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Did You Know That?

Lake Manitou is a large inland lake. The largest lake on the largest freshwater island in the world. So just how big is the lake.

From the northern tip of Green Bay to the Sandfield dam by water it is 22.7 km or 14 miles.

From Newby's Bay to Vanzant's Landing by water it is 19.4 km or 12 miles.



The Chi-Cheemaun sails all summer from Tobermory to South Baymouth. Part of what make Manitoulin such an interesting and special place.

News From FOCA

Electricity Pricing



November 10, 2021 – The Ontario Energy Board (OEB) has released their [Decision and Order \(EB-2020-0246\) on Implementing the Elimination of the Hydro One Seasonal Rate Class](#).

In summary: The Ontario Energy Board (OEB) approves Hydro One's proposed **10-year phase in** of this change **beginning January 1, 2023**. This approach is intended to limit the total bill increase for affected seasonal customers, including those with low average monthly consumption, to 10% (maximum) per year.

In its decision the OEB clarified once again that, though separate from this rate decision, eligibility for rebates through the Rural and Remote Electricity Rate Protection (RRRP) and Distribution Rate Protection (DRP) continues to apply *only to Hydro One's rural year-round residential customers* (i.e., Low Density – R2 class). A year-round residential customer requires **eight months of continuous occupation** of a dwelling over the year.

FOCA reminds everyone that if they believe they qualify for year-round residential status that should submit a [completed declaration form](#) and supporting material to Hydro One.

Use this link to obtain a declaration form

<https://www.services.hydroone.com/forms1/ResidentialRateStatusDeclaration.aspx>

Electricity rates will be increasing for cottage owners as the current seasonal rate is eliminated and lower rates will only apply to those who occupy their Lake Manitou property continuously for 8 months of the year. The increases will begin in just over a year at a maximum of 10% increase in the cost per year over the next ten years. In ten years, some cottage owners will be paying 50 to 100% more for electricity. Hydro One estimates some cottage owners may be paying up to a maximum of \$1000 a year more for their hydro compare to what they currently pay.



Sunrise over the lake early fall

CULINARY DELIGHTS by Jennifer Harvey

Pumpkin Chili

1 1/2 pounds skinless, boneless chicken thighs, cut into 1 1/2-inch chunks

1 - 15-ounce can chickpeas, rinsed and drained

1 - 15-ounce can pumpkin

1 - 14.5-ounce can chicken broth

1 - 14.5-ounce can no-salt-added fire roasted diced tomatoes

1 cup chopped red sweet pepper (1 medium)

1/2 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped carrot

1 Tbsp minced garlic

4 tsp chili powder

1 1/2 tsp dried oregano, crushed

1/4 tsp salt

1/4 tsp black pepper

Snipped fresh parsley and/or hot sauce (optional)

Instructions

1. In a 5 to 6 quart slow cooker, combine the first 14 ingredients (through black pepper). Cover and cook on low 6 to 8 hours or high 3 to 4 hours.

2. Sprinkle with parsley and/or hot sauce, if desired.

3. Enjoy <https://www.eatthis.com/slow-cooker-pumpkin-chicken-chili-recipe/>

Kids' Corner

Brook Trout These are a highly prized game fish sought after by many fishermen in and around Northern Ontario. They are found in streams, rivers and lakes including Lake Manitou. They are a greenish brown fish covered in yellow, blue and red dots. This is why they are also called Speckled Trout. Did you know that brook trout are not really trout? They belong to a group of fish called char.



Part of a brook trout showing the speckles of yellow, red, and blue. A beautiful fish.

Brook trout need clean cold water to live in. Cold water with plenty of oxygen is very important for brook trout. If the water becomes too warm in a stream the trout may disappear. Their presence in a stream or lake is a good indicator the water is clean and the environment in and

around the water is in good shape. To help provide habitat and to keep the water fresh, clean and cold it is important to leave areas of forest along the streams and lakes they live in. The tree branches shade the water helping to keep it cool and trees that fall into the water provide hiding places for the baby trout. Baby trout are eaten by bigger fish so the young trout hide along the shallow banks of creeks and streams. They also use very small streams that larger fish have trouble swimming up as nurseries where they live until they can become bigger and are less likely to end up as a bigger fish's dinner. Tree branches overhanging a stream help to provide food such as small insects that fall off the leaves into the stream. Trout like to eat insects including insects that live in the water called aquatic insects. Bigger trout eat smaller fish.

It is also important to protect areas close to streams that give rise to cold clean water from underground springs that come up from the bottom of streams and creeks. These springs in the bottom of a trout stream are called upwellings. The water from an upwellings carries a lot of oxygen that trout need to breath. The trout extract the oxygen from the water through their gills

In the early fall brook trout lay 100 - 400 eggs in a clear cold stream on a bed of gravel. First the mother fish cleans a small patch on the gravel with her tail. Once the eggs are layed on this cleared gravel patch she uses her tail to push fine gravel over top the eggs to protect them. This little house of gravel that protects the eggs is called a redd. It is important that these streams have cold water from underground springs that flows up through the gravel into the stream. This keeps the eggs cold and well oxygenated. The oxygen is important so the eggs can breathe. The eggs hatch in late winter. When the trout first hatch from an egg they are called alevins and feed off the yolk of the egg while staying in the protection of the gravel bed of the stream. After 2-4 weeks they use up all of the egg yolk and they become fry also called baby fish. The fry move out of the gravel into shallow parts of the stream and start eating tiny insects. By the fall of their first year the fry have become adult fish and start to lay more eggs. Some of the trout that hatch in the streams that flow into Lake Manitou go out into the lake to live and hunt for food. They will return to stream and creeks when it is time to lay their eggs.



Brook trout fish eggs like this are used to fill scotty boxes.



Young and older volunteers filling scotty boxes with **brook trout eggs** The scotty boxes are placed into Norton Creek in the late fall. The eggs will hatch in late winter . Norton Creek is on the north side of Lake Manitou and crosses the Bidwell Road before draining into Lake Manitou. Many of the young trout that hatch in Norton Creek will swim down into Lake Manitou. This activity is one of many activities carried out by **Manitoulin Streams**. So far at least 90,000 eggs have been planted into Norton Creek by Manitoulin Stream volunteers.

Brook trout are fun to catch. They can be caught using a hook and worm or hook and minnow or a small spinner . A spinner is a type of fishing lure. Brook trout are also a favorite for fly fishermen. They can be caught in streams, rivers and sometimes in lakes like lake Manitou. Brook trout are very tasty cooked up in a frying pan with melted butter and a lightly seasoned flour batter. Their scales are very soft so you can eat the skin. No skinning or scaling needed. Many fishermen practice **catch and release**, returning the trout to the water alive so they can continue to live and grow in streams and lakes and maybe someone else will get a chance to catch them. Ontario has the world record for the biggest brook trout ever caught around 15 pounds. Most brook trout are much smaller around 25cm in length or about 10 ounces in weight. Currently in Lake Manitou you can fish for Brook Trout from January 1 until September the 30th. There are other regulations about how many brook trout you can catch and keep. These regulations are found in the Ontario Fishing Regulations. Lake Manitou is located in Ontario Fisheries Zone 10. The Ministry of Northern Development Mines and Natural Resources and Forestry regulates fishing through the Ontario Fishing Regulations that are available to the public on the internet or you may be able to pick up a paper copy at a sports fishing store . The

regulations can be complicated and can change form year to year so a grown up should read them over carefully before you go out fishing for brook trout on Manitoulin Island. If you fish off the shore of Manitoulin Island the fishing regulations will be different than for zone 10.



A Manitoulin Streams volunteer placing a Scotty Box full of brook trout eggs into Norton Creek.

I would like to acknowledge that the last 3 photographs are compliments of Manitoulin Streams. The Lake Manitou Area Association is a strong supporter of **Manitoulin Streams** and their many conservation projects on the Island.



A spoon and a **fly** fishing lure used to catch brook trout.

A Tribute to Past President Mike Costigan

On November 1, 2021, the Lake Manitou Area Association lost a great ambassador! Our dad's love of Manitoulin Island and specifically Lake Manitou began 65 years ago when he started dating Pat Costigan (nee Williamson). The Williamson family had a camp (cottage) at Eagle's Nest on Lake Manitou where he spent many weekends both during their dating years as well as a young married couple. A career move to Southern Ontario spurred an interest in purchasing property on the Manitoulin so they could stay connected to friends and family during the summer months. In 1969, they purchased a lot in the Frank Hutchinson subdivision off Silver Bay Road and started building their camp with their four children. To this day, their labour of love continues to be a cherished place to the Costigan family where countless memories have

been formed for their ever-growing family. It is not a coincidence that Mike spent his last summer at his favourite place surrounded by his wife and family until his passing.

Mike and Pat became members of the LMAA in 1995 and progressively became more involved as time went on. A childhood connection in Sudbury between the "Costigan" and "Edward"



families played a role in Mike's interest in becoming a member. Then president and founder of the LMAA, Peter Edward had grown up a neighbour of the Costigan's. Mike became a LMAA Director in 1998, Vice President in 2001, and then President in 2003, a position he held for the next 15 years before retiring in 2018. During his tenure as President, his wife Pat was always by his side supporting the growth of the association.



They spent countless hours preparing for meetings, information nights, and association initiatives.

Together Mike and Pat continued the LMAA's affiliation with the Federation of Ontario Cottagers Association (FOCA) by attending their meetings and seminars in Toronto annually.

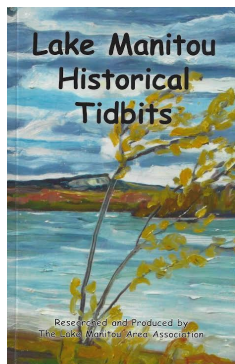
In August of 2005, a Manitou River Cleanup was organized where members gathered at the Sandfield Dam to clean garbage out of the river. With an eye always on the future needs of the association, a search for a director in 2007 with computer expertise to set up and maintain a website for the association was successfully initiated. This would give the LMAA more exposure and bring the association up to speed with other affiliate members of FOCA.

In 2008, a new digital logo for the LMAA was created initiating an electronic version of the LMAA's newsletter. This was an idea born out the FOCA affiliation, as other lake associations were beginning to offer members email versions. This also had the advantage of reducing the association's costs of printing and mailing hard copies to members.

Other initiatives that Mike oversaw with the help of his directors to promote membership were a **sign** that would be given to members to attach to their 911 posts and a **LMAA Flag** which was added to the apparel line for purchase by members.



In 2005, John Harvey's idea of a historical **Lake Manitou Map** was taken up by the education committee and later supported by a book titled **Lake Manitou Historical Tidbits**.



Mike's
passion for
the
stewardship
of
Lake



Manitou would eventually lead him to encourage the LMAA to support a relationship with the Manitoulin Stream Improvement Association. Financial donations on the LMAA's behalf coupled with the encouragement of members to volunteer their labour were made to support projects on the Manitou River and Norton's Creek. As always, he led by example leading LMAA volunteers on these initiatives.

Interest and membership in the LMAA grew during the 15 years of Mike's presidency evidenced by standing room only attendance at many AGM's and Information nights at the Sandfield School House.



Mike's leadership as President of the Lake Manitou Area Association was rooted in the mantra "Let's Keep our Lake Great"!

Submitted by the Costigan Family

Members' Notice Board

- LMAA Vice President Sharon Cooper would like to encourage members to enjoy outdoor activities especially during the pandemic. She reminds us that walking trails such as Wagg's Woods in Mindemoya is healthy exercise and makes for an enjoyable outing.
- Check the LMAA website for updates. lakemanitouarea.ca

If your organization is a community service type, not for profit organization run by volunteers located in the Lake Manitou area, send in an announcement for an activity and it may be

- **News bulletin from the Lake Mindemoya Stewardship Group**

As reported in the November 24th, 2021, Manitoulin Expositor the Lake Mindemoya Stewardship group will receive funding from Central Manitoulin for water quality testing next year. The actual testing will be done by Stewardship members. The call for testing is at least in part due bacterial water levels that closed beaches on the lake this summer and blue green algae (cyano bacteria) presence in the water. Stewardship group representative Mr. Drystek attributes this water quality phenomena to removal of shoreline vegetation, over development of shoreline properties and an influx of nitrogen and phosphorus from sewage. Warming summer water temperatures may also be playing a role. Blue green algae can make water unfit for recreation and domestic consumption even with water purification systems in place. This is just further evidence that LMAA members may want to check that septic systems are functioning and that trees, shrubs and other natural vegetation is retained along the lake shorelines.



Rail fences on Manitoulin. Nothing says Manitoulin like rail fences.

Directors' Roster	Winter Address	Summer Address
President and Director : Steve Mann	220A Demmys Road Mindemoya ON POP ISO 705 377- 7950	Same
Past President and Non-voting Director: Paul Moffat	Box 41-78 Heron Trail Manitowaning ON POP1N0 705-859-3362 herontrail@gmail.com	Same
Vice President and Director: Sharon Cooper	905 Roderick Avenue, Sudbury ON. scooperdoda@gmail.com	27 Franks Road East Mindemoya ON. POP1S0 519 915- 2325 226 344-2365
Secretary Vacant		
Treasure and Director: Martin Peddle Eagle's Nest Area	21 Bentgrass Green Nepean ON K2J 4Y1 613-816-9143 martin.peddle@icloud.com	95 L7J Lane One RR2 Manitowaning ON POP 1N0 705-859-3559
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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
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Have a Merry Christmas and a Great Winter .

Wind Swept Editors Mark and Jennifer Harvey