



WIND SWEEP

The Lake Manitou Area Association Newsletter

“Let’s keep our lake great”

June 2013

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Editor’s Note

As every volunteer organization can attest, getting committed ones can be a challenge at the best of times. The Lake Manitou Area Association has had the good fortune of having many of its volunteer directors and committee members serve multiple terms and I would like to take a minute to acknowledge one of those “committed volunteers” who has recently *retired* after serving some three decades of service.



Mary Lochead has been the voice of stewardship for Lake Manitou for as long as I can remember. She and her husband Alex were founding members of

the association and together have served many roles on the association’s directorship. During the LMAA’s infancy, a guest speaker was invited to the Annual General Meeting, as part of the agenda, to speak on issues that were of significance to Lake Manitou. It was later decided that a separate event used for this purpose might be a good way of promoting the association.... and shortening the AGM.

Thus, the “Education Committee” was born, and thanks to Mary, who along with her committee members, have for years now put on the annual “Information Night”. Standing room only has become the norm for this August evening thanks to the hard work of Mary and her committee. Year in and year out informative presenters share their interests and expertise on a variety of topics related to lakeside living. Mary’s passion for protecting the quality of Lake Manitou’s waters has been unwavering throughout her 30 years of service to the LMAA. On behalf of the directors and membership alike, I would like to sincerely thank Mary for her commitment and outstanding efforts!

Lake Manitou – (An excerpt taken from the book **Manitoulin Echoes in verse** by Wm. Munro,
a Missionary who died at Carnarvon Twp. April 27, 1931)

Of all the lakes that are scattered this wide world over
Unique's thy position peculiar thy name
Though many indeed more extensive tracts cover
In some points thou holdest the climax of fame

Thu'rt set in the largest of freshwater islands
For with Grand Manitoulin none else can compare
And thus in this rare sense no moor plain or highlands
Or island elsewhere such distinction can share

Again thou dost hold too the leading position
Of all lakes in all freshwater isles anywhere
As largest in size whilst with rare competition
The angler to please thou whilst highly compare

What a boon to the settlers in early days trying
To clear his new home in an untracked domain
A mart he could reach soon for selling and buying
By boat and much labour and precious time gain

To interior points thou didst furnish a highway
Direct was the course where thy water path lay
Without stone or crossway log bluff stream or by way
From Vanzant's to Lehman's, Sandfield and Green Bay

And also for food thou didst do him a favour
Supplying abundance of fresh toothsome fish
Meat or fish bread potatoes and salt as a flavour
The pioneer served with a good wholesome dish

A boon to the red man thy wert in thine offering
And helped at the same time his burdens to bear
And sacred thy name was to help him in suffering
A balm for his wounds and a solace for care

And now the glad tourists delight to sail o'er thee
Persuing their pastime with hook rod and line
Or coursing thy shores to more fully explore thee
Or resting in shades while the warm sunbeams shine

Far away from their home in the south they're found roaming
When the heat of July is oppressive to bear
Refreshing it is in the cool summer gloaming
To sit near thy banks and thy benefits share.

Lake Association Volunteers

The following members are recognized for their ongoing service to the LMAA.

Website Development

Stan Salisbury

Water Sampling

Monthly from May to October in the East and West Basins- **David Kains & Alex Lohead**

Buoy Placement & Maintenance

1. Sheppard’s Rock – **John Coulter, Rob Coulter, Joel Dwyer**
2. The Narrows – **Timberlane Lodge**
3. Acre Shoal – **Mike Costigan Sr., Michael R. Costigan & helpers**
4. Manitoulin Lodge Area – **Mike Thompson**
5. Moody Bay Area – **David Kains**

Member Notice Board

- ✚ **Please keep your contact information up to date! If you have a change in mailing address or email address please forward to one of the following:**
Don Payne at payne@interlog.com or Michael R. Costigan at mikecostigan@hotmail.com
- ✚ A reminder to members that submissions for any newsletter are always welcomed! Send submissions to mikecostigan@hotmail.com **Deadline for submissions for the October 2013 newsletter is September 20, 2013.**
- ✚ Thanks to the Paul Moffatt for his contribution to this newsletter!
- ✚ Two important notices to put on your calendar:

The LMAA **Annual General Meeting** is being held at the Sandfield School house on **Saturday July 13th @ 10:00am.**

The annual **“Information Night”** is tentatively set for **Tuesday August 13th @ 7:00 pm.** also at the Sandfield School house.
- ✚ Thanks you to the **Sabine family** for their donation of **\$200** to the LMAA in memory of **Jane Trestain** and **Perry Williamson.** Both were long time members of the association who have recently passed.
- ✚ For those interested in shopping their cottage insurance rates, **McCulloch Insurance**, from Espanola will have brochures available at the AGM.

Top 5 fish for the grill

By [Colin Field](#) (taken from cottage life dockside)



While grilled fish are easy to enjoy, grilling fish is not so easy. Lighter fish tend to fall apart on the grill, dropping through the gaps and creating a real mess of your barbecue. But it doesn't have to be that way. Barbecuing fish may be a little tricky, but it's by no means impossible. All it takes is some patience, some practice, and the right piece of fish. There are plenty of options out there, and even some environmentally friendly ones to choose from, but we narrowed it down to five fish you should definitely throw on the barbie this summer.

Salmon

Glorious, delicious salmon is tough to beat. Its pink flesh holds together well, offering an easy-to-move piece of meat that never crumbles. Using fillets or sides, this is an easy one to cook skin side down as it doesn't even require flipping. You won't get the pretty grill marks without flipping it, but you'll maintain the integrity of the fish.

Halibut

Like salmon, halibut is a thick, meaty fish that won't fall to pieces after a bit of man-handling. This relatively inexpensive whitefish is mild-flavoured, available year round and can even be used as a chicken substitute in many recipes. Again, with a fillet or side, it's best to cook it skin side down without flipping it.

Pickeral

It's best to cook this fish whole. Clean it and stuff it with lemon or herbs, lay it on one side on medium-high and flip it only once so the skin doesn't rip.

Trout

Like pickeral, this is another local fish that is readily available in Ontario lakes. If you can catch one yourself, then you're all set. Otherwise, buy a whole trout. Like pickeral, it's best stuffed with lemon and herbs and cooked whole on the grill with only one flip.

Shrimp

Okay, so it's not fish, but these delicious little crustaceans are a tasty barbecue treat. But don't buy a cocktail ring at your local super store and think you're set: You'll need large shrimp that can be easily skewered so they're manageable on the grill.

Ziploc Omelette - submitted by Pat Costigan

(This works great! Good for when all your family is together. The best part is that no one has to wait for their special omelette!)

1. Write your name on a quart-size Ziploc freezer bag with a permanent marker.
2. Crack 2 large eggs into the bag (or into a bowl first & use a fork to mix).
3. Seal bag and shake to mix.
4. Open bag and add your choice of ingredients to the bag. Suggestions include:

cheeses	green pepper
ham	diced tomatoes
green onion	mushrooms
5. Seal bag again making sure to get all the air out of the bag.
6. Make sure it is securely zipped up
7. Place the bags into rolling, boiling water for exactly **13 minutes**. (You can usually cook 6-8 omelettes in a large pot. For more, make another pot of boiling water.)
8. Open the bag and the omelette will roll out easily onto your plate. Be prepared for everyone to be amazed.

Nice to serve with fresh fruit and coffee cake; everyone gets involved in the process and it is a great conversation piece.

Note: Some people have added a little bit of salsa - but not too much.

LAKE MANITOU AREA ASSOCIATION
Nineteenth Annual General Meeting
July 14, 2012
10:00 a.m. Sandfield Schoolhouse

Call to Order: President, Mike Costigan, called the meeting to order.

Consideration of the Agenda: It was Moved by Dave Rutherford, John De Chastelain to accept the agenda as presented. Motion carried.

First time new member attendees were welcomed and local community events announced. International Joint Commission on Georgian Bay and Lake Huron Water Levels meeting at the NEMI Recreation Centre July 15, 2012. Mike made special mention that today was Alex and Mary Lohead’s 60th anniversary.

Directors and Committee Chairpersons attending were introduced: Mike Costigan, John Harvey, Steve Mann, Paul Moffatt, Alex Lohead, Don Payne, Effie Williamson, Pat Costigan and Mary Lohead.

Minutes of July, 2011 Annual Meeting moved by Steve Mann and seconded by John Harvey to be accepted as presented. Motion carried.

Reports of the Officers:

Vice-President’s Report: Paul Moffatt

Paul continues to represent our Association at Manitoulin Streams who seek to improve fishing and water quality and do stream restoration. They have two large projects on the Mindemoya River and one on Green Bay stream that runs into Green Bay. They are doing the engineering work and will be done this fall. Funding has been cut in half but donations from Walmart and Trillium Foundation have helped. Donations are being sought from other sources please spread the word! This is Manitoulin Streams 11th year and they have done almost 40 projects and spent two million dollars.

Treasurer’s report: Don Payne

Don reported that we had a small net operating loss this past year but our finances are in good shape and submitted his report. The LMAA books were audited by Marlene Dewar and Betty Heis. Moved by Carl Mihalyfi and seconded by Tom Martel to accept the financial statement. Motion carried.

Director’s Report: Alex Lohead

Alex reported that water sampling for Lake Manitou is done by him and his son-in-law, Brad Sparks. It takes two people to do the sampling and it is currently done in Moody’s Bay and Sandfield Bay. Samples are taken monthly from May to October and the secci disk count stays about 5 - 6. Bottled samples for phosphorus are sent to MNR in Dorsett and arrive there the next day. The clarity is consistent and Alex suggested that we post the readings in the local newspaper. Alex is coasting toward retirement and is looking for volunteers to help him. Any LMAA apparel ordered today will be delivered to the Information Nite Meeting in August.

Mike Costigan advised that Michael R. Costigan wants to thank everyone for their participation in the newsletter but urges that we all make contributions.

Mike Costigan advises that Marcus Mohr says our web site continues to be a work in progress and anyone with comments/suggestions should contact Marcus at mmohr-ca@hotmail.com

Education Committee

John Harvey -Map Coordinator advised that they are considering another printing and he needs to know of any corrections on the map before the end of July.

Pat Costigan had information on LMAA flags that are for sale. Four sizes of flags could be available and the prices are dependent on the number of flags ordered for each size. Flags can be ordered this fall after quantities and prices have been determined. Historical Tidbits of Lake Manitou Book, with some additional information and corrections, has been reordered as the current issue has sold out. The 2011 Information Night was very well attended and this year’s Information Night will be on August 14 at 7:30 at the Sandfield School House and the speakers will be Dan Burns, testing your drinking water and Waste Management Choices, Dave Anderson, retired from MNR and is one of our members, his topic has not been confirmed. Paul Methner will bring us news of our lake.

Mary Lohead Sadly, Mary informed us after 17 years that she is stepping down and is hoping someone else takes up her cause to inform us all on how to enrich our lake by using phosphate free products. ..her report is covered by another article in our LMAA newsletter.

President, Mike Costigan’s Report Mike said he continues to try and keep this general meeting to less than one hour and fifteen minutes. This is our Nineteenth General Meeting. We have been able to keep the fees at \$20.00 for yet another year as a result of good management by the executive. He thanked the members for encouraging others to join LMAA and keeping our membership strong and members involved. Some of the Executive attend FOCA meetings twice a year and inform our members what is going on in cottage country. We take water sampling, do buoy replacement, newsletters and communicate with the members as well as attending numerous meetings on Manitoulin pertaining to environmental concerns. LMAA has objected to the Davis McLay subdivision to be built near Red Lodge, as have the MOE and MNR. We are concerned about phosphorus load and the effect on oxygen levels in Green Bay which will affect the fish habitat. We are now on the agenda of the OMB hearings which should be held early in 2013 in Sudbury.

New Business and Discussion Period

In an effort to raise money for LMAA Jerry Zale would do a painting and sell prints of it. If you have any good pictures let him know.

Question about chemicals being used on lawns at the cottage and if there are rules in place to stop that. There is a general ban but herbicides can be used on farms and golf courses. We each could all do some research as there are alternative environmentally safe herbicides.

Nominations and Elections

PRESIDENT: Mike’s term is up. Marj Mihalyfi nominated Mike Costigan for President and it was seconded by Jerry Zelle. There were no other nominations and nominations declared closed by John De Chastelain. Mike accepted.

NEW DIRECTORS: Mark Harvey nominated by John Harvey and seconded by Don Payne.

Rob Chown nominated by Carolyn Crang and seconded by Dave Rutherford.

There were no other nominations. All nominees accepted. Paul Moffatt declared all elected.

Door prizes - Five names were drawn and prizes awarded.

Adjournment Moved by Dave Rutherford and John De Chastelain that the meeting be adjourned. Meeting adjourned at 11:05 a.m.

LMAA - Directors, Officers, and Project Coordinators

Title	Winter Address	Summer Address
President: Mike Costigan, Silver Bay Road Area	20 Muskoka Court Kitchener ON N2B 3M2 519-576-1912 patriciawilliamson39@gmail.com	186 Franks Rd W. RR1 Site15 Comp3 Mindemoya ON P0P 1S0 705-377-6640
Past President: Peter Edward		
Vice President: Paul Moffatt Holiday Haven Area	Box 41 – 78 Heron Trail Manitowaning ON P0P 1N0 705-859-3362 herontrail@gmail.com	Same
Secretary: Effie Williamson Eagle’s Nest Area	459 Sierra Dr Traverse City MI 49685 231-943-8333 Litemetals@yahoo.com	53C L&J Ln One RR2 Manitowaning ON P0P 1N0 705-859-3559
Treasurer: Don Payne Silver Bay Road Area	35 Christman Court Markham ON L3P 3C7 905-294-4819 payne@interlog.com	162 Franks Rd W. RR1 Site15 Comp 6 Mindemoya ON P0P 1S0 705-377-5284
Director: Jim Booth Eagle’s Nest Area	32 Gloucester Court Sudbury ON P3E 5N5 705-673-6684 boothj@vianet.ca	327 Wilton Trail Manitowaning ON P0P 1N0 705-561-5919
Director: Rob Chown Holiday Haven Area	125 Merrygale Dr. Sudbury ON P3E 6K5 705-670-9365 robert.chown@rbc.com	124 Loon Lane Manitouwaning ON P0P 1N0 705-859-3859
Director & Newsletter Coordinator: Michael R Costigan Eagle’s Nest Area	4 Nuttal St Cambridge ON N2C 4J3 519-654-7324 mikecostigan@hotmail.com	91 L&J Lane One RR2 Manitowaning ON P0P 1N0 705-859-2705
Director: John Coulter Rockville Area	3380 Military St Port Huron MI 48060 810-987-7527 coulterslanding@comcast.net	54 Manitou Haven Trail RR1 Mindemoya ON P0P 1S0 705-377-4709
Director: Joel Dwyer Rockville Area	504 South Lebanon Bryan OH 43506 419-636-4487 jcdwyer@cityofbryan.net jcdwyer@amtelecom.net	220-D Demmy’s Rd RR1 Site5 Comp13 Mindemoya ON P0P 1S0 705-377-7339
Director: Bruce Fraser Holiday Haven Area	30 Cobalt St Box 401 Copper Cliff ON P0M 1N0 705-682-0953 brucefdbm@gmail.com	148 Heron Trail Manitouwaning ON P0P 1N0 705-665-6012
Director: Mark Harvey Silver Bay Road Area	16 Varsity Ave. Sault Ste. Marie ON P6A 5T8 705-949-1515 mharvey102@hotmail.com	156 Johnston Rd RR1 Mindemoya ON P0P 1S0 705-377-5269
Director: Alex Lochead Sandfield –Tehkummah Area	38 - 9 Cadeau Court London ON N6K 4T5 519-473-0597 jaloche@hotmail.com	15 Lyons Lane Box 9 RR3 Tehkummah ON P0P 2C0 705-859-3505
Director: Steve Mann Rockville Area	51 Donnybrook Rd London ON N5X 3C7 519-661-0004 stephen.mann@sympatico.ca	220A Demmys Road Mindemoya ON P0P 1S0 705-377-7950
Director: Mike Thompson Holiday Haven Area	153 Old Mill Trail Manitowaning ON P0P 1N0 705-859-2423 michael_nancy_manitou@hotmail.com	Same
Education Committee: Pat Costigan Mary Lochead (Advisor) John Harvey	See above patriciawilliamson39@gmail.com jaloche@hotmail.com thorajohn1@rogers.com	Phone: 705-377-6640 ,519-576-1912 705-859-3505, 519-473-0597 705-377-5269, 519-537-2996
Map Coordinator: John Harvey	661 Lansdowne Ave Woodstock ON N4T 1K3 519-537-2996 Thorajohn1@rogers.com	156 Johnston Rd RR1 Mindemoya ON P0P 1S0 705-377-5269
Lake Stewards: Rob Coulter – Rockville Area David Kains – Gibraltar Area Marcus Mohr – Windfall Lake Area Mike Thompson – Holiday Haven Area	Email: rgcoulter@sbcglobal.net isleaway@gmail.com mmohr_ca@hotmail.com michael_nancy_manitou@hotmail.com	Phone: 705-377-4709, 248-852-2574, 248-217-5618 705-377-6041 705-377-7898 705-859-2423