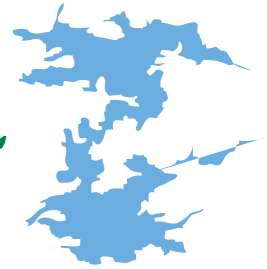


Lake WahWashKesh

CONSERVATION ASSOCIATION



– FALL 2021 –

PRESIDENT'S PERSPECTIVE

This year was better than last but it presented newer and older obstacles to maneuver.

The newer - very high water levels in the fall, potential top lake and backlot development, and navigating changing levels of Covid restrictions.

The older - recruitment of directors, keeping the AGM to a manageable time limit, protection of the lake's water quality programme, increase in membership and permit costs, and launch/parking lot improvements.

The newsletter contains updates on many of these items. WahWashKesh Conservation Association exists to serve its members. *Please continue to be one of them!*

2021 VIRTUAL AGM

The AGM held via zoom was long! However there were a number of items that required member's input as they have financial implications.

The cost for Permits and Memberships have increased slightly for the 2022 season.

Water quality testing will be done twice a year via a third party. The funding will be from donations made specifically for Water Testing and from general funds (memberships & permits). This ensures consistent testing results. **Mike would appreciate our efforts.**

I would like to thank Barb Cribbett for sending out numerous emails to keep our membership informed of various items. I hope members also appreciate the up to date communication that keeps them informed beyond the two annual newsletters.

Lynn Brennan

GEORGIAN BAY
FOREVER



Protecting your water.

EXTREME WATER LEVELS FREE WEBINARS

The Georgian Bay Association and Georgian Bay Forever are hosting a series of free Saturday morning online webinars called "Extreme Water Levels: Impacts and Strategies". You can watch a video of the webinar that took place on October 23. **Next ones are November 13 and December 4.** These 2-hour webinars feature expert speakers in science and conservation who will talk to the impacts of future extreme water levels on shorelines, property, and wildlife, and provide tips to reduce risk and damage.

Each webinar is unique and features different speakers that will focus on impacts to the Georgian Bay ecosystem and the risk to people's enjoyment of their shoreline residence and the beauty of the Bay.

To attend, register online at gbf.org/H2O

**Webinar 3: Better Understanding Your
Septic System, Property Insurance and
How Water Fluctuations Impact the
Bay's Businesses and You**

Saturday December 4 (10am-12noon)

- How vulnerable is your septic system?
What are your options?
- Potential impacts on potable water in high
and low water events
- What are the potential impacts on property insurance?
- What are the impacts of extreme high and low water
levels on municipal infrastructure, shoreline businesses,
and other services from more water level extremes."

VISIT OUR WEBSITE

www.lakewahwashkesh.ca


MUNICIPALITY OF WHITESTONE

Environmental Stewardship Sub-Committee

The minutes of the committee are posted on the Municipal website under Boards and Committees. I am the representative for WWKCA and I am currently on the sub-committees of Septic Health and Lake Management Plan.

We will need to do a Lake Plan to be included in the Municipal Official Plan. *We need volunteers to help with this project.* It will require a survey being conducted of what criteria we feel is important to protect the lake. Eg: Sustainable development, water quality, shoreline alteration, boat speeds, building setbacks, etc. Just to name a few!

If you are interested in being part of a Lake Plan Committee, please contact Lynn Brennan – lynnmbrennan@gmail.com




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THEFT AT WahWashKesh LAUNCHES

This spring, 2021, a boat motor was stolen from Indian Narrow parking area. This fall a truck cab was stolen from the main parking lot near Bennett's. **We want to make people aware of this and please keep eyes open for potential occurrences.**

WHAT3WORDS APP

The App that can save your life

What3Words is a FREE App designed to identify precise locations with a resolution of about 3 metres. Every 3m square has been given a unique combination of three words. Many emergency services accept 3 word addresses from callers to help find people in need of emergency assistance quickly and easily.



Keep up to date on the latest information for the **MUNICIPALITY OF WHITESTONE NEWS**

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PERMITS

Whether a property owner or a member of the general public, you benefit from these services; even if you are not parking, you are using the parking area and dock which requires a Lake Access Permit

- All permits are for **short term parking** and boat launching
 - Please use the boat trailer area for extended periods of time
 - **The parking areas are NOT for LONG TERM STORAGE of trailers, boats or vehicles**

Permits can be purchased via the website – lakewahwashkesh.ca or at Bennett's store. The paypal system has been effective. The paypal address to send information to the Treasurer with your permit purchase has been updated on the Website.

It is treasurer@lakewahwashkesh.ca

The permit passes will be distributed in May prior to the long weekend. Please display your parking pass on the mirror or vehicle dashboard. Trailer passes should also be displayed.

WHERE DOES YOUR MEMBERSHIP AND PERMIT MONEY GO?

The Association uses the money to continue very important projects such as:

- Water Quality Testing
- Dock Replacement
- Parking Access upgrades
- Boom & Docks fall removal and spring attachment
- Communication & Links to Government Agencies
- Hobo Link - water depth monitor
- Yearly expenses such as website, insurance and annual bursary (these costs are incurred year round)

All of these projects and more help maintain property values, the quality of property owner's experiences at the lake, and updates on changes that affect our property and the lake itself.

Can't do it without renewal of yearly memberships!

ASSOCIATION MEMBERSHIPS

The 2022 Membership/ permit purchase form has been activated.

It's an easy to follow process!

NEW WAY TO PAY

www.lakewahwashkesh.ca

At the top of the home page:

SHOP PERMITS AND MEMBERSHIPS

You may now pick out the permits you wish to buy, and then pay for them with 3 options:

1. PayPal



OR 2. Email transfer

treasurer@lakewahwashkesh.ca

OR 3.

Mailing a cheque

From the home page:

Scroll down to

“Download your 2022 membership/permit form here” download a form and mail it with a cheque

WWKCA LAUNCH/DOCK AGREEMENT WITH THE MUNICIPALITY

What the future agreement looks like needs to be addressed. The Board is providing different scenarios to the Launch Task Force for discussion.

- Should the Municipality or WWKCA be responsible for the maintenance of docks, boom, parking and water access areas?
- Whether the Municipality or WWKCA collects fees for parking, trailers and water access; and whether the Municipality enforces the purchase of permits and by what method?
- Or does WWKCA continue to collect permit fees?

The suggestions from the Task Force will be presented at the 2022 AGM

New signage has been erected. Some changed and additions still to be done



Many unclaimed boats remain at the Indian Narrows dock area



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VOLUNTEERS!!!!

Everyone is busy! Everyone wants to enjoy their time at the lake!

Help us all by sharing the load.

Volunteers needed for Membership Drive committee, Lake Plan committee & Fishing committee (Concerned about lack of fish? Fish species? Stocking? Or habitat?)

Don't hold off too long - only so many spots available! LOL

Please contact Lynn –
lynnmbrennan@gmail.com

THANK YOU!

At a luncheon hosted by Lynn and John Brennan at their cottage at the end of July, I was presented with a computer-generated large map of the Lake as a memento of my years as a director and president. The portrait of the Lake is detailed and is a meaningful memento.

I wish to thank the Executive and members for their support over the years and for this lovely portrait of the Lake we all love. It is hanging in my condo in Toronto to remind me daily of the Lake.

Thank you, Don Comrie



IN MEMORIAM

Al Wigston

It is with great sadness that the family of Alan Wigston announces his sudden passing on July 29, 2021 at the age of 63.



Alan is survived by his devoted brother Guy (Jennifer) and was a loving and involved uncle to Alexis, Darcy and Parker.

Dutiful son to the late Arnold and Barbara Wigston and dear brother to the late Mark Wigston. Alan will always be remembered as a friendly, generous and hard-working

man who was always ready to help others. In his retirement, he could be found volunteering with Meals on Wheels. Wiggy always had time to wave, say hello and have a chat.

Alan's sense of humour and fun will be greatly missed by all, but particularly on the snowmobile trails, at the lake, and by the staff at Wimpy's.

Jim Muncy Sr.

The neighbours on Shabbot's Bay are saddened by the recent passing of a good friend and long-time cottager, Jim Muncy Sr. Jim was the ultimate fisherman, who was almost never "skunked" over his 50-some years on our lake, with pickerel being his usual catch. He was always willing to share his tried and



true techniques with friends. A number of years ago, he was asked by the MNR to fish several times in neighbouring lakes to provide evidence to fisherfolk there that there was no problem with their fish population.

Jim and his wife, Pat, hosted the neighbours every year, serving heaping platters of Pat's perfectly deep-fried fish.

Jim's family will continue to make the trek from Ohio to carry on the fishing tradition, particularly Jim Jr and

his wife Cathi from Doret's (Pine View) Island.

The Lennox, Abbott and Rhode/Howard families are making a donation to the WWKCA Fish Committee in memory of their friend and neighbour, Jim.



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Chris Norman
705-774-0565
chrisnorman55@hotmail.com

NEW DIRECTORS

The Board has fortunately had two members step forward to become Directors. The Board approved their appointment via a zoom meeting in October

Robert Slykhuis: We have been on the lake since 2002. We are members of the Association from the beginning and I served as Treasurer for I think 5 years.

As for my background I am a retired CEO of a German company, Bizerba where I ran the North American division. This consisted of six companies based in Canada, USA and Mexico. In retirement we spend the majority of our time here but still have a property in Bond Head near our kids and grandkids.

We are avid boaters, snowmobilers and fishers (although still working more on the latter). We are passionate about water quality and fishing and believe the Association has an important role in helping maintain the quality of the lake and representing cottagers with local agencies to ensure we are treated fairly.

I would be pleased to serve as a Director and help support your efforts in the future.

Paul Thomson: I was first invited to come to WahWashKesh during the summer of 1987 by my now wife Julie Easterbrook. I was immediately drawn to the natural beauty, privacy, ruggedness, and recreational opportunities of Lake WahWashKesh. Since then Julie and I have experienced cottaging with our family of three girls who are now approaching the age I was when I first came to the lake. Over the years, I have been involved with the Association through our Incorporation as well as enjoying the lake in the winter with the Cramadog Snowriders. I have developed many social connections through the Association and love learning about the various family histories that have contributed to the community feel of our lake.

My interest in being a Director of the Association is rooted in making sure our lake and its future stories can be shared by successive generations of all of our families as we balance water quality and quantity issues, developmental pressures, Crown land preservation and site service improvements including lake access, parking, stable communication platforms and electrical service stability.

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FINANCIALS

The Lake Wah-Wash-Kesh Conservation Association 2021 financial year is rapidly coming to a close. We did very well on revenues this year, in spite of it being a second COVID year. Memberships paid this year are just under 160 members, an increase from our average of 120. All of our permit revenues are up this year, which will help pay for our new water testing regime. We also received two donations for water testing, \$100 from Morton's Point Camp and \$1,000 from Graham Keene. Thank you to both!

Expenses are expected to be on par with last year or slightly less. Overall, a healthy year end surplus is expected.

Also, at the September 14th AGM, the membership approved increases to our membership/permit fees in order to provide additional funding for the costs of water testing.

The increases are as follows:

- Membership - Increased to \$50 annually
- Combination Car Parking/Lake Access - Increased to \$75 annually
- Car Parking - Increased to \$40 annually
- Lake Access - Increased to \$45 annually
- Trailer Parking - Increased to \$35 annually

Stay safe and enjoy the fall season. I'm looking forward to winter snowshoeing soon!

Barb Cribbett

We Love Our Sponsors!

Throughout this newsletter you will find advertisements placed by many local businesses. These advertisements generate needed revenue for the Association to support our goals and programs.

Please use their services and let them know you saw their ad in the newsletter or on the WWK website

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Green Corner

by N. Glenn Perrett

DeWalt 60V MAX FlexVolt Brushless Attachment Capable String Trimmer (DCST972B)

www.dewalt.ca

Even if you keep your cottage in as wild a state as possible (which is preferable), there are still lots of jobs to do and the *DeWalt 60V MAX Brushless Attachment Capable String Trimmer* can help. Recently we put this tool to good use and it has performed very well! The string trimmer features an adjustable cut swath (15"/17"), a quick-load spool, variable trigger and hi/low speed control.

A particularly nice feature of this battery-powered tool is that the Attachment Capable Powerhead that comes with the string trimmer accepts additional tool pieces (sold separately) including an edger (DWOAS4ED), a bush cutter (DWOAS5BC), a pole saw (DWOAS6PS), a hedge trimmer (DWOAS8HT) and a blower (DWOAS7BL). And the battery-operated tools means you aren't dependent on annoying electrical cords or fossil fuels!

Craftsman 2100 PSI Electric Cold Water Pressure Washer (CMEPW2100)

www.craftsman.com

While our pressure washer isn't one of our more frequently used tools, when we need it it really helps out with our projects. In the past we have used pressure washers for several tasks including cleaning decks. Most recently we used our *Craftsman 2100 PSI Electric Cold Water Pressure Washer* (CMEPW2100) on our century barn, which we are restoring, and on the board and batten



wood exterior on our house that we are staining.

The pressure washer performed well with both projects. With the barn's stone foundation the washer effectively removed dirt, loose cement and other matter so that we could efficiently restore the old foundation by adding cement where it was needed.

The pressure washer also cleaned the surface of the wood boards on our house in preparation of applying stain. Removing debris on the wood exterior allowed for the stain to adhere effectively ensuring a longer-lasting job and minimizing the amount of stain required to do a good job.

This Craftsman pressure washer is easy to assemble and use and it has many good features including: a 25' high pressure hose; rail locked wand storage; 10" wheels; multiple quick-connect wand tips for a variety of cleaning applications; a 13 amp motor; a soap tank; spray tip cleaning tool. Ensure that you read the instruction manual that comes with the washer and follow the safety and assembly instructions.

Whether you are cleaning con-



crete, masonry, decking/fencing or your vehicle, the Craftsman 2100 PSI Electric Cold Water Pressure Washer is a handy tool to have!

Buck Naked Soap Company

www.bucknakedsoapcompany.com

I like giving (and receiving) gifts that are natural, good for the environment and which don't harm animals so I was pleased to try some products from *The Buck Naked Soap Company* – a Canadian company in Cambridge, Ontario. And I was delighted to learn that their products are not only natural, vegan and sustainable, but also cruelty-free!

The first product that I tried was their "Canadian Glacial Clay Shaving Soap" and it was impressive. The product was easy to use, provided a good shave and left a light scent of cedar and sage. According to their website, the "clay is socially and environmentally responsible; harvested under government authorization, First Nations consultation and sanctioned by international standards associations."

The Buck Naked Soap Company's



soaps are also very good. Their “Canadian Balsam Fir + Lavender” soap has a fairly strong smell of fir and contains coconut oil and olive oil as two of its ingredients. The “Lemon + Lavender Soap” has a more subtle – but equally pleasant –

scent. These soaps are quite large so I cut the bars in half so that they last longer.

A nice item for the bath is “Jasmine Coconut Milk Bath.” According to the Buck Naked Soap Company this coconut milk bath is “rich in vitamin C, magnesium and copper, which help maintain skin elasticity and aid in the prevention of wrinkles.” And while it is too late for me to worry about wrinkles, this product has a soothing scent providing for a relaxing soak!

The planet benefits from the giving of natural, eco-friendly, sustainable, cruelty-free and practical gifts and these products check most, if not all, of those boxes – and they smell nice!

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The Whitestone Conservation Association has DIY Flow N' Glow Septic Capsules available through the Whitestone Public Library & Technology Centre at a subsidized cost of \$10.00 each



DIY Flow N' Glow Septic Capsules - INFORMATION SHEET -

These capsules from Near North Laboratories Inc. out of North Bay, Ontario, are an easy method for homeowners on a private septic to test for leaks in their waste system components. It's as simple as **flushing it down a toilet in an active septic system, waiting for at least 24 hours and investigating for the fluorescent green/yellow colour. Instructions are included with each capsule, and a blacklight can be lent out to aid in detecting leaks.**

As they age, private septic system components including the septic tank can sustain damage that isn't immediately obvious, but can still cause issues such as sewage backups or even drinking water supply contamination. A septic system failure causes untreated sewage to be released from the enclosed plumbing system causing unhealthy conditions. Raw sewage can rise to the surface from the underground pipes, connections, and septic tank and leach into the drain field. The sewage could also find its way into groundwater, surface water or marine water environments without visual detection.

The sewage carries pathogens and other dangerous contaminants. Exposure to raw sewage pathogens can make people and animals ill. Sewage leakage can also contami-

nate water sources and make them unsafe for drinking, swimming, bathing, and home usage. A septic dye test makes it easy to spot major problems without using more invasive inspections. Its most often used to check for leakage of septic effluent (liquid sewage) due to such things as broken pipes or incorrect installations. The dye makes any escaping effluent visible and traceable. If there is a problem with the system, the dye may show up in a drain field, your yard or a nearby waterway.

As popular as the septic dye test method is, it does have its limitations. Dye test failures are rare for properly maintained systems and when this test indicates a failure it is usually already showing other signs of leaks or clogs, such as backed up toilets and drains, sewage odours and sometimes even standing water around the tank or field. Recent rain or snow, a thick layer of leaves and tall grass may obscure any dye fluorescence on the soil surface that you may not always notice it. Even if no dyed effluents appear, that does not conclusively prove that your septic is working optimally.

This test cannot be used on either a brand newly installed system nor a recently pumped out system. This test relies on an operating septic. So by itself, this test with-

out further investigations at the septic tank, distribution box and even the drainfields, is not indicative of the complete condition of the system.

On the other hand, experienced inspectors have found so many failed septic systems with this simple test procedure that it is well worth performing and it offers an inexpensive way to detect many expensive problems.

Prepared by: Whitestone Conservation Association

DEVELOPMENT UPDATES

Currently there are no further updates on the Keene development on the Top Lake or the next meeting about the Official Plan Amendment. **We will keep members posted through emails as we hear more**

Whitestone & Area Nursing Station Expansion

The Whitestone Nurse Practitioner-led Clinic (NPLC) provides comprehensive primary care for residents and cottagers in Whitestone and the surrounding area

Please consider donating to this worthy cause

Services Provided - A full-time nurse practitioner works collaboratively with a number of part-time health professionals. Lab services are also available on a part-time basis. Patients are asked to please call to make an appointment.

Whitestone Council in partnership with the West Parry Sound Health Centre (and with the assistance of several grant funding opportunities) will be expanding the Nurse Practitioner-led Clinic in 2022. Design and planning is underway in support of this wonderful community asset to meet the needs of our community and surrounding communities with:

- Safer care with more space for infection control
- Improved access to care with more patient rooms for scheduling our nurse practitioners, physiotherapist, social worker, mental health and addictions counsellor and family physician
- Increased capacity to meet the demand for existing services
- Potential for new health and wellness services

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Book Reviews

by N. Glenn Perrett

Call Me Indian: From the Trauma of Residential School to Becoming the NHL's First Treaty Indigenous Player

Fred Sasakamoose with Meg Masters,
Foreword by Bryan Trottier,
Viking, 2021, 268 pages
ISBN: 9780735240018

Call Me Indian: From the Trauma of Residential School to Becoming the NHL's First Treaty Indigenous Player is the heart-wrenching and heartwarming life of Fred Sasakamoose. Born in 1933 on what is now called Ahtahkakoop Cree Nation in Saskatchewan, Sasakamoose was a residential school survivor having endured the horrors of a residential school for a decade. While Sasakamoose is remembered by many for his impressive hockey career which included being the first full Treaty Indigenous player to make the NHL playing for the Chicago Black Hawks in 1953-54, his story is so much more than that. He was married to his wife Loretta for 66 years and they had 10 children, 51 grandchildren, 88 great-grandchildren and 2 great-great-grandchildren.

And while his life was full of ups and downs, triumphs and tragedies, Sasakamoose improved the lives of Indigenous peoples by promoting sports and culture while warning of the damage caused by drug addiction and substance abuse. He also spoke of the importance of health and leading an active lifestyle and pursuing your dreams.

Sasakamoose was acknowledged for his hockey skills and tireless work for his community receiving numerous awards including being inducted into the Saskatchewan Sports Hall of Fame (Builder category), be-

ing inducted into the Saskatchewan Hockey Hall of Fame (Player category), receiving an honorary doctorate of laws from the University of Saskatchewan and receiving the Order of Canada. In 1998 Sasakamoose was included in the NHL's diversity task force. He was also inducted into the Canadian Native Hockey Hall of Fame and he received a National Aboriginal Achievement Award.

Sasakamoose's extensive list of achievements is impressive, but one of his most beneficial and lasting accomplishments was telling his story in this book and informing and educating others of the difficulties and tragedies he had to endure. One such tragedy was when he and his brother Frank were abducted as young children from their family (a time he refers to as the "last day of my childhood") and taken to a Catholic residential school where they suffered unimaginable and horrific abuse – including physical abuse. Reading about life at the residential school was both disturbing and heart-breaking but it is an important story and Sasakamoose provides a glimpse into what many children had to experience in the schools.

"My parents didn't hit us. I had never seen any adult beat a child. But at St. Michael's, grown men and women were always beating kids....If a priest or nun or one of the brothers who was training to be a priest saw you someplace they didn't think you should be, or

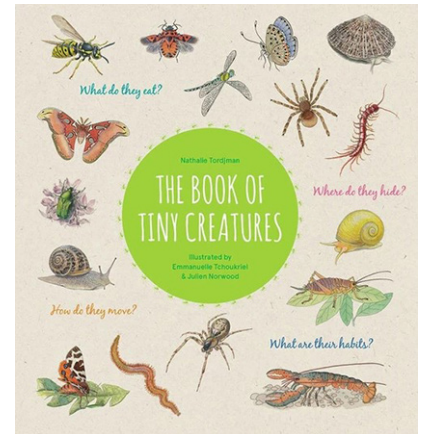
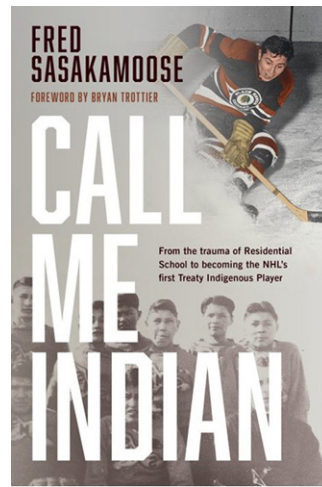
maybe thought you were walking too slowly, or doing a sloppy job at something, they would take a swipe at you or kick you or bang your head into the wall or on the floor."

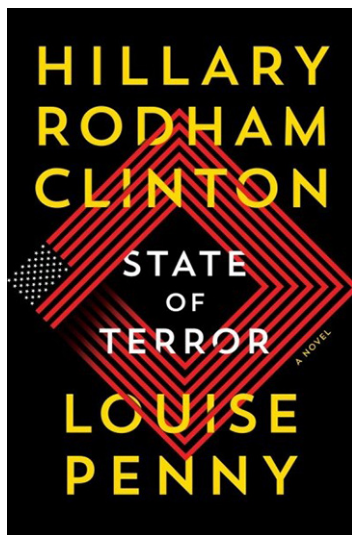
In telling his story, Sasakamoose educates us about the incredible atrocities and difficulties Indigenous peoples have suffered and still experience today.

"I will never forget how difficult it has been for my people. Our freedom was stolen. Whole generations were crippled by the restrictions of the Indian Act and by childhoods destroyed in residential schools. Even since those institutions disappeared, anti-Indigenous racism remains strong."

Call Me Indian is a very good autobiography. At the end of his book Sasakamoose says that he hopes, "by sharing my story now, non-Indigenous readers might have a better understanding of the hurdles we have to overcome to succeed."

Fred Sasakamoose's wish to enlighten readers is achieved in *Call Me Indian*. Highly recommended!





The Book of Tiny Creatures

*Nathalie Tordjman, illustrated
by Emmanuelle Tchoukriel and
Julien Norwood*

Princeton Architectural Press

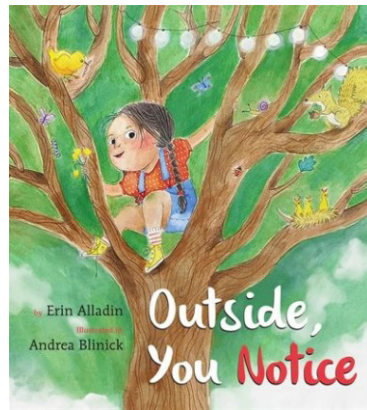
2021, 71 pages

ISBN: 9781616899745

ages 5+

Kids of all ages will enjoy learning more about tiny creatures in this informative, beautifully illustrated picture book. Divided into sections on “Who Are the Tiny Creatures?”, “Life in the Sky”, “Close to the Ground”, “In the Water” and “Incredible Creatures”, the text covers a variety of topics including mollusks, annelids, arthropods, reproduction, growing, flying, feeding, escaping, hunting, pollinating, walking, swimming, breathing – and much more.

Complementing the considerable information are sections such as where creatures go in winter, how honeybees live, setting up a shelter in the garden, a tour of an anthill and the life cycle of the giant diving beetle. Readers will also learn fascinating creature facts in the section on “World records” including a 140-year-old lobster, an insect species that is 50 centimetres long, a dragonfly species that



flies 70 km/h and a worm species in the North Sea that grows to 30 metres long! And the illustrations are stunning!

The Book of Tiny Creatures is a picture book children will frequently revisit to learn more about the incredible world of tiny creatures.

State of Terror

*Hillary Rodham Clinton and
Louise Penny*

Simon & Schuster and

St. Martin's Press,

2021, 495 pages

ISBN: 9781982187590

State of Terror is a rivetting political thriller by Hillary Rodham Clinton and Louise Penny. The United States has a new administration and it is obvious that there is friction between the President and his Secretary of State, Ellen Adams. For decades Adams has run an international media empire and during the recent campaign she had supported the President's competitor for the party nomination. So why had the President chosen Ellen Adams as his Secretary of State? One reason was that he now controlled one of his toughest critics. But they are going to have to get along – and quickly – after bombs go off on buses in central London, Paris and then Frankfurt,

Germany. And while these are tragic events, it is soon realized that they are only the beginning of a much larger plan than can wipe out entire cities and areas in the United States. Time is ticking down to potentially catastrophic events resulting in the Secretary of State flying to numerous countries and meeting with various people including politicians and heads of state to solve what exactly is planned, who is involved, where it will occur and how the deadly acts can be averted.

Clinton and Penny have created a captivating and interesting political thriller that includes humorous references to the previous administration along with some of Penny's characters from her own novels.

Outside, You Notice

*Erin Alladin, illustrated by
Andrea Blinick*

Pajama Press, 2021, 32 pages

ISBN: 9781772781939

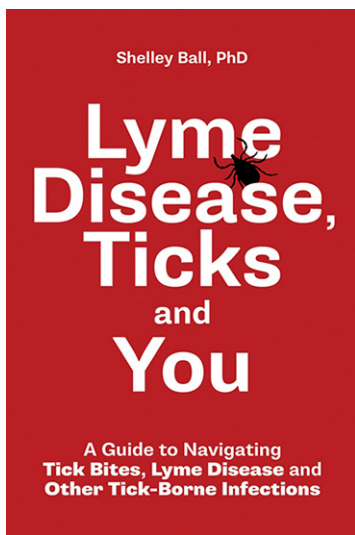
ages 4+

Outside, You Notice is an informative picture book that encourages children to get outdoors and observe things. These observations are complemented with information about a variety of things including animals, trees, flowers, seeds, pollination, water and soil (i.e. “Soil is a mixture of tiny pieces of rock and tiny pieces of decomposed plants.”)

Some of the many health benefits of being outdoors and being in nature is also included such as feeling less anxiety and improving your immune system. Some of the places shown in the book are: back yard, park, garden, sidewalk, hiking trail and playground.

Outside, You Notice is a nicely illustrated picture book that will have kids looking forward to spending time outside.

- continued -



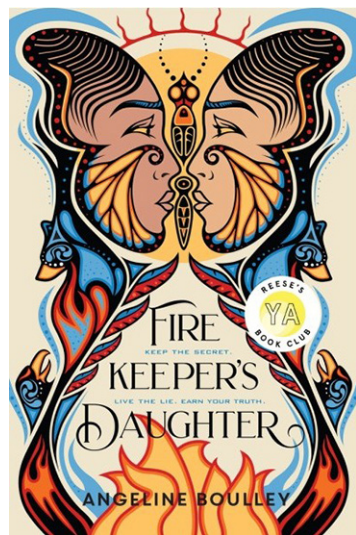
**Lyme Disease, Ticks and You:
A Guide to Navigating Tick
Bites, Lyme Disease and Other
Tick-Borne Infections**

Shelley Ball

Firefly, 2021, 160 pages
ISBN: 9780228103202

Ticks and the diseases they transmit, including Lyme disease, are becoming more common in North America including Southern Ontario. Three of the four humans in our family have had at least one tick as have both of our canine family members. Unfortunately, the health care system isn't nearly as effective as it should be when it comes to dealing with ticks making information on this topic vital. The author, Shelley Ball, had difficulties getting diagnosed for Lyme disease and this book is a comprehensive guide about what Lyme disease is as well as advice on diagnosis, treatment and prevention as well as recognizing Lyme and other tick-borne diseases.

My experiences with tick bites and the health care system have been frustrating but they pale in comparison to what Shelley Ball has experienced. Ball has suffered significantly from a tick bite and she has been disappointed with her experiences with health care providers as she points out in the Introduction to her book.



"When I found an engorged tick on my back in 2019, little did I know this discovery would lead to months of debilitating symptoms, dismissive arguments with many doctors, hours of research on Lyme and other tick-borne diseases (OTBDs) and effectively being abandoned by my public health care system."

Ball's book *Lyme Disease, Ticks and You* is her attempts to help others by informing them about Lyme disease and ticks and how they can "become strong self-advocates who can fight for the health care they need."

In her important and much-needed guide, Ball covers the following topics (and more): what is Lyme disease, the biology of Lyme disease, how ticks feed and spread disease, tick habitat, reducing tick bites, checking for ticks, removing ticks, symptoms of Lyme disease, diagnosing Lyme disease and treating Lyme disease.

With ticks and the diseases they bring becoming increasingly common, *Lyme Disease, Ticks and You* is an important read.



Firekeeper's Daughter

Angeline Boulley

Henry Holt and Company

2021, 494 pages

ISBN: 9781250766564

ages Young Adult

Angeline Boulley's debut novel is an entertaining and suspenseful story featuring indigenous culture and historical injustices. It also includes the drug epidemic occurring in much of the world as well as the hockey culture in North America. The result is an outstanding novel that really is hard to put down.

Eighteen-year-old Daunis Fontaine has never fit in either in her hometown or the nearby Ojibwe reservation. While she was scheduled to go to the University of Michigan in the fall, Daunis changes her plans in order to look after her mother after a family tragedy.

When a lethal new drug that is possibly connected to Ojibwe culture shows up in hockey towns and on reservations, Daunis is recruited for an FBI investigation that also involves the Bureau of Indian Affairs. The investigation is interested in Daunis' help due to her knowledge of chemistry and Ojibwe traditional medicine. Not only does the investigation expose secrets of people close to Daunis, but it seems more interested in punishing the offenders than in protecting the community. As

Daunis struggles with the investigation and her part in it, people close to her suffer from the crimes and other consequences associated with drugs.

Firekeeper's Daughter is a superb novel about the scourge of drugs in society set in the fascinating Ojibwe culture and community. Not only was this book included in Reese Witherspoon's Book Club, but it is scheduled to be adopted for television with President Barack Obama and Michelle Obama's production company!

No More Plastic

written and illustrated by Alma Fullerton

Pajama Press, 2021, 32 pages

ISBN: 9781772781137

ages 4+

No More Plastic is an excellent environmental picture book aimed at children 4 – 7 but is an important read for everyone. Isley loves the ocean but she is devastated when she finds a dead, beached right whale. The magnificent animal died due to plastic filling her stomach. Isley decides to try and stop people from using plastic. She makes signs, speaks to her family and writes politicians and everyone agrees that there is too much plastic. But they all forget about the tragedy with the whale so Isley gathers up all the plastic on the beach for months and makes "a sculpture as big as a whale." People stop, think and help – from the grocery store banning plastic bags to the school implementing "zero-waste lunch programs" to the town providing filling stations for water bottles. All working toward "the dream of a plastic-free world."

No More Plastic is an important picture book which delivers a vital message that cannot be ignored any longer. Complementing the text are beautiful illustrations that Fullerton "made using repurposed plastic, sand, and moss."

An "Author's Note" informs the reader that other animals, besides whales, are affected by plastic in the ocean including turtles, walruses, dolphins, fishes, and seabirds. And like all good eco-books, the author provides ways to reduce plastic in our lives and how we can reduce plastic in our world.

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FALL WATER LEVELS

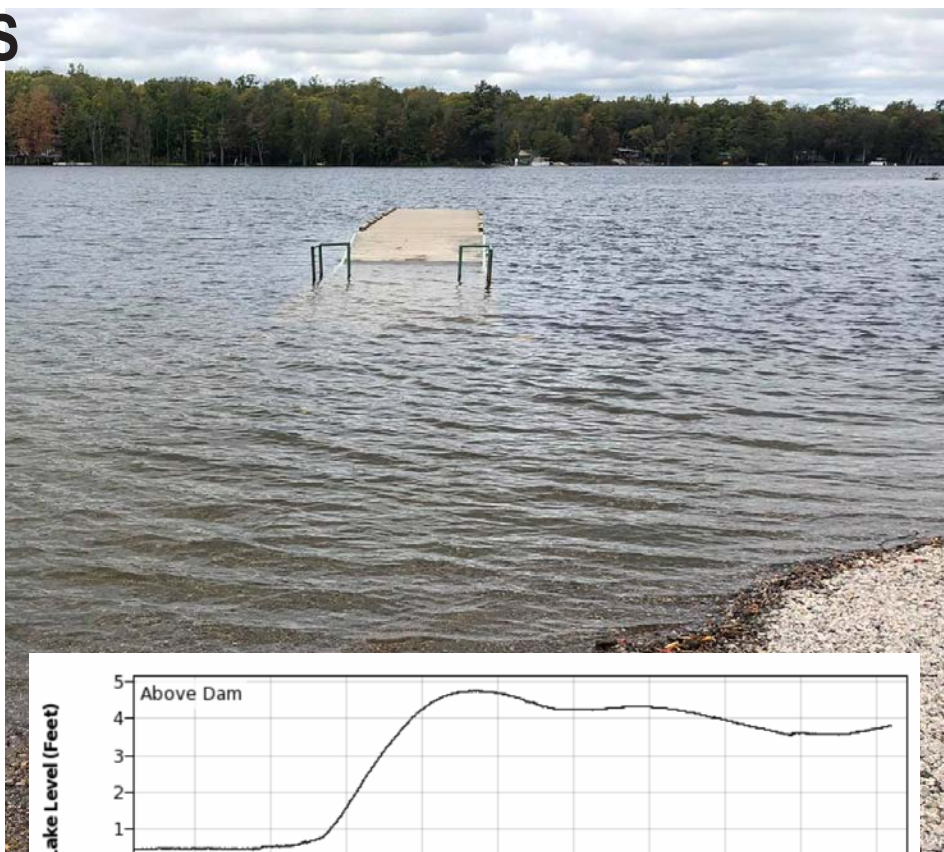
The water level this fall was unusual at least in my 21 years on the lake!

There are a number of factors as outlined by Mayor Comrie. **Please contact MNRF with your concerns.** We need to have the MNRF and other government bodies respond to our concerns to change the impact of upper watershed dumping into Lake WahWashKesh.

There are two methods of checking water levels and flood information on the home page of our website - Hobo Link and the MNRF.

A concerned member noted these measurements on October 16, 2021
Ahmic Lake was up 1.15'
Lake Cecebe was up .33'
Lake Wah-Wash-Kesh was up 3.5'

Lynn Brennan



UPDATE FROM MAYOR COMRIE

The control dams in the Magnetawan River watershed are managed by the Ontario Ministry of Natural Resources and Forestry. **Feel free to express your concerns to the MNRF Parry Sound District Manager, Adam Wakefield**
adam.wakefield@ontario.ca

I have already advised him of the situation with the inaccessible docks at our public landings, but it wouldn't hurt for others to reinforce the message.

For some time now, we have been trying to get the MNRF to extend their Magnetawan watershed forecasting and management to include WahWashKesh and the lower Magnetawan river basin, and to distrib-

ute the inevitable water level fluctuations more equitably over the entire system. The problem is that there are no control mechanisms west of Ahmic Lake; so all their operations are focused on the dams upstream of us.

The levels are much more tightly controlled on the lakes above us like Bernard, Doe, Cecebe, and Ahmic. Because of the large catchment area that drains through WahWashKesh, and the narrow and shallow stretch of river above and below our fixed dam, it will likely never be possible to obtain similar low fluctuations in water level on WahWashKesh.

It is quite normal to see our level go up a couple of feet in late fall

as they drain down some of the upper lakes to increase capacity in the system for the spring freshet; however, this year this occurred much earlier because of the ~100mm rainfall we experienced throughout the entire watershed. Given the circumstances, I think it is safe to say there is nothing the MNRF could have done that would have prevented our level from going up by at least 2-3 feet.

I'm sorry to say we don't see any quick and easy solutions to the problem of water level fluctuations on WahWashKesh, but we are continuing to look for ways to both minimize them and mitigate their impact on lake residents.

Lake Wah-Wash-Kesh

CONSERVATION ASSOCIATION



2022 MEMBERSHIP and PERMIT PURCHASE FORM

Name: _____

Home Address: _____

Lake 911 Address: _____

Home Phone: _____ Cottage Phone: _____

Email: _____

I would prefer to receive news and information from the Association by

Hardcopy:

☐

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☐

Membership @ \$50 each: _____ Total \$ _____

Names of each individual: _____

Parking Permits @ \$40 each: _____ Total \$ _____

Lake Access Permits @ \$45 each: _____ Total \$ _____



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Trailer Parking Permit @ \$35 each: _____ Total \$ _____

TOTAL \$ _____

*By completing and signing this form, you agree
to receive email correspondence from the
Lake Wah-Wash-Kesh Conservation Association*

Signature:

☐ *I wish to unsubscribe from receiving email correspondence from the LWWKCA*

*Cheque or money order made payable to:
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