. Since that day when Bob came into our office we've rehabilitated a 'dead' creek back to a prosperous aquatic habitat and created a natural place for future generations. Norton's Creek is one of our favourite success stories. The fact that it was brought to our attention by a local community member and local groups restored it, is amazing!

Manitoulin Streams is always looking for volunteers to help with our projects. The Brook Trout Event at Norton's Creek occurs every year in December and anyone is welcome to join. You can help put the eggs in the scotty boxes, put the scotty boxes in the creek, organize the students, bake treats, serve lunch or just come and observe! The more the merrier. Since starting the Brook Trout event 9 years ago we've seen improvement in the brook trout population. Every year, for the

past 9 years, College Boreal has a field class come to Manitoulin to conduct electro-fishing assessments. The first creek they assess is Norton's Creek, because it is narrow and shallow it is the perfect creek to learn on. Every year they are finding more brook trout and more age groups of brook trout. Eventually this population will become self sufficient.

Another thing we do on Lake Manitou tributaries is Stream Detectives. This is for both adults and youth. During the summer months our Outreach Coordinator, Sue Meert, leads groups on stream walks where they get right in the water lifting up rocks and looking at the invertebrates (bugs) underneath. She has an identification sheet that allows you to determine what kind of 'bug' you found. Youth love it when a leech (yuck) is found and even better is a crayfish! Norton's Creek is perfect for this activity as it's shallow enough to be safe but has many species of invertebrates. We've also done this on some sections of Manitou River, which also has a wide variety of species. If you would like to join a Stream Detective or have a specific creek you want to 'Detect,' please contact us.

As a member of the Lake Manitou Area Association we know that you're interested in keeping your lake healthy. If you think that we can help you in any way, please let us know. If you have a creek flowing through your property that needs restoration or might be an option for brook trout eggs, please let us know. If you want some trees planted along your shoreline or stream, let us know. If you want to help us with any of our projects, let us know. If you want to do a Stream Detective, let us know! We're always looking for future projects and volunteers. So please, don't hesitate to contact us!

Thank you for letting us share,

Manitoulin Streams <http://www.manitoulinstreams.com/>

Norton Creek flows into Lake Manitou on the North Side of the Lake after flowing under the Bidwell Road. Because of the hard work by volunteers under the direction of Manitoulin Streams, water entering the lake from the creek is of high quality. Brook Trout or “Specs” are becoming more common in the lake and are making a healthy contribution to the fish population. Brook Trout are thought to be long term native residents of Lake Manitou. The LMAA provides financial support to Manitoulin Streams on a regular basis. Norton Creek is just one of many projects undertaken by this very proactive organization.



Local community residents and school children restoring Norton Creek

[HTTP://WWW.MANITOULINSTREAMS.COM/NORTONS-CREEK-PHASE-I](http://www.manitoulinstreams.com/nortons-creek-phase-i)
THIS LINK HAS ADDITIONAL INFORMATION ON THE RESTORATION OF
NORTON CREEK.

CULINARY DELIGHT**Lake Manitou Chocolate Chip Cookies**

- 2 1/4 cups all-purpose flour
- 1 teaspoons baking soda
- 1 cup butter, softened
- 3/4 cups packed brown sugar
- 1/4 cup white sugar
- 1(3/4 ounce) packages instant vanilla pudding mix
- 2 eggs
- 1 teaspoons vanilla extract
- 1-2 cups semi sweet chocolate chips
- 1 cups chopped walnuts (optional)

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift together the flour and baking soda, set aside.
3. In a large bowl, cream together the butter, brown sugar, and white sugar. Beat in the instant pudding mix until blended. Stir in the eggs and vanilla. Blend in the flour mixture. Finally, stir in the chocolate chips and nuts. Drop cookies by rounded spoonful's onto ungreased cookie sheets.
4. Bake for 10 to 12 minutes in the preheated oven. Edges should be golden brown.

LET'S KEEP OUR LAKE GREAT CHALLENGE WINNER
SPRING 2018[

The winner of Spring 2018 challenge goes to **Claire Nelligan** who has greatly improved our understanding of Lake Manitou. Her work as a PhD student at Queen's University led her to Lake Manitou. Her research has provided valuable clues into the past, present and future health and wellbeing of the lake. The conclusions reached should be useful in assessing long term trends in water quality and allow for better management decisions in the future. Claire was our featured guest speaker at the 2016 and 2017 LMAA information nights. Her presentations were very well done and greatly appreciated. We wish her well as she moves on from her very productive years as a student into her future career.

NEWS FROM FOCA

Responsible Cottage Rental

FOCA recognizes that occasional rental of our cottage properties has become a financial reality for some cottage owners. We hear from members interested in finding out about how to rent (and how to insure for rental), and also from those who have been frustrated by experiences with poorly-managed rental properties in their vicinity.

FOCA supports a philosophy of responsible use, that encourages cottage owners to:

- educate and inform guests about cottage country living and etiquette
- work with neighbours to promote harmonious relationships
- be environmental stewards by ensuring the **sustainable use** of cottage properties, recognizing the limits of the existing septic system, road capacity and other community considerations.

- Inform renters about local bylaws such as potential out door burning and camp fire bans, fishing regulations and recycling and garbage collection regulations.
- Renters should appreciate that noise carries easily across open water and that neighbouring cottagers cherish quiet and solitude.
- Before renting out a cottage check to ensure renter compliance with all local bylaws, boating regulations, fire, drinking water and insurance regulations.

Renting a cottage property can be a good way to allow more vacationers to enjoy a summer by the lake. It can be a great source of income allowing some cottage owners to continue ownership. It may contribute to the local tourism economy. Responsible renting is key to a successful venture that will help ensure your property is safe guarded and it will maintain neighbourhoods that all can enjoy.

Thank you to the Federation of Ontario Cottager's Associations for providing the above information.

Lake Manitou Area Association Web Site

Association members are encouraged to log onto the LMAA web site.

There are many interesting points of information such as events with dates, current and past issues of Wind Swept, photos from around the lake, contact information of fellow association members and so on. Some of this information requires users to log on with user name and password. There is a short video available that can be accessed from the web site home page with simple instructions for creating a user name and password. If you have photos or information you would like posted on the web site, contact Stan Salisbury at sasalisbury@cox.net

Plight of the Monarch Butterfly

Monarch butterfly populations in North America have recently crashed. It is estimated that overwintering populations dropped from about a billion to only 33 million over the last 20 years. There are a number of reasons for this such as loss of overwintering habitat in Mexico and the loss of habitat in the United States primarily from Texas to Michigan and in surrounding states. Clearing of fence rows and clearing and cultivating previously marginal weedy agricultural lands has had a negative impact. Combine this with intensive wide spread herbicide use that selectively removes forage and nectar producing species of plants in monocultures of corn and soya beans and you have a perfect storm for the devastation of monarch habitat. It should be noted that monarch larvae are totally dependent on milkweed as a food source.

Life History

Monarchs typically undergo 3 or 4 generations within a 1-year period. In the early spring the overwintering adults move north out of Mexico into the south and central USA and lay eggs. These eggs quickly hatch and caterpillars forage on milkweed species before transforming into adults. By mid spring this next generation migrates further north towards the North Central USA and parts of Southern Canada.

At least 1 episode of egg laying, and caterpillars takes place in the mid to late summer for a total of 3-4 generations in 1 year. The last generation to hatch in a season in the more northerly part of the monarch range takes place in late summer. The adults that result from these eggs will enter into diapause or delayed sexual development meaning no further egg laying. These are the butterflies that migrate 1000's of kilometers south from places like Manitoulin Island and overwinter in Mexico. They must survive for 6 months or so before reaching sexual maturity and depositing their eggs. Monarch populations are usually at a low point in early spring after a long winter without any new additions to their population since the previous summer. Populations rise as new generations are recruited over the summer.

Each generation requires habitat, milkweed foliage for larval feeding and nectar producing flowering species for adult feeding. If these ingredients are missing the butterflies will perish.

How can you help these beautiful creatures and other pollinating insects?

To enhance monarch habitat, leave milkweed to grow along roadways and laneways and in old pasture and waste lands. There are 3 species of milkweed that can easily be grown on Manitoulin. **Milkweed**, and **swamp milkweed** grow wild on the Island and **butterfly weed** can be found at garden centers or started from seeds. Butterfly weed with its beautiful orange flowers is a great garden plant.

If you have accessible milkweed in your area watch for the green, black and yellow caterpillars or find the green gold spotted chrysalids attached to milkweed plants. This can be a fun activity for the entire family. If you find these or observe adult butterflies you can then take steps to help protect their habitat.

This is just another way we can help to **Keep Our Lake Great.**



Member's Notice Board

- **2018 LMAA Annual Meeting** July 14th 10:00am at the Sandfield School House.
- **Annual Fish Fry** 2nd Wednesday in July at the Big Lake School House.
- **Hillbilly Steak Supper** 2nd Wednesday in August at the Big Lake School House.
- **Strawberry Social** the 1st or 2nd week of July at the Sandfield School House (check the Expositor and posters in Sandfield).
- The **LMAA Information Night** August 14th 7:00pm at the Sandfield School House.

If your organization is for community service, a not for profit organization, run by volunteers and located in the Lake Manitou area, send in an announcement for your activity and it may be posted on The Member's Notice Board.



East side of Lake Manitou

As of mid April, the lake was still covered with solid ice, but there is reason to be hopeful that soon, scenes like this will become the norm on the lake. Yes, spring is coming! Have a great summer.

Mark & Jennifer Harvey

Directors' Roster**Winter Address****Summer Address**

President: Mike Costigan, Silver Bay Road Area	20 Muskoka Court Kitchener ON N2B 3M2 519-576-1912 patriciawilliamson39@gmail.com	186 Franks Rd W. RR1 Site15 Comp3 Mindemoya ON POP 1S0 705-377-6640
Past President: Peter Edward		
Vice President: Paul Moffatt Holiday Haven Area	Box 41 – 78 Heron Trail Manitowaning ON POP 1N0 705-859-3362 herontrail@gmail.com	Same
Secretary: Effie Williamson Ending (2016-12-31) 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 POP 1N0 705-859-3559
Secretary Designate: Brenda Hoyt Starting (2017-01-01) Silver Bay Road Area	63 Muscovy Dr Elmira ON N3B 3M6 519-669-0920 bchoyt@hotmail.com	224 Highswander Rd RR1 Mindemoya ON POP 1S0 705-377-7715
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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 Manitowaning ON POP 1N0 705-859-
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 POP 1N0 705-859-2705
Director: John Coulter Rockville Area	3380 Military St Port Huron MI 48060 810-987-7527 coulterlanding@comcast.net	54 Manitou Haven Trail RR1 Mindemoya ON POP 1S0 705-377-4709

WIND SWEEP

SPRING 2018

Director: Bruce Fraser	30 Cobalt St Box 401	148 Heron Trail
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Director & Newsletter Coordinator	16 -571 North St	156 Johnston Rd
Mark Harvey	Sault Ste. Marie ON P6B 6K7 705-949-1515 mharvey102@hotmail.com	RR1 Mindemoya ON POP 1S0 705-377-5269
Director: Martin Peddle	21 Bentgrass Green	95 L7J Lane One
Eagle's Nest Area	Nepean ON K2J 4Y1 613-816-9143 martin.peddle@icloud.com	RR2 Manitowaning ON POP 1N0 705-859-3559
Director: Steve Mann	51 Donnybrook Rd	220A Demmys Road
Rockville Area	London ON N5X 3C7 519-661-0004 smann220a@gmail.com	Mindemoya ON POP 1S0 705-377-7950
Director: Mike Thompson	153 Old Mill Trail	Same
Holiday Haven Area	Manitowaning ON POP 1N0 705-859-2423 manitou58@gmail.com	
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Web Site Administrator	sasalisbury@cox.net	Phone
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Hospitality Co-ordinator		Phone
Brenda Edington Sandfield	brendaedington@gmail.com	705 673-2531

“Let’s Keep Our Lake Great”



Gulls on rail fences. Reminds us summer is on the way!