

# Lake WahWashKesh

CONSERVATION ASSOCIATION

SPRING 2018



## PRESIDENT'S MESSAGE

After a beautiful fall with many sunny and warm days, winter arrived the first week of December. Winter settled in quickly and seemed destined to stay until spring. Then came a surprise February thaw! Much of the snow melted and then when it refroze became a giant skating rink! The ice in the lake, which normally goes out mid-April, hung around until May 8. So far it has been a fairly dry spring so lake levels have receded to almost summer levels!

The Executive of the Association has been busy all winter. Anyone using either of the public landings will notice a new dock at Indian Narrows' and a repaired and enhanced ramp at Bennett's Bay. An appraisal of both docks in the fall revealed that the Indian Narrows' dock was at the end of its life and replacement was more feasible in the long run than repairing it. The ramp at Bennett's Bay public landing had been seriously damaged, (reportedly by someone driving an SUV onto the ramp), and needed as a result re-welding and structural strengthening. Rail-

ings were added as a safety feature. All of this cost well over \$12,000! The Executive would like to remind all residents and users of the docks that this maintenance is possible through your purchase of memberships and permits from the Association. I am sure everyone also thanks the Municipality of Whitestone for the grant of \$3,000 towards this expense. The Association will shortly sign a new "Dock Agreement" with the Municipality of Whitestone under which the Municipality pays for the liability insurance for the docks and parking areas adjacent to them



and the Association is responsible for the maintenance of the docks and parking areas. For more information, please see Mike Maccina's report inside this newsletter.

During one of the two confer-

Enclosed with this newsletter an  
**ANNUAL  
GENERAL  
MEETING  
INFORMATION  
PACKAGE**

Please keep this package until August 4th, 2018 and  
*bring it with you to the AGM* in Bennett's Barn at 9:30am

The Executive are sending out several of the reports which previously were presented at the AGM. This significantly increases the dissemination of this information (more people get the newsletter than attend the AGM) but also reduces the amount of time spent at the AGM

ence calls the Executive had during the winter, it was moved that presentations at the AGM be limited to ten (10) minutes with a maximum of five (5) minutes after for questions and answers. It is hoped that this will keep the AGM moving along at a respectable pace but still allowing time for important information.

Also enclosed in this package is the AGM Information Package. Please read this before the AGM, and bring it with you to the AGM. This will also enable us to move through the agenda.

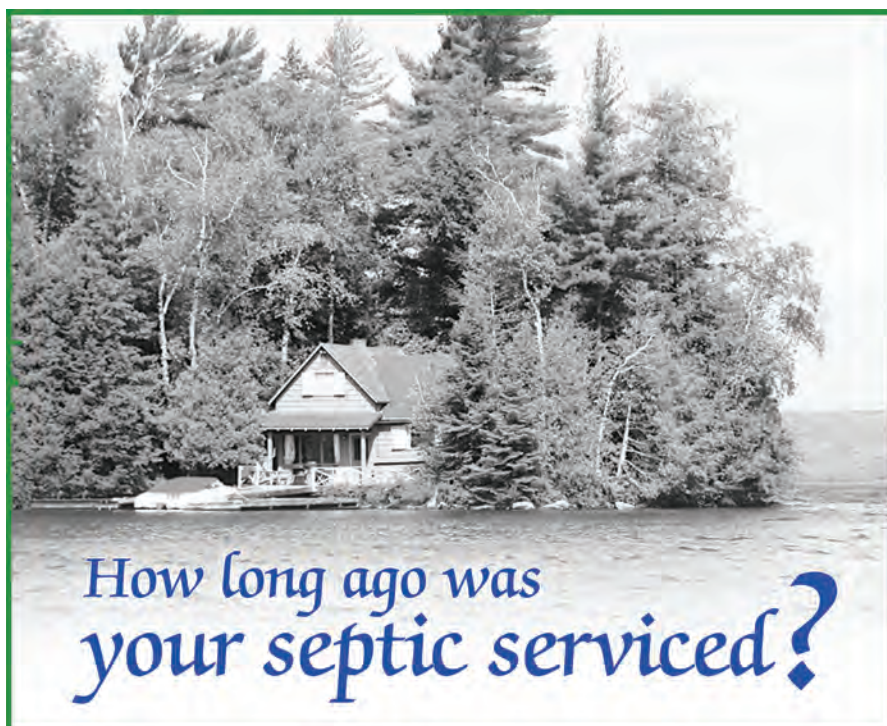
On behalf of the Executive, I wish everyone a safe, healthy, and happy summer at Lake Wah-Wash-Kesh!

*Don Comrie, President*

## WATER QUALITY SAMPLING PLANS FOR 2018

In 2018, water quality testing on Lake Wahwashkesh will continue with the Yellow Springs Instrument (YSI) meter. Terry Tweed and myself will take water quality measurements throughout the Top Lake, Indian Narrows, and the Big Lake at 11 sites in June, July, and August. This will be the sixth year of sampling Wahwashkesh Lake with the YSI meter. Some repairs to the meter were completed this past winter.

*Mike Maceina  
Director and Water Quality Coordinator*



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**[www.lakewwk.ca](http://www.lakewwk.ca)**

The form is available on the  
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For those that are comfortable  
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However, you would need to also  
send an email to tell us you what  
specifically the money is for



## BRIDGE ANYONE?

*I am a novice duplicate player looking for people to play bridge with*



*on a weekly basis at the Kesh.*

*Our cottage is located in the Top Lake, on the Narrows, across*

## BRIDGE PLAYERS

*from Turkey Island.*

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## Green Corner

by N. Glenn Perrett

### Quality Items for the Cottage

#### DeWalt Flexvolt Brushless 60V Max 7-1/4" Circular Saw Kit with Brake

[www.Dewalt.com](http://www.Dewalt.com)

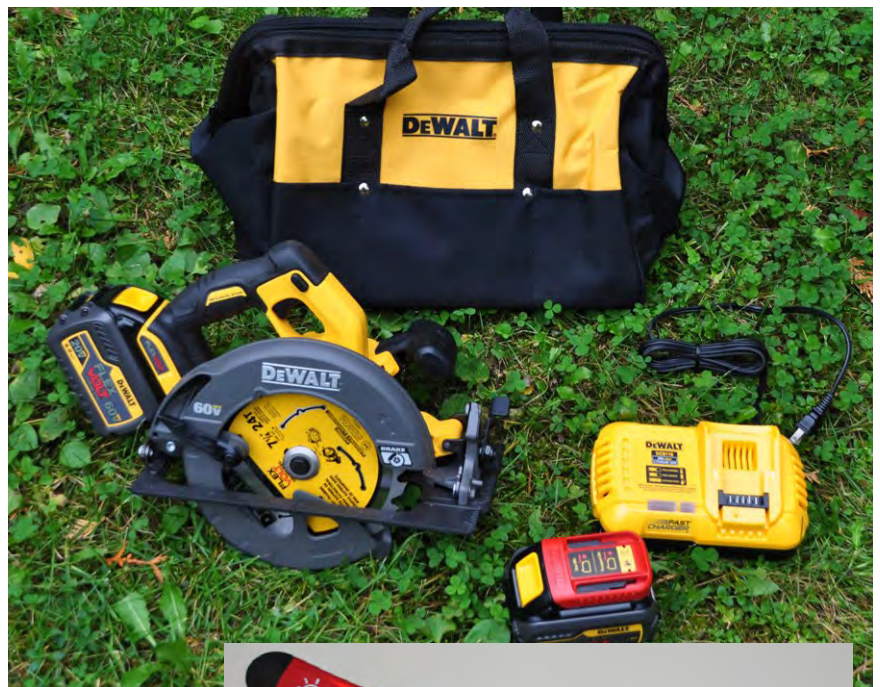
In a little over 30 years my wife and I have constructed fences at two homes that we have shared with our canine companions. The approximately 6' high, alternate board fences have provided our dogs with a safe place to exercise and play. The circular saw we used for the fences was a Black and Decker. And while it worked great, using the electric saw wasn't always convenient – especially when working on those sections located a significant distance from an electrical outlet.

After 27 years our current fenced yard required the replacement of numerous sections. To make things easier we are using a battery-powered circular saw from DeWalt – the DeWalt Flexvolt Brushless 60V Max 7-1/4" Circular Saw Kit with Brake (item DCS575T2) to be precise! So far we have used the saw to cut new boards for numerous 8' long sections of fence (there are 15 – 17 boards in most sections).

The powerful saw has performed admirably. The first lithium ion battery completed between three and four sections of the fence before needing to be charged and two lithium ion batteries came with this impressive kit. Not only has the saw cut all of the milled 1" x 6" x 6' boards for the new sections, but it has also cut the 2" x 4"s used for the framing.

The batteries are easily installed and removed from the saw which also features a worklight for when you require extra light in certain situations. The battery packs feature a fuel gauge consisting of LED lights that indicate the level of charge remaining. As with any power tool it is imperative that you read the instruction manual before using the saw and to follow all safety warnings and instructions.

This saw has allowed us to efficiently replace numerous sections of fence and we're looking forward to using it to complete the remaining 25 sections! This circular saw has quickly become one of the more important tools



in our workshop. Too bad we didn't have something like it when we originally built these fences.



#### LED Illuminating Bracelet

[www.leevalley.com](http://www.leevalley.com)

With the arrival of spring and summer, people take to the outdoors more jogging and walking, among other things, including at night. The LED Illuminating Bracelet (item 68K06.75) is effective in increasing visibility at night and in situations when visibility may be reduced. The bracelet is approximately 35 centimetres long (13.75 inches) and can be worn by slapping it against your wrist or ankle. The bracelet wraps around the limb and stays in place. When not around your wrist or ankle you can straighten the bracelet by pressing both ends. The LED band is activated by pressing a button. Press once for a continuous light and two presses gets you a flashing light. According to the Lee Valley website the band features a "durable weatherproof nylon cover with

a highly reflective spiderweb pattern" and has a "replaceable long-life battery with a run time of approximately 100 hours."

#### Haws Plastic Watering Can

[www.leevalley.com](http://www.leevalley.com)

I don't like plastic. It is a material that our species needs to stop making. But if we are going to have plastic, at least for a while longer, it is important that the plastic products are made for longer use (single use/disposable plastics should be immediately banned) and for useful items.

Recently I've used two watering cans by Haws. Haws are renowned for their quality watering cans which are fairly expensive. I tried their rugged plastic watering cans and I was





ed, impact-resistant plastic with heat-welded seams..." This watering can features a teapot spout and a rear handle and cross-stem allowing you to have a two-handed grip. This can has a 7-litre capacity and is available in dark green. It is made in England.

The Haws Plastic Can (item XB910) is a lighter watering can (holds approximately 5 litres) that is impact-resistant and features a brass-faced rose and a teapot spout.



not disappointed. The cans are significantly less expensive than their metal counterparts and they feature a brass rose that produces fine drops similar to a gentle rain. This gentle watering is ideal for young vegetable plants, flowers and tree seedlings. The performance of the watering cans is excellent.

The Haws Heavy-Duty Plastic Watering Can (item XB911) is made of "...thick injection-mold-



### DeWalt 20V Max\* Tripod Light (DCL079B)

[www.dewalt.com](http://www.dewalt.com)

Wow! This is an awesome, cordless light! We already have numerous uses for it including lighting our workshop which is located in an outbuilding. We also make good use of it when our power goes out for extended periods – which happens several times each year. By shining the cordless LED light upwards (so it isn't directly in your eyes) it easily lights a room in our house making it easy to read a book even on the far side of the room from where the light is located.

The light has three brightness settings (maximum output 3000 lumens). When we used the light it operated for approximately five hours on the brightest setting, approximately seven hours on the medium setting and about nine hours on the lowest setting.

The cordless light can be used indoors or outdoors although it should not be exposed to rain, or other precipitation, and it should be stored indoors (carefully read all instructions that come with the light before using). The light's design is also impressive. It is easily transported as it isn't too heavy (approximately 7.4 kilograms/16 pounds not including the battery). The legs can be extended and collapsed. The light features a telescoping pole that extends to seven feet but collapses to 39 inches for easy transporting and storage.

This particular tool (DCL079B) does not come with a battery or charger, but the light is compatible with DeWalt 20V Max\* and Flexvolt batteries. You can also purchase the light as part of a kit (DCL079R1) that includes the light along with a battery and a charger.

Power outages are still inconvenient (and all too common), but they aren't nearly as annoying now that we have the DeWalt 20V Max\* Tripod Light!

### Box Tool

[www.leevalley.com](http://www.leevalley.com)

The primitive-looking, crude Box Tool from Lee Valley (item 88K39.01) may not win any beauty awards, but it is a handy tool to have. According to the Lee Valley website, this tool was, "Originally designed for opening and closing crates". I'm finding it useful for removing boards that need to be replaced on our fence and then to remove the nails from the boards.

The Box Tool is 13.5" long and weighs a little under 2 pounds. The tool features a nail puller, a hatchet, a pry bar and a hammer. Nice tool to have particularly if you don't want to take numerous tools with you when this one will do many of the tasks that you require. Due to its rugged nature and economical price, it is a tool that I won't worry too much about damaging!



## Report from the DOCK COMMITTEE

The ramp to the dock at Bennett's Landing has been repaired and the new dock at the Indian Narrows Landing was installed on May 18, 2018. Old Man Winter lingered too long at Lake Wahwashkesh and the ice finally went out on May 8. These conditions slowed the progress on dock repair and replacement, but Ed Bennett Jr. and his crew worked long and hard to complete dock work in a

timely manner. Thanks to Ed and his crew for getting this done and to the Lake Wahwashkesh Conservation Association Dock Committee (John Nelson, Rod Bennett, Norman Lock) for gathering information to expediate this process.

The Association received a \$3,000 grant from the Municipality of Whitestone to assist in payment for this replacement and repairs to these two docks. Liability on the docks will continue to be covered by the Municipality of Whitestone. Dock repairs and maintenance will be continued to

be the responsibility of the Association. We strongly encourage all that use these docks to purchase a Lake Access Permit (\$35) as we as a lake community must pay and maintain these two docks. Have an enjoyable and safe boating season.

*Mike Maceina*  
*Director Liaison for the Dock*  
*Committee*



## 2018 ANNUAL GENERAL MEETING

9:30am

• **Saturday, August 4th**

• Bennett's Barn

PLEASE REMEMBER  
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## CORN ROAST

**Saturday, August 18th**

• 4:00pm • Straub's Beach



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changes,  
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## TRAILER PARKING

As most of you know and many have experienced, the parking at Bennett's and Indian Narrows' is often congested especially at long weekend times. To try and alleviate this problem, the Association Executive has decided to clean off the surface of the decommissioned dump site behind Bennett's. This area can be used to park empty trailers which would otherwise sit in high occupancy parking spots beside the roads and in the Association's parking lot. **People may park their trailers in this area by purchasing a trailer parking permit at Bennett's for \$25 for the year.** We are asking people to park their trailers around the perimeter so anyone can access their trailer as necessary.

The Association hopes this initiative will reduce the number of parking problems in these areas and make the Lake more accessible and enjoyable for everyone! Thank you!

*Don Comrie*

## SHORELINE VIDEO PROJECT

The Executive continue to have troubles getting this project off the ground. There were no volunteers to undertake this project so we looked elsewhere. There has also been some discussion as to the best type of camera that will eliminate the movement of the boat and give us a clear record of the shoreline and the buildings on it. The Executive feel that, since it is 25 years since the shoreline was last filmed, this will be a valuable record of the development and changes on the lake. We will continue to work on this and will keep you advised.

*Don Comrie*

## ATTENTION: HISTORY BUFFS

Do you like old pictures of log homes and the history of our area? Mr. Andy Houser has compiled a 376 page book titled **Whitestone**. It is a "report summarizing research efforts of the Whitestone Historical Society" and covers the area from Gordon Lake to the Bunny Trail. This book is full of old pictures of early settlers in this area and their families. There is even a page or two of history of our old log building!

I have enjoyed reading this book. Copies can be obtained from Norm Stiles for \$30.00 or we hope to have some for sale at the AGM for the same price. Great reading! *All proceeds go to the Whitestone Historical Society.*

*Don Comrie*

## BURSARY

*Post-secondary  
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Course*

**\$500.00**

Once again this year, the Association is offering a \$500.00 bursary to students who have been accepted into a post-secondary institution in an environmental course. (children and immediate family members of property owners on Lake WWK)

***Application deadline  
is July 1, 2018***

Please contact Don Comrie for further information.



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# YOU GAVE US YOUR BEST SHOT

## – WAHWASHKESH 2019 CALENDARS –

Thank you to everyone who sent in photos for me to consider for next year's calendar. There were so many submissions and the vast choice available made it very hard indeed to decide which shots should be included. We certainly have enough photographs now to make up many more calendars for years to come. I know that my choices probably won't satisfy everyone, but I did look at every single picture that came into the mail box. Some pictures were ruled out as they weren't clear enough; others, though beautiful, were similar to pictures already accepted. However, I enjoyed looking at them all.

I hope that every member of the association will buy at least one of our calendars, when they go on sale at Bennett's store during the July long weekend. The prices remain the same as last year \$15 for one, \$25 for two and \$35 for three. Great Christmas presents for all Wahwashkesh lovers. Once again – thank you all, and have a glorious summer at the best place on earth.

*Terry Tweed*

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# Book Reviews

by N. Glenn Perrett

## Forest Bathing: How Trees Can Help You Find Health and Happiness

*Dr. Qing Li, Viking, 2018, 310 pages*  
ISBN: 9780525559856

*Forest Bathing: How Trees Can Help You Find Health and Happiness* is a fascinating book about how trees, forests and nature make us healthier and happier. Written by Dr. Qing Li, a leader in forest medicine, the book looks at the Japanese art and science of shinrin-yoku (forest-bathing) and how it can improve our health – especially during a time when we live increasingly indoors and in urban areas. In Japan, a national health program in forest-bathing began in 1982 and there is considerable evidence that shows that spending time in nature has myriad health benefits including: reducing blood pressure, lowering stress, improving concentration and memory, lifting depression, improving energy, boosting the immune system, improving cardiovascular and metabolic health – and more.

One aspect of forest-bathing that I was particularly impressed with was its benefit to our immune system. According to Dr. Qing, studies indicate that forests may have anti-cancer effects due, in part, to the increase in natural killer (NK) cells – white blood cells that attack unwanted cells – experienced after forest-bathing. And this benefit to our immune system can last up to 30 days after a forest bath!

One reason why forest-bathing is good for us is because we are exposed to phytoncides. Phytoncides are natural oils that plants release and these have various benefits including significantly increasing the number of NK cells, decreasing stress hormone levels, stimulating pleasant mood, lowering blood pressure and heart rate and helping us sleep.

The chapter on “How to Practise Shinrin-Yoku” provides considerable information on how and where you can practise forest-bathing. And for when

you can't get outside to enjoy the benefits of shinrin-yoku there is a chapter on “Bringing the Forest Indoors.”

Slowly our species is learning the vital role that forests play for the planet and for our health, a connection Dr. Qing knows well.

“Our health and the health of the forest go hand in hand. When trees die, we die. If our forests are unhealthy, then so are we. You can't have a healthy population without healthy forests.”

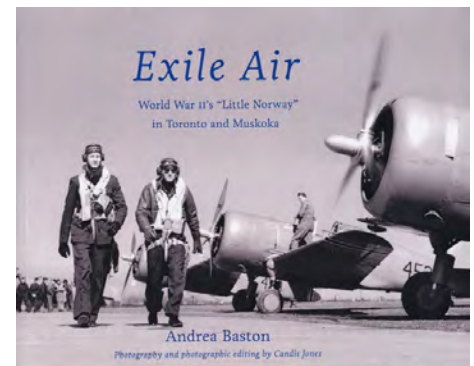
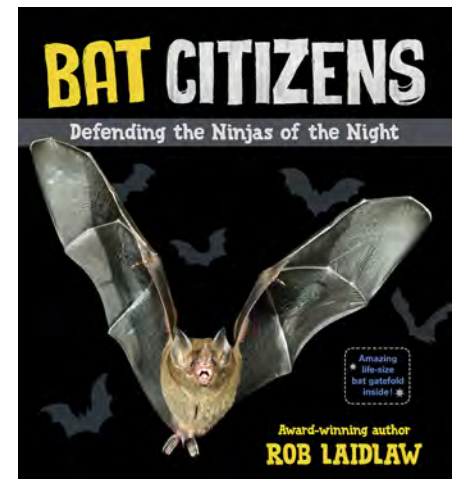
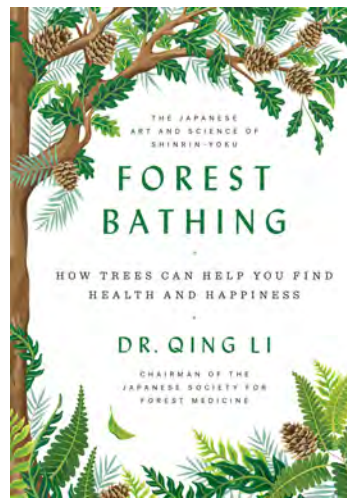
## Bat Citizens: Defending the Ninjas of the Night

*Rob Laidlaw, Pajama Press, 2018, 48 pages*  
ISBN: 9781772780390, ages 8+

Bats have it tough right now. Not only are they suffering from habitat loss, but the disease white-nose syndrome (WNS) is wiping out entire bat populations. To help these important and fascinating animals we need to learn more about them and Rob Laidlaw's book *Bat Citizens: Defending the Ninjas of the Night* provides lots of interesting information.

The book begins with a look at bats and then covers “bat biology.” The chapter on “Bats for a Healthy World” provides information on some of the many benefits the small, flying mammals provide including controlling insect populations and pollinating plants. Laidlaw then covers many challenges facing bats – everything from WNS to humans to turbines – along with potential solutions to these problems. There is also a section on “Being a Friend to Bats” including humanely removing, and excluding, them from buildings as well as creating bat-friendly gardens.

Complementing the interesting text

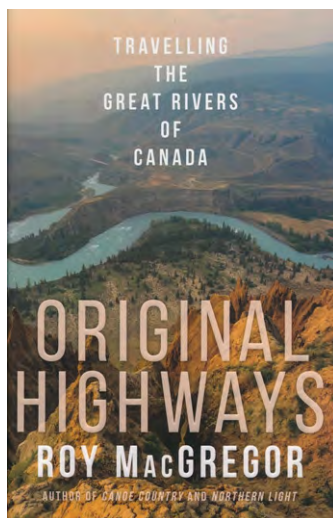


are numerous colour photographs, a centre-gatefold bat illustration and a poster. Numerous features of “*Bat Citizens*” (young people working to protect bats) along with sidebars and a glossary also help to make *Bat Citizens* an excellent book aimed at helping these incredible, vital and often misunderstood mammals.

## Exile Air: World War II's “Little Norway” in Toronto and Muskoka

*Andrea Baston, photography and  
photographic editing by Candis Jones*  
*Old Stone Books, 2017, 240 pages*  
ISBN: 9780992090326

*Exile Air: World War II's “Little Norway” in Toronto and Muskoka* is a well-researched and interesting book by Andrea Baston that “...tells a true, inspiring story from Canada's and Norway's history – that of camp Little Norway and of the young recruits who trained there.” Baston's book covers the Norwegian recruits who came to Canada during WWII, following the invasion of Norway by Germany, and joined the Royal Norwegian



Air Force (RNAF) where a flight training camp was first located in Toronto and later near Gravenhurst, Ontario at the Muskoka Airport. The recruits had escaped their homeland returning later as “Little Norway’s” airmen flying in squadrons of Britain’s Royal Air Force.

At the beginning of the book is a “Timeline” beginning with April 9, 1940 when Germany invades Norway and Denmark and ending with the official opening of “Little Norway Memorial, Muskoka Airport.”

The informative book covers the invasion, the establishing of an air training centre in Toronto for exiled Norwegian airmen, the centre’s move to Muskoka Airport, Dieppe, life at Little Norway – and lots more.

It’s important to learn about local history and wars and Exile Air provides an interesting look at both. Complementing the fascinating text are excellent black-and-white photos throughout the book!

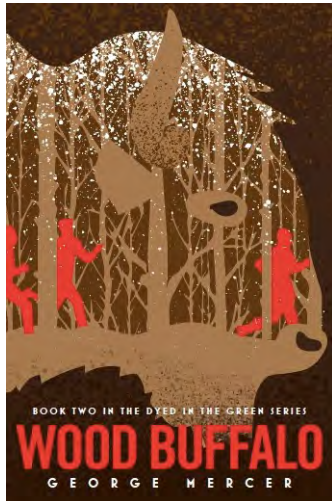
You can find out more about Exile Air at [www.oldstonebooks.com](http://www.oldstonebooks.com)

## Original Highways: Travelling the Great Rivers of Canada

Roy MacGregor

Random House Canada, 2017,  
342 pages, ISBN: 9780307361387

In *Original Highways: Travelling the Great Rivers of Canada* Roy MacGregor provides the reader with an interesting look at 16 rivers in Canada – rivers that have connected Canada allowing people to settle across this



country.

MacGregor’s well-researched

book looks at the following rivers: St. Lawrence, Ottawa, Don, Grand, Niagara, Muskoka, Gatineau, Saint John, Rideau River and Canal, Dumoine, Red, Bow, North Saskatchewan, Columbia, Fraser, Mackenzie.

Learning about some of the rivers that make Canada such a special place is a good reason to read *Original Highways* and if you are vacationing near any of these rivers this summer you can get a detailed look at these important waterways.

## Wood Buffalo

George Mercer, 2016, 342 pages  
ISBN: 9780987975423

*Wood Buffalo* is the second book in George Mercer’s entertaining “Dyed in the Green” series featuring National Park Warden Ben Matthews. The first book, *Dyed In the Green*, introduced us to Warden Matthews who was stationed at Cape Breton Highlands National Park.

The setting for the second book is Wood Buffalo National Park located in southern Northwest Territories and northeastern Alberta. The park is the largest national park in Canada and is known for protecting “...the largest functioning wolf-bison ecosystem remaining on the planet.” Having transferred from Cape Breton Highlands National Park to Wood Buffalo National Park, Ben finds himself thrown into the controversial issue of possibly slaughtering the entire bison population in the park. While the people who work in the park want to leave the bison alone,



there are other groups, including other departments within the federal government, that want to kill all of the bison.

As Ben and his colleagues come up with a plan to protect, and not slaughter, the bison in the massive park, they come to realize that they are in for a big fight as they have to deal with government bureaucracy as well as those who will benefit from killing the buffalo.

As with his first book in the series, George Mercer combines an interesting, believable plot with interesting characters and environmental issues. At the end of the story Mercer has included some information about Wood Buffalo National Park that complements the story.

If you are looking for a good nature/mystery novel, especially one set in Canada, check out George Mercer’s books, and where to get them, at:

<http://georgemercer.com/>

<http://georgemercer.com/purchasing/>

## Backpack Explorer: On the Nature Trail

Kathleen Yale, photographs by Kimberly Stoney

Storey Publishing, 2018, 48 pages,  
ISBN: 9781612129013, ages 5+

A hike in nature is a fun way to get children interested in the natural world and to learn about the plants and animals with whom we share the Earth. This “hands-on field guide” to a nature adventure includes three sheets of stickers, a working magnifying glass and some paper where the young explorer can make their own trail map.

Information contained in the book includes: trail tips, trees, leaves, birds, insects, clouds, squirrels and other mammals, amphibians, mushrooms, seeds, flowers, butterflies, spiders, animal tracks – and more! There are also some nature activities that young hikers and explorers will enjoy including making your own “Nature Paint Brushes.”



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