



Fantastic News for Hospice Muskoka!



Last October Andy's House, Hospice Muskoka's "palliative care home" opened in Port Carling! We are forever grateful for the partnership of the Andy Potts Memorial Foundation and the incredibly generous support of our community to make this much needed resource a reality.

If you are not familiar with Hospice Muskoka, we are leaders in providing compassionate and expert palliative care and bereavement support for individuals and their families who live in the Townships of Bracebridge, Georgian Bay, Gravenhurst, Muskoka Lakes, Moose Deer Point First Nation and Wahta First Nation.

Palliative care is the next step for many when a cure for a life-threatening illness is no longer the focus or when the final stage of life is approaching. The emphasis for care shifts to compassionate, holistic care. The goals of care are defined by the individual and attention is given to providing a supportive and dignified death, in a way that meets the physical, emotional and spiritual needs of the individual and family. If you or a loved one needs palliative care support, or you want to learn more, please visit www.hospicemuskoka.com or contact us at 705 646 1697.

OUR DOORS ARE OPEN BUT WE STILL NEED YOUR HELP

In the coming months, through ongoing negotiations with the Ontario Ministry of Health, Hospice Muskoka's leadership team is working towards

streamlining access to palliative care to make it easier to access, and to secure ongoing funding for additional palliative beds, including a pediatric care bed, as well as respite beds to give relief to caregivers.

In addition to Andy's House, Hospice Muskoka offers many essential palliative care services for our communities. Through trained volunteers we provide in home respite, caregiver relief, Advance Care Planning assistance, Legacy Memory projects, as well as grief and bereavement support. These services are available to everyone — at no charge.

While provincial funding covers medical staffing costs for Andy's House, Hospice Muskoka is responsible for support staff, furnishings, equipment, medical supplies and capital improvements, as well as funding for our volunteer driven programs.

HOW CAN YOU HELP?

General donations can be made online through www.hospicemuskoka.com (Donate Now link). To explore other ways to support Hospice Muskoka, please contact Nancy Burkholder, Fund Development Coordinator at nburkholder@hospicemuskoka.com. If you are interested in joining our group of dedicated volunteers, we provide training. Please contact Michele deKoning at mdekoning@hospicemuskoka.ca.

All of us are going to die, there are no exceptions. We do, however, have a choice on what that will be like for ourselves, our families, and our loved ones... with hospice support we can better manage our pathway.



On October 1st, 2021 members of the MLA CP Committee presented a \$1,000.00 donation from the MLA to Hospice Muskoka - Andy's House

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President's MESSAGE



It's officially fall and Muskoka is showing its colours. The lakes are a bit quieter and the last swims have been taken. I am one of those cottagers who close up at Thanksgiving before an early fall snowstorm makes getting out our road a little risky. So, I am feeling a bit melancholy as we move toward winter, and I start counting down the weeks till opening!

While the MLA works all year for Muskoka, most of our committees start back in September with new board members typically getting their first introductions to the work of the MLA. As it feels like the end of one season and the start of another, I thought a little accounting of the MLA's activity over the past year would be in order.

We were fortunate to get back to our water sampling program this year after a COVID hiatus in 2020. Thanks to the efforts of our Environment Committee creating training videos our volunteers were back on the water. The program has wrapped for this year and we await the analysis of the results. We continued to issue our Flood Watch newsletters as spring approached. Together with our Community Programs committee we held several successful webinars on environmental topics including water quality, flooding, natural shorelines and safe boating. If you missed them you can view the recording on the MLA website www.mla.on.ca/Webinars

Our Community programs experienced another year of connecting differently. The participants of the sailing regattas took advantage on their own of the windy conditions this summer and the regatta was replaced with a virtual challenge. A very successful video encouraging wake boarding awareness was premiered at the MLA Annual General Meeting in July. *Be#WakeAware* created in partnership with Safe Quiet lakes and the Federation of Ontario Cottagers Association and will be promoted again in 2022. Don't forget, there is still time to donate to the local food bank in place of our end of season food drive. Click the link for our official communication with online donate links. [MLA Food Drive Campaign](#)

Our Government and Land Use committee have had a very busy year engaging in the Township of Muskoka Lakes Official Plan, Minett Official Plan amendment, Municipal modernization with the District of Muskoka, reviewing and commenting on municipal budgets, and numerous files to help members with land use issues including marina parking limitations and boat access garbage bins. We launched our [fundraising campaign](#) to allow us to hire the technical expertise we need to support our engagement in the various plans. Thank you to so many who have donated generously to our appeal. There is still need and there is still time to help us ensure that policy frameworks are strong and supportive of natural shorelines and responsible development.

Our membership team has launched our ambassador program to reward you for introducing your friends and family to MLA membership. We have been growing our membership gradually but to address all the issues our members would like us to, more resources are needed to help tackle the biggest issues facing Muskoka. Our voice is important and respected among the municipal councils we engage with.

And finally, our special project of the board has been developing

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a Strategic Plan for the organization. While we have done strategy sessions in the past, we have not created a public facing document to be shared with members and partners. The Way Forward, the Strategic Plan of the Muskoka Lakes Association 2021-2026 was just approved by the board and will be released shortly. It articulates where we work, what we work on, who we work with and what the organization needs to be successful and sustainable. The key ingredient is members. Your membership provides the resources to support the various programs. There is always more to do but just imagine the support we could provide if everyone was a member of the MLA? Please encourage your family, friends and neighbours to join us. Muskoka is a special place for which the MLA board, volunteers and staff work hard every day to preserve our environment, lake culture and view from the canoe.

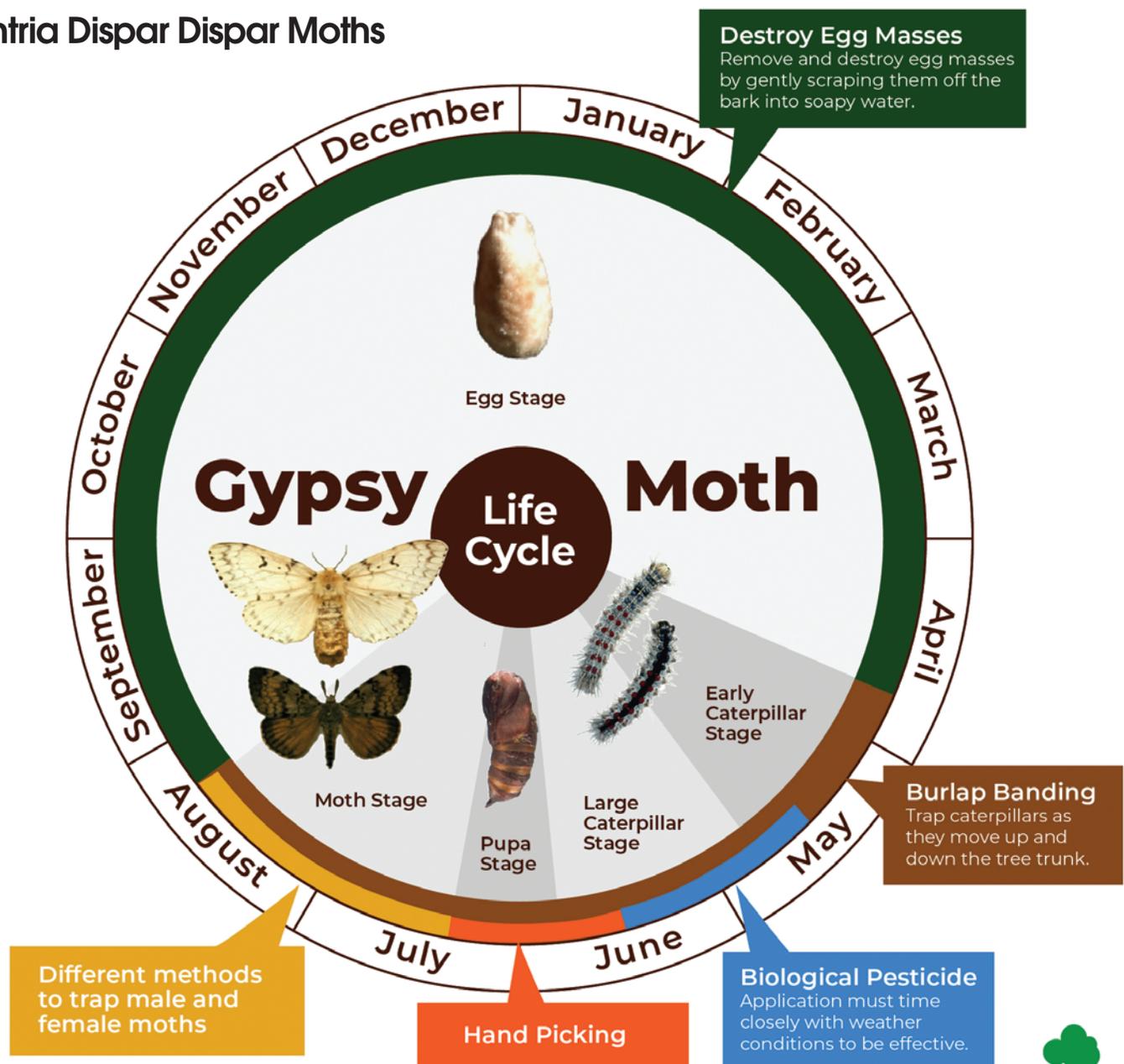
Deborah Martin-Downs - President

MLA Membership

If you haven't already done so, please renew your membership at www.mla.on.ca or by calling our office at 705-765-5723.



Lymantria Dispar Dispar Moths



Photography Credits:
 USDA APHIS PPQ - Oxford, North Carolina, USDA APHIS PPQ, Bugwood.org
 Tim Tigner, Virginia Department of Forestry, Bugwood.org

Keep your trees healthy & attract birds to naturally manage pests.

The MLA has received many calls throughout the summer about this year's infestation of the LDD (Lymantria Dispar Dispar) Moth. This moth is an invasive species that feeds on a variety of hardwood species, preferring oak, birch, and aspen. During severe outbreaks, softwoods such as eastern white pine, balsam fir, and Colorado blue spruce may be affected. Healthy trees can withstand repeated years of defoliation and can produce a second crop of leaves during the growing season enabling them to continue to grow. BUT defoliation stresses trees making them more susceptible to damage from secondary pests, drought, and poor growing conditions.

The MLA has contacted the MNR and District of Muskoka about future control of the LDD moths. The MNR does not manage LDD moths on private land. It is not known at this time if the District will engage in an Aerial Spray program for the future. The MLA is currently encouraging members to take individual action on their own properties. The infographic above provides a timeline of Life Stage control measures.

You can make a difference !

The MLA encourages members to remove egg masses as they close up their cottages this fall, to reduce the number of caterpillars next spring. Scrape the egg masses off tree branches, building walls or furniture and submerge in soapy water for a day or two to kill the eggs. Next spring, just after larvae have emerged, registered insecticides [such as BTK, available from hardware stores] can be applied to help protect trees from defoliation [or use a local pest control service]. Also in Spring, placing burlap bands or duct tape [sticky side out] around the tree stem gives the travelling larvae a place to congregate during warm days from which they can be physically removed and drowned in soapy water. Later, once moths hatch, pheromone traps can be used to capture male moths. These can be purchased from local pest control company or make your own trap [https://www.youtube.com/watch?v=D02_42GtcU8] with pheromone emitter purchased from local garden supply or pest control service. Please wear gloves and observe suppliers safety advice when working with chemicals.

Did you get a No Wake Sign?



This past boating season the MLA and our partner organization Safe Quiet Lakes created new NO WAKE signs based on feedback from the 2020 Loon Signs. We heard you and the new signs were bigger, bolder and less subtle.

Thank you for your support of this important initiative to protect our waterways from the effects of large wakes. With your help the MLA and SQL distributed over 200 signs.

If you received a sign please fill out this short survey to help us continue our work with SQL helping to protect our treasured shared resources. Click [here](#) to complete the survey.

If you would like a sign and haven't purchased one yet, please click [here](#) to buy one online, or call the office. Contactless Pick Up available.

REMINDER - MLA 2021 Photo Contest!

Contest closes Dec 31, 2021. Categories are My Muskoka, MLA Kids at the Lake, Winter Wonderland and the Yearbook Cover! Click [here](#) for a full description and contest rules.

New Members

Please welcome the following as new members of the MLA! From July 3rd, 2021 to September 29th, 2021

Allison BOYD
Tom NEWMAN
Susan SWARTZMAN
Sandra CARRINGTON
Jeff MCNAIR
Ian MCCLENNAN
Glenna SMITH
Evert MCLLWAIN

Ed and Lisa GUIMARAES
D RIDSDILL
David and Rosemary RICHARDS
Max and Martha JACKSON
Maryann HUCKVALE
Andrew BUCK
Jay & Laurie CASHMORE

Rob STEWART
Sheila & Andrew CORKILL
Darcy VINCETT
Thomas BOND
Nancy HILL
Elizabeth PADDON
Tricia TAIT
Bernard LEE

Terry CANHAM
Andy BURGESS
Lynne GREENE
Joyce JENNINGS
Carole COWPER
Colleen GREIG
Nicola MCLOUGHLIN
Jill REEVES

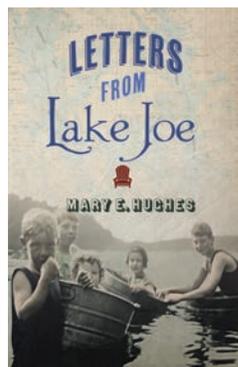
Bruce MOORE
Debby MARTIN
Chris CAROTHERS
Abigail DAVIAU
Daniel DAVIAU
Madelin DAVIAU
Maxwell DAVIAU
Nathaniel DAVIAU

Decibel Coalition Petition

The Decibel Coalition was formed in the fall of 2019 by Safe Quiet Lakes with the objective of lobbying Transport Canada to enhance the regulation to include decibel limits on boat motor noise. This group has worked tirelessly to limit excessively loud boats. Below is a link to a petition that they have started to generate widespread support for their efforts. If you have ever expressed annoyance at inconsiderate boaters who inflict their noise on you, then you might consider supporting this petition, to date there are over 600 who have signed.



To read more about the issue and view the petition click [here](#). SQL has requested that those taking the time to fill out the survey use the input section "why you are signing the petition" to add comments about how the noise bothers you, what lake you are on and general information around the noise situation. Please note that [change.org](#) will ask for a donation, to promote the petition. This donation goes to them directly not to the Decibel Coalition.



Letters from Lake Joe

Letters from Lake Joe by Mary E. Hughes is a charming account of summers spent on Lake Joseph, Muskoka during the first decade of the 20th century. At that time, going to an island cottage meant a long and arduous journey by train and steamboat. Island life was often rustic, but eminently leisurely and peaceful. The imagined letters in this book chronicle the day-to-day happenings and hazards, the boats and the bugs, of a gentler, quieter Muskoka. *Letters from Lake Joe* offers a delightful visit to a bygone era when cottaging was not for the faint of heart. These letters originally appeared in the three volumes of Mary's *The Violet Trilogy*. Available for \$20 at Veranda in Bracebridge, Amazon.ca and directly from <https://imaginingviolet.blogspot.com>



Culinary Corner

It's pumpkin season! If you are like me, you look forward to all the delicious flavours that fall cooking brings to the table. As the temperatures begin to drop there is nothing like warming up with a bowl of homemade soup. Even better if you can get the ingredients from your own garden! I was introduced to this recipe from my sister-in-law who originally found it on eatingwell.com, featured in Diabetic Living Magazine. This recipe is low calorie, appropriate for Diabetics, has low sodium, its vegetarian and Gluten Free. Enjoy!



Pumpkin Pie Spice Butternut Squash Soup

INGREDIENTS:

- 1 tablespoon olive oil
- 1/3 cup chopped onion
- 2 cloves garlic, minced
- 8 cups peeled and cubed butternut squash
- 2/3 cup chopped apple
- 1/2 cup chopped carrot
- 3/4 teaspoon kosher salt
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon black pepper
- 1 (14.5 oz) can reduced sodium chicken broth
- 1 (14 oz) can unsweetened light coconut milk
- 1 tablespoon packed brown sugar
- 5 tablespoons plain nonfat Greek yogurt
- 5 tablespoons salted and roasted hulled pumpkin seeds (pepitas)

DIRECTIONS:

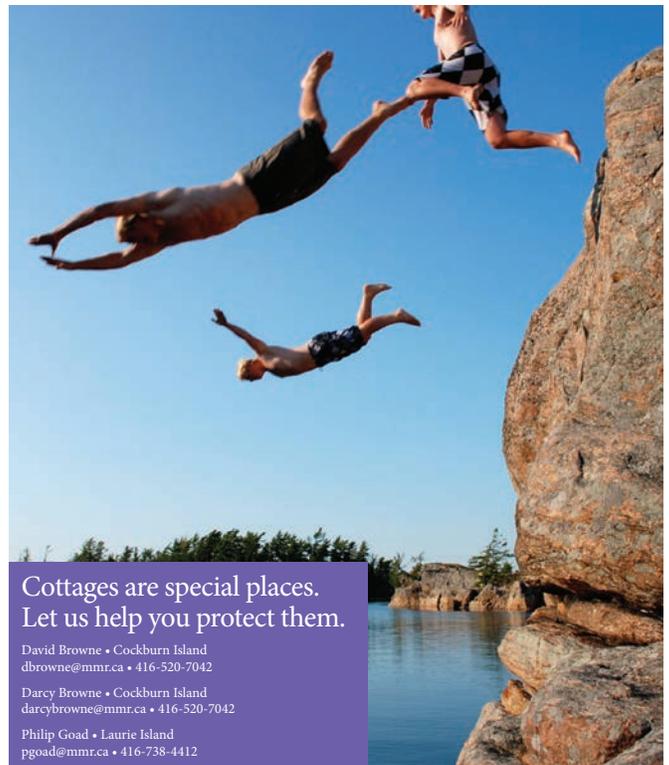
In a 4 to 6-qt. Dutch oven heat oil over medium. Add onion and garlic; cook 5 minutes or until onion is tender, stirring occasionally. Stir in the next six ingredients (through pepper). Cook and stir 4 minutes. Add broth. Bring to boiling; reduce heat. Simmer, covered, 20 to 25 minutes or until squash and carrot are tender, stirring occasionally. Remove from heat. Stir in coconut milk and brown sugar.

Using an immersion blender (or working in batches in a food processor or blender), blend squash mixture until smooth, adding water if needed to reach desired consistency.

Serve soup topped with yogurt, pumpkin seeds, and, if desired, additional pumpkin pie spice.

TIPS:

Sugar Substitute: Choose Splenda Brown Sugar Blend. Follow package directions to use product amount equivalent to 1 Tbsp. packed brown sugar.



Cottages are special places.
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RECOMMENDED BY THE MLA FOR MEMBER INSURANCE SERVICES

How to Make Your Cottage Internet Service Work for You All Winter – Even If You Are Not There

Save Money, Save the Environment

The time has come when we prepare our lakefront properties for winter! Put the outdoor furniture away, get all that stuff off the boathouse floor, drain the water, antifreeze in the p-Traps, put the boats up or arrange for storage and the BUBBLER.... One of the most important items on the list that protects your dock from ice damage. You might leave that to someone else, but even if you do there is a way for you or your contractor to take control of it. Smart Plugs!



Smart plugs and other internet connected devices can give you control over a number of things at the cottage from anywhere in the world. Last year my brother and I spent time researching how to run our bubblers (I have one, he has 2), baseboard or furnace heating, inline water heater and lighting from our smart phones. We decided to work with products from *Globe Electric* because they are a Canadian

company based in Montreal (since 1932) and their products do not require you purchase a hub to connect their products to the internet. There are many manufacturers of smart plugs so don't feel you have to stick to this brand.

What problems are we trying to solve? Let's deal with bubblers first as it is the biggest opportunity for improvement. Bubblers use a lot of electricity! A 1 HP bubbler will use about \$5.00 of electricity every 24 hours or \$150 a month.

Bubblers that run more than needed create huge ponds around a dock/boat house and often along the shore connecting to neighbouring bubbler ponds. These large openings are dangerous to humans, pets and wildlife. You only need 5 feet of open water around your structures to prevent ice damage. Open water is a legal liability and potentially the cause of a crime (*See 2015 MLA article*)! They make access to the lake difficult and dangerous for humans and wildlife, especially deer. Bubbler ponds are environmentally unfriendly because fish and other wildlife expect 100% ice coverage. Water temperatures are increased by sunlight which affects fish hatching cycles. Finally there is building evidence that large bubbler ponds facilitate the formation of large heavy ice flows that get blown by the wind and can cause significant damage if your property happens to be in the way.

I spend time in Muskoka in the winter. I often see bubblers running 24 hours a day from early December until weeks after the ice is out creating massive bubbler ponds. I also have seen bubblers that are not working or have not yet been turned on and the dock/boathouse is in frozen solid ice. On the big lakes, freeze up can be as late as mid-January and ice-out can range from late March to early May. For more on bubbler Etiquette see the *MLA Shorelines article* from the fall of 2019. (note that the recommended colour for the hazard light is now blue, not amber).

So how can smart devices help? Plug your bubbler and blue warning

light into an outdoor smart plug and install a web cam focused on your dock/boathouse. Smart plugs such as the Globe Electric Wi-Fi Smart 2-Outlet Outdoor Plug allow you to create settings based on temperature, time of day and sunset/sunrise. We set our bubbler to come on only at night for 12 hours (when it is coldest and hydro can be lower cost) and only if the temperature is slightly below freezing.

The blue warning light is set to come on at sunset and off at sunrise. The smart plug gets time, temperature and sunrise/set information from the web so it is always current. This is a big advantage to traditional timers which gets off cycle after a power failure. You can manually override or change the setting anytime. You or your maintenance person can install the bubbler in the fall and start the schedule when you see on your webcam that ice has started to form. If the internet or electricity goes down for a while, the smartplug will let you know and will reconnect when the service comes back online. The webcam is not necessary but for less than \$100 it gives you that added protection of being able to see what is going on. As things start to warm up in spring, you can reduce the amount of time the bubbler is on to minimize the size of open water. If you are paying someone to monitor your property and bubbler, a number of webcams might make it a lot easier for them to do this and save you some money as a site visit is now not required.

Other devices that can benefit from the use of smart plugs are your in-line water intake pipe heater, the heating thermostat for the furnace or baseboards and of course lighting. The in-line heater does not need to be on until the outside temperature goes below freezing or in some cases turn it on the day before you come up to thaw the line. Many of us already have smart thermostats at home so why not at the cottage. Smart thermostats are available for baseboard heating but are much harder to find. The only one we could find was another Canadian company called Mysa based in St. John's Newfoundland. Smart thermostats will warn you if the temperature goes too low. Smart plugs connected to lamps have numerous uses. Nothing nicer than arriving on a dark night with the lights on and the house is nice and warm!



Bubblers are the most common way to protect your shoreline structure but the open water they create is a big issue on our lakes. If you do only one of these suggestions, put your bubbler and blue hazard light on a smart plug and get a web cam so you can see your dock and boathouse. You will save money, help the environment, make things safer for humans and animals, reduce the amount of open water and help to minimize damaging ice flows in the spring. Happy Fall!

Rob Bosomworth



Closing Up the Cottage? A few Best Practices to Help You

BOATHOUSE

- Remove all non critical items from your boathouse that can potentially pollute like paint cans, gas cans etc.
- Elevate and secure all remaining items to the extent possible
- Unplug all non critical electrical items
- Lower tops on all boats inside
- Leave boathouse doors partially raised to allow for high waves and ice movement
- Clear your docks of all items
- Check and tighten all bolts and screws as they become loose each year with wood shrinkage and motion
- Remove planter boxes, deck chairs and lights
- Flip up or remove dock ladder

COTTAGE

- Clean the cottage thoroughly. Clean out cupboards, the inside of your stove, small appliances.
- Clean, defrost and unplug refrigerators and freezers. Make sure that you wipe them dry and leave the doors propped open to prevent any mold or mildew growth.
- Check your windows and doors, to make sure that no weather stripping is missing, and that there are no deficiencies.
- If you have a chimney, it should be inspected by a chimney service and cleaned to ensure that it is free from obstruction. Make sure your fireplace flue is closed as bats, birds and squirrels are known to sneak in this way, and maybe even nest!
- Test your sump pump to ensure it is in good working condition before you go.
- Inspect your septic tank by following the recommended manufactures service recommendations.
- Drain your pipes. This will prevent freezing or bursting in the winter months. The water pump should be shut off and all plumbing systems should be drained completely from any water, this includes any connected appliances.
- Clean out your eaves troughs. This will allow for easy drainage of water and winter debris that could otherwise cause a leaking roof
- Inspect trees or branches above your roof to determine if there are any overhanging branches to be trimmed. You may consider hiring a contractor to clear snow off the roof throughout the winter, to ensure heavy snow loads do not strain the roof.
- Check your property insurance policy or talk to your broker to ensure that there are no precautions you are missing, such as having your property checked on, or installing an alarm system.



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Local's Corner

STEPHEN'S BUTCHER SHOP

Morley Stephen's father started the business in 1927 in a different location in Port Carling beside the bridge. In 1972 when the new bridge went in, their land was expropriated and they moved to the current location at 8 Harris Street.



Locals and cottagers alike love the quality and freshness of their meat and local produce. Probably their biggest claim to fame are the famous Morley burgers which are made in house and flash frozen.

Richard, Morley's son, and his wife Jen now manage the day to day operations. The shop employs 13 people during the summer when they are at their busiest. Some of their staff have been with them for 15 or more years starting as teenagers. Morley likes to say that their success has been due primarily to the quality of their staff.

Stephen's now also offer prepared foods that include frozen Piano Piano and Pie pizzas, Muskoka Pot Pies and other ready to cook items.

Their meat is of course the main draw and includes chicken, Certified Black Angus beef, USDA prime beef, fresh Alberta lamb, gluten free sausage, as well as fresh fish and seafood. If something is not available, they will order it in and get it for you.

They are open for most of the year, closing in January and February, and always closed on Sunday. Hours may change throughout the year, so best to check first.

Stephen's Butcher Shop, 8 Harris Street, Port Carling, ON P0B 1J0
705-765-3936, www.stephensbutchershop.ca

Cathie Mostowyk



Preserve Muskoka Fundraising Campaign

New development rules are being put in place now in Muskoka, through updated by-laws and policies. These rules are crucial for ensuring that development is done responsibly and does not threaten Muskoka's environment and beautiful shorelines through dense condo development at waterfront resort properties, and excessive tree cutting and blasting.

We need your financial support to be able to continue working with lawyers and planners to get the best possible rules in place.

That is why we have launched a Preserve Muskoka Fundraising Campaign.

Our goal is to raise \$200,000. We are one-third of the way there. Every donation, no matter how small, is greatly appreciated. For more information, please [click here](#). Donations can be made by cheque or credit card [here](#).



Contact Us

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