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President's Message

I recently attended, in person, the FOCA Spring Seminar and AGM and was reminded that this year is the 60th anniversary of FOCA. This was the first in person offering from FOCA since the fall of 2019 and we all know what the cause of that was.

It was great to be in person and able to network with other like-minded people representing their associations from all around the province. In doing so I was struck by the commonality of the many ongoing issues that are challenging associations, regardless of lake size. Besides the regular issues..... water levels in lakes, nutrient loading and its root causes, invasive species threats, new government regulations that are affecting development in cottage country, there were others brought up in the Q&A session. Issues like maintaining/growing membership to your association, the increasing costs to exist as an association, lack of use of association websites (or no

websites at all) to enhance communication and raise the profile of their association to its members. All of these have been discussed at our own board meetings over this last year!

Ironically this year also happens to be the **30th anniversary of the Lake Manitou Area Association**. Yes 1993 was when it all began, and we have John & Peter Edward to thank..... amongst many others who have generously volunteered their time and efforts over the years to “carry the baton” on behalf of our beloved Lake Manitou. The overriding mission of the association is and has been, to promote the Stewardship of Lake Manitou’s waters so that future generations are able to enjoy the lake in the same way we have.

This is a great opportunity for all to reflect on why the LMAA was founded and to double down on the efforts to support this mandate. As property owners we all have a responsibility to do our individual part so that collectively the greater good of Lake Manitou is maintained.

While the voice of the LMAA has been silenced in recent years due to covid, recent additions to the Board of Directors has brought a renewed enthusiasm to the association. A newly formed “Communication Committee” is aiming to strategize better ways of getting information out to the members about issues specific to Lake Manitou so that you, as members, can be more informed and be proactive on your own properties as individual stewards.

I look forward to your continued support of the LMAA and hope to see you at the Annual General Meeting being held on Saturday July 8, 2023 @ 10:00 am at the Sandfield School House.

Michael R Costigan

President Lake Manitou Area Association

Did You Know

Lake trout require 7 mg of dissolved oxygen per litre of water to remain healthy. Long term testing has shown that Lake Manitou mostly meets that minimum requirement but not always. You can help keep oxygen levels higher by maintaining your septic system and keeping lawn and garden fertilizers well way from shoreline areas.

News From FOCA



SEPTIC SYSTEMS

A septic system treats your wastewater and sewage, if you are not on a municipal water system. Your household drains connect to a septic tank and a leaching bed. Both are buried beside your home or cottage. The leaching bed is made up of pipes with holes, buried in gravel and surrounded by natural or imported soil.

FOCA encourages all landowners to look after your septic system, to protect your waterfront investment, and as a matter of good environmental stewardship. WHY? Proper maintenance can help to avoid potentially serious impacts, including:

Overload/leaking of sewage- A septic system is designed to treat a set volume of wastewater. Every time water goes down the drain into your septic tank, the same amount of liquid leaves the tank and enters the leaching bed. If too much wastewater enters the tank—from **extra guests, heavy water use**—too much waste is forced out, too soon.

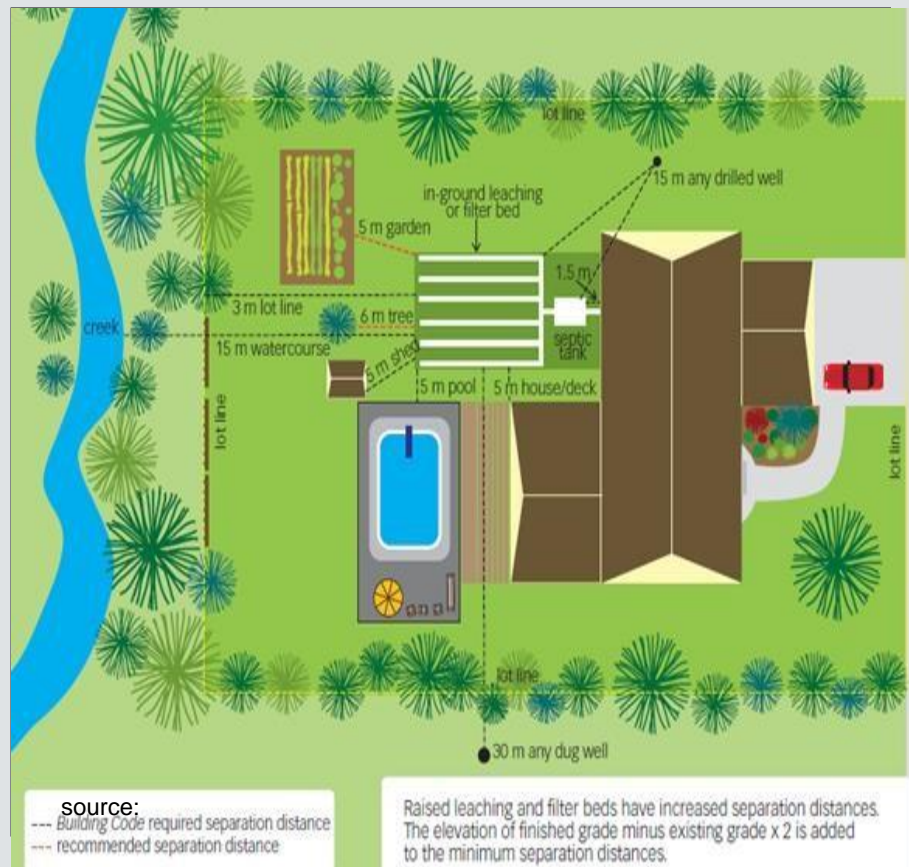
Untreated waste water escapes, including solids that can clog up pipes and/or enter the leaching bed, as well.

Wiped out waste digesters-

Sewage is broken down by millions of bacteria and enzymes in your septic tank and the soil within the leaching bed. That Minimum Separation Distances for Leaching or Filter Beds:

bacteria is harmed or killed by **cleaning products** that are antibacterial, non-biodegradable chlorine-based

and/or full of toxic materials or **hazardous products**: varnish, paint, pesticides, gasoline.



Poisoning yourself-

Hazardous products dumped down your drain, come out of the septic system just like they went in, but now they're in the ground and water with the potential to poison wells & lakes.

Build-up of solids-

There's a lot that can't be digested by your septic system. Fats, oils and grease don't break down, and can form a scum layer at the top of your septic tank. Paper products, coffee grounds, hair, tampons, etc., inhibit the work of bacteria, quickly fill tanks, clog the system and hamper its effectiveness.

Contaminated drinking water and swimming areas- **Septic systems were** designed with public health in mind. They are designed to remove contaminants such as organic solids, bacteria, and viruses, but not to prevent the release of nutrients. If your sewage is leaking, not getting cleaned, or building up, the end result could be contaminated water entering wells, ground water, lakes, streams, etc. Your health and the health of the environment are at risk.

SEPTIC SYSTEMS Slogans to Help YOU Remember

What goes in must come out

To allow wastewater the time it needs to be treated in the tank, conserve water. Ensure the size of your system can handle the quantity of wastewater you create. Many older septic systems may be grossly undersized for the current number of visitors to your cottage on any given day!

It's not a garbage can

Don't put garbage down your drain. That includes grease, oils, fats, and other non-biodegradable items.

Don't poison your poop processor

Always choose biodegradable, non-toxic shampoos, detergents, soaps, and cleaners. Many products in your cottage are loaded weapons for your septic system. Make septic-friendly product choices.

Nutrients not needed

Keep the input of phosphorus to a minimum. Use low-phosphate or phosphate-free cleaners.

An ounce of prevention...

Like all household systems, your wastewater treatment needs to be maintained. Regular maintenance includes ensuring that the tank is less than 33% full of solids (in the first chamber), cleaning the effluent filter at least annually, and visually inspecting the leaching field for liquid break out, odours or other signs of trouble. Excess solids means it's time for a pump out. Replacing a septic system (and repairing its impacts) is expensive; regular maintenance keeps thousands of dollars in your pocket.

Plants, not trees

Plant with caution in the nutrient-rich area on top of the leaching bed! Do not plant trees or shrubs within three metres of the tank or bed. Roots will seek out and crack your pipes. Shallow-rooted ground covers are ideal.

Location, location, location

Soils play a big role in how water travels from the leaching bed, what contaminants get absorbed/broken down, and how far they travel. Your septic system must be designed for the type of soil around your cottage. Make sure your system meets the rules (Ontario Building Code) that specify how far a septic tank and leaching bed can be built away from buildings, wells, and waterbodies .

Thankyou to FOCA for providing the above information about septic systems.

Additional online resources: <https://foca.on.ca/septic-systems>

YOUR ROLE:

- **read** FOCA Fact Sheets about cottage-country topics.
- **share** this information with someone you know at the lake or river!
- **get on the FOCA Alert (e-news) list**, for monthly updates in your inbox
- sign up on the FOCA website, or at http://bit.ly/FOCA_Elert

A Day in the Life of our Lake Stewards

(submitted by Mike Costigan)

On October 10, 2022 I had the pleasure of spending 3 plus hours on Lake Manitou with our lake stewards completing the final water testing for the year. The following is a little look into what these dedicated volunteers do as part of the LMAA's stewardship of Lake Manitou. **What do Lake Steward's Do?**

The lake steward's role with the LMAA is two-fold: they ensure that markers are put out and taken in annually on identified shoals around Lake Manitou. Secondly, they complete the water testing for the **Lake Partner Program (LPP)** on a monthly basis from May to October each year in two different locations. (East & West Basin of the lake) Each month the samples are submitted to the testing facility in Dorset Ontario where the results are determined and posted to a public database. Historical data on Lake Manitou dates back to 1996.



Buoy marking a shoal.

You can access Lake Manitou results by clicking on the link:

<https://data.ontario.ca/dataset/ontario-lake-partner>



Our Lake Stewards: Left- David Kains and Right - Ken Stewart

Our Lake Stewards

We are very fortunate to have two very dedicated volunteer Lake Stewards. David Kains and Ken Stewart for the last 12 years now have tirelessly continued the work of Alec Lohead, and before him, John & Peter Edward, our original lake stewards who managed the LPP for the LMAA. **What is the LPP?**

What originally began in 1996 as a collaboration between FOCA, the Lake of the Woods District Stewardship Organization, and the District of Muskoka, is now the largest and longest running program of its kind in North America. Today these samples are tested by the Ministry of Environment Conservation and Parks (MECP) for total phosphorus, calcium, chloride, and water clarity. In Ontario, approximately 550 lakes are monitored each year by 600 volunteers!

What is tested?

Phosphorus: It is an essential element for organisms in the aquatic systems they inhabit. Phosphorus controls algal growth in most Ontario Lakes. Gathering water samples to be tested for total phosphorus helps track lake conditions over time. An increase in phosphorus can stimulate algal growth which can result in reduced water clarity, and/or deep-water oxygen levels, and increased frequency and size of algal blooms. Phosphorus data has been collected on Lake Manitou since 1995!

Calcium: This is a vital nutrient that many organisms rely on including mollusks, crayfish, and water fleas. In 2008, the LPP started monitoring calcium in water samples. Decades of acid rain

loading and logging have led to a decline in calcium in many Ontario Shield lakes, which is expected to get worse in the face of climate change. Calcium levels below 1.5mg/L have been found to limit reproduction in these organisms and therefore a cause for concern.

Chloride: Chloride is a natural component of freshwater environments. An excess of chloride can have serious implications for lake dwelling organisms. In Ontario, the use of road salt is a common contributor of chloride as it makes its way into waterways via runoff, melting snow, and vehicular movement. In 2015, chloride was added to the parameters monitored by the LPP to understand the possible effects of road salt application.



Ken is lowering the water sample bottle down to the level of the



Pouring water sample through funnel with filter into sample collection jar. Samples for phosphorus, calcium & chloride are filtered into separate containers.

Water Clarity: Lake Stewards track water clarity using Secchi disks. Water clarity or Secchi depth, corresponds to the depth at which light penetrates the lake. Factors such as biological turbidity (algae), non-biological turbidity (rough waters stirring up sediment) and dissolved organic carbon (DOC) can have a direct effect on light penetration.



Above Left: David is about to lower the Secchi disk into Lake Manitou and get the reading.



Above Right: preparing the Secchi disk. The disk is lowered into the lake until it disappears from sight. That depth is then recorded.

Generally, lakes become less transparent with more algal growth! Water clarity can be influenced by several factors such as shoreline development, climate change, acid rain, invasive species like zebra mussels. DOC, also known as non-biological turbidity, gives lakes a tea-stained appearance. DOC enters lakes from runoff over soils and is often related to the presence of wetlands in the lake's watershed. Understanding a lake's water clarity, and how it changes over time, can help identify that changes may be occurring in a lake's water quality.

Where are the samples taken for the LPP?

Over the years technology has help with pinpointing the accuracy of locations where the testing samples are taken. David has the locations below entered into his GPS.

East basin (Sandfield) - W 081 degrees 57.958' West Basin - W 082 degrees 03.945'
N 45 degrees 43.761' N 45 degrees 47.697'

These coordinates are taken from Chart 6030 Manitoulin Island Lakes.

The ideal day for getting the samples is a calm clear day! With Mother Nature permitting, samples are taken in these two locations 6 times per year. These two gentlemen make a serious time commitment on all our behalf's in continuing this important data collection. Their efforts are crucial in monitoring the changes that are happening in Lake Manitou..... more so now that we are in the grips of climate change!

Thank you, David & Ken! In the next edition of “Wind Swept” we hope to highlight the data that has been collected over the years as part of the LPP so some context can be given to the hard work of our citizen scientists!

Take a Walk in the Woods

Connecting with nature is becoming recognized as soothing to the soul. There are many who claim that a walk in the woods helps reduce stress, lowers blood pressure and gives one an overall sense of well being. While in the woods there is plenty to observe and learn. From wildflowers, to birds, snakes, squirrels and white tailed deer just mention a few. On Manitoulin we are blessed with many public paths through the woods. Most trails are maintained by volunteers in partnership with a municipality, community organization, nature conservation group or provincial park.

Wagg's Woods is a great place for a walk in Mindemoya. Walking trails have been recently upgraded in this municipal park of 42 acres and include benches and signage and a mobility accessible section of trail. Look for a new parking area off Thorne Street and entrance signs at the corner of Thorne and Forest Street. The trail system is being extended to include areas above the cliffs in 2023. Wagg's Woods was donated by the Wagg's family to the Municipality of Central Manitoulin for a park.

Thanks to Marcus Mohr of Central Manitoulin Community Development and Outreach Coordinator for information about Wagg's Woods.

And let's not forget **McLean's Park**. This park is located off Highway 6 on the New England Road just before Eagles Nest. This wooded park that features large hardwood trees are ablaze with colour in the fall. It is open for hiking, mountain biking and snowshoeing. There are washrooms, a small picnic pavillion, a large trail map and plenty of parking. This beautiful 100 acre park was donated to the municipality of Assiginack by the Don McLean family. The park trails are all easy for walking on and are well suited for enjoyment by the entire family.



Wagg's Woods



McLean's Park



Biking not recommended in Wagg's Woods at this time.



Culinary Delights 3-Ingredient Bell Pepper & Cheese Egg Cups

- 4 medium bell peppers, any color
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 8 large eggs
- ¼ cup Mexican-blend shredded cheese

Directions

Preheat oven to 400°F. Coat a baking pan with cooking spray.

Cut bell peppers in half through the stem end. Remove ribs and seeds. Place the peppers in the pan cut-side up and sprinkle with 1/8 teaspoon each salt and pepper.

Bake the peppers for 15 minutes. Remove the pan from the oven and crack 1 egg into each pepper cup. Season with the remaining 1/4 teaspoon each salt and pepper, then top each with 1/2 tablespoon cheese.

Bake until the egg whites are set, 15 to 20 minutes.
Sprinkle with cilantro, if desired.

To make ahead

Let cool, then refrigerate in an airtight container for up to 4 days. Reheat in the microwave.

from <https://www.eatingwell.com> 02/05/2023 (submitted by J Harvey)

Treasurer's Report

The cottage season of 2022 saw a return of normalcy after the pandemic. The last two years had put a stress on our membership collection because many people still prefer to pay in person. The meeting act as a trigger for membership payment. For the first time in three years there was an Annual General Meeting and an information night. Both were very well attended. We were happy to engage more with the LMAA membership. Some of this year's priorities for the LMAA leadership team is to raise awareness of the LMAA in the community and to increase the LMAA membership. Already we are seeing progress with decreases in the lapsed memberships and a slight increase in new memberships. We will be continuing the awareness campaign and membership drive throughout 2023.

Currently, there are 173 paid members at \$20.00 per year. The membership fee has remained unchanged for well over 20 years. While the LMAA is a volunteer organization, there are significant expenses associated with the operation that are detailed in the yearly financial report presented at the AGM.

The pie chart below illustrates how the membership fee is utilized. There are a few major expenses to running of the LMAA, with the main costs being:

- Directors Liability Insurance
- Membership to Federation of Ontario Cottagers' Association (FOCA)
- Wild Apricot, our website and membership management software service charges associated with management of the online payments and website registration.
- Service charges associated with the management of the online payments and website registration.

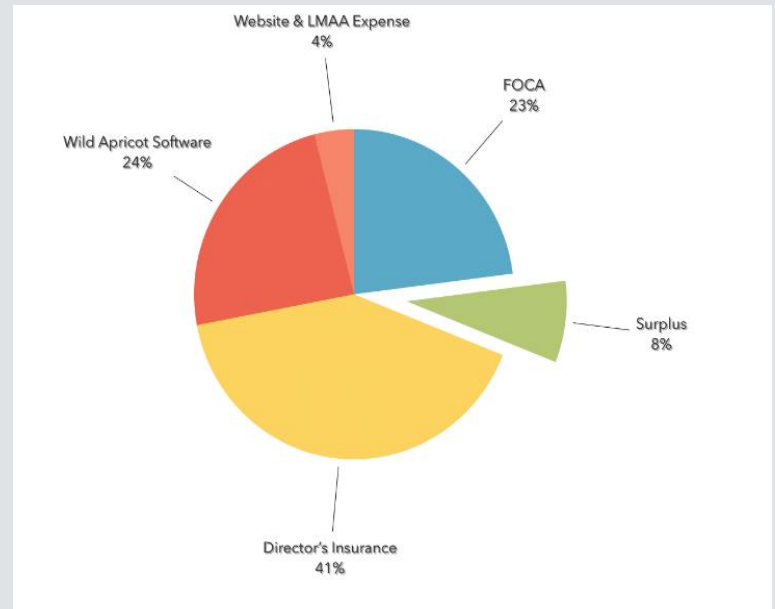
\$20 MEMBERSHIP FEE

Item	%	\$
FOCA	23	\$4.60
Director's Insurance	41	\$8.20
Wild Apricot Software	24	\$4.80
Website & LMAA Expense	4	\$0.80
Surplus	8	\$1.60

These operating expenses make up 92% of your \$20.00 membership fee which amounts to \$18.40. Once all of these expenses are covered for the association, we are left with about 8% or \$1.60 per membership to use for LMAA community support activities. For the 2022 season this was \$260.00.

We also have other revenue streams to help to support the LMAA, such as sales of apparel, maps, books, and flags. We are also fortunate to receive a small amount in individual donations every year through the generosity of LMAA members. This is greatly appreciated.

In past years, we have donated money to Manitoulin Streams, who are responsible for various environmental and conservation activities in the area. However, this year, we are in a break-even situation and therefore could not donate any money. As we increase our membership and revenue we will be in a better position to provide



donations to Manitoulin Streams as well as other community and area support groups. Looking forward to a great 2023 cottage season.

Martin Peddle LMAA Treasurer

Members' Notice Board

Plans are being made for next summer. Mark your calendars for these 2 important LMAA events.

1. LMAA - **AGM - Saturday July 8, 2023 @ 10:00 am** at the Sandfield School House.
2. LMAA – **Information Night - Wednesday Aug 16, 2023 @ 7:00 pm** at The Sandfield School House.

Refer to the LMAA website for updates about current, past and future LMAA events. <https://lakemanitouarea.ca>



Misery Bay Provincial Park a must see on Manitoulin Island. Trails for the entire family and a visitor center filled with interpretive displays. Located a few kilometers off Highway 540 west of Evansville.

LMAA: Officers, Directors & Committee Members - 2023 March

Office	Surname	First Name	Contact Information	Home/lake address			Home/Lake Ph
Officers/Directors							
President	Costigan	Michael	Mikecostigan62@hotmail.com				
Eagle's Nest Area			4 Nuttal St	Cambridge	ON	N3C 4J3	519 654 7324
			91 L& J Lane One	Manitowaning	ON	P0P 1N0	705-859-2705
Vice-president	Cooper	Sharon	scooperdoda@gamil.com				
Silver Bay Road Area			905 Roderick Ave.	Sudbury	ON	P3E 6J5	226-344-2365
			27 Franks Rd E.	Mindemoya	ON	P0P 1S0	same
Secretary	Manera	Sandra	sandra.a.manera@gmail.com				
Silver Bay Road Area				Mindemoya	ON	P0P 1S0	
					ON		
Treasurer	Peddle	Martin	martin.peddle@icloud.com				
Eagle's Nest Area			21 Bentgrass Green	Nepean	ON	K2J 4Y1	613-816-9143
			95 L&J Lane One	Manitowaning	ON	P0P 1N0	613-816-9143
Directors							
Manitowaning Area	Booth	Jim	jimbo@vianet.ca				
			32 Gloucester Court	Sudbury	ON	P3E 5N5	705-673-6684
			327 Wilton Trail	Manitowaning	P0P 1N0	705-561-5919 705-507-0738	226-344-2365
Rockville Area	Coulter	John	coulterlanding@comcast.net				
			326-5221 Lakeshore Rd	Fort Gratiot	MI	48059	810-987-7527
Sandfield Area			54 Manitou Haven Trail	Mindemoya	ON	P0P 1S0	705-377-4709
	Edington	Brenda	brendaedington@gmail.com				
							705 673-2531
Silver bay Road Area	Harvey	Mark	mharvey102@hotmail.com				
			16-571 North St.	Sault Ste. Marie	ON	P6B 6K7	705-949-1515
			156 Johnston RD	Mindemoya		P0P 1S0	705-377-5269
Rockville Area	Mann	Steve	smann220a@gmail.com				
			220A Demmy's Rd	Mindemoya	ON	P0P 1S0	705-377-7950
Silver bay Road Area	Payne	Don	payne@interlog.com				
			35 Christman Court	Markham	ON	L3P 3C7	905 294-4819
			162 Frank's Road, West	Mindemoya	ON	P0P 1S0	
	Roy	Heather	heatherroy24@gmail.com				
Camp Mary Ann Area			167 Camp MaryAnn Road	Mindemoya	ON	P0P 1S0	205 691-0856
				Lively	ON		
	Stewart	Ken	kenstewart6757.ks@gmail.com				
Gibraltar Road Area			106 Cannards Ln	Mindemoya	ON	P0P 1S0	705-377-7921

Education Committee							
Chair	Cooper	Sharon	scooperdoda@gamil.com	Mindemoya	ON		226-344-2365
	Costigan	Pat	patriciawilliamson39@gmail.com				519-576-1912 705-377-6640
	Kains	Nancy	isleaway@gmail.com				705-377-6041
	Stewart	Ken	kenstewart6757.ks@gmail.com				705-377-7921
	Lohead	Marian	mlohead@hotmail.com				514 715-4968
Hospitality Coordinator	Edington	Brenda	brendaedington@gmail.com				705-673-2531
Lake Stewards							
Rockville Area	Coulter	Rob	rgcoulter@sbcglobal.net				
			2741 Melvin Ave.	Rochester Hills	MI	48307	248-852-2574 248-217-5618
			54 Manitou Haven Trail RR1	Mindemoya	POP 1S0		705-377-4709
Gibraltar Road Area	Kains	David	isleaway@gmail.com				
			118B Cannards Lane	Mindemoya	ON	POP 1S0	705-377-6041
			153 Old Mill Trail	Manitowaning	ON	POP 1N0	705-859-2423
Hospitality Coordinator	Edington	Brenda	brendaedington@gmail.com				705-673-2531
Newsletter Editors	Harvey	Mark & Jennifer	mharvey102@hotmail.com				
			16-571 North St.	Sault Ste. Marie	ON	P6B 6K7	705-949-1515
			156 Johnston RD	Mindemoya	ON	POP 1S0	705-377-5269
Website Admin	Salisbury	Stan	sasalisbury@cox.net	Gainesville	FL	32635	352-335-6596
			160 Jules Lane	Mindemoya	ON	POP 1S0	705-377-4982



Canada Day fun in the park in Central Manitoulin

Have a great summer on Lake
Manitou

Wind Swept Editors Mark and
Jennifer Harvey

