



# Sand Lake Estates

RR1, Elgin, Ontario K0G 1E0

Newsletter

Summer 2018

## Indigenous Use of the Rideau Waterway

People have been boating on Sand Lake for thousands of years. People arrived in the Rideau area at some time after the retreat of the glaciers that used to cover this area. By 13,000 years ago the glaciers were gone, replaced in the northern Rideau (Ottawa to Big Rideau Lake) by the Champlain Sea. The landscape had been depressed by the ice to below sea level, allowing Atlantic Ocean waters to flow in. However, the land was rebounding (rising) and by 11,000 years ago the Rideau region had risen above sea level, the sea was gone. We have no direct evidence of people being here during the Champlain Sea era, but they most likely were here, as people would have followed wildlife now occupying the new ice free regions. A fluted point, characteristic of paleo-native people, dating to between 10,000 to 11,000 years ago, was found near Lower Rideau Lake. These people were nomadic hunter-gatherers, often following large game animals such as caribou. Conditions at that time were still sub-arctic in this area and the number of people very low.

Sand Lake is the southernmost lake of the original Rideau lakes. Prior to the Rideau Canal it was 8 feet lower than it is today. Whitefish Lake to the south of us is a man-made lake (due to the canal dams at Morton and Upper Brewers). Prior to man-made alterations, first by mill dams and then by the dams of the Rideau Canal that forced the water south of us to the Cataraqui River, Sand Lake was part of the Gananoque watershed. At the south end of our lake were the long Jones Falls rapids which marked the head of the White Fish River. That river flowed through what is today Morton Bay and then into Lower Beverley Lake and from there to Gananoque. Today's Morton Creek is a flooded remnant of the White Fish River. At the head of our lake was a river with a set of rapids that connected Opinicon Lake to our lake (see map on next page).

Early native travellers during the archaic period (10,000 to 2,800 years ago) were using dugout canoes (a hollowed out log) to travel our waters. Those archaic people hunted a variety of animals, everything from squirrels to moose. They also ate fish and shellfish; plants such as lily roots, cattail roots, and wild rice; and a variety of nuts and wild berries. They had a number of different tools to help them in their hunting and food preparation including projectile points, adzes, gouges, knives and hide scrapers. About 3,000 years ago, pottery started to be used, and

### Notice of Annual General Meeting

**Date:** Sunday, July 1, 2018

**Time:** 10:30 a.m.

**Place:** Elgin Municipal Complex (beside the Post Office)

**Bring:** your annual dues (\$100)

**See you there - everyone is welcome!**

shard remainders can be found all along the Rideau. White tailed deer, by then the most common large game animal in this region, became the favourite of native hunters.

Birch bark canoes started to appear at the end of the archaic period (~3,000 years ago), replacing dug-out canoes. These could carry more cargo and were easier to paddle and portage. In our area, the rapids at today's Davis Lock didn't have a portage, they had a drop of about 5 feet over a distance of 300 feet. Canoes headed downstream likely ran the rapids and were pulled up the rapids going upstream. The first survey of our area, by Lt. Gershom French in 1783, described the water connection between Opinicon and Sand lakes as a river when he paddled through this area on October 10, 1783. To quote "... a Carrying Place to a 3<sup>rd</sup> Lake [Opinicon Lake] and again by a River to the 4<sup>th</sup> Lake [Sand Lake] from whence we had a Carrying Place of a mile and a half." A Carrying Place is a portage, the first one he describes is a long portage around the falls at today's Chaffeys Lock and the second is the equally long portage around the Jones Falls Rapids.

The Rideau Corridor as a whole, in addition to being a seasonal hunting, fishing and gathering area, was also used as a travel way between the Ottawa Valley and the St. Lawrence River/Lake Ontario. The

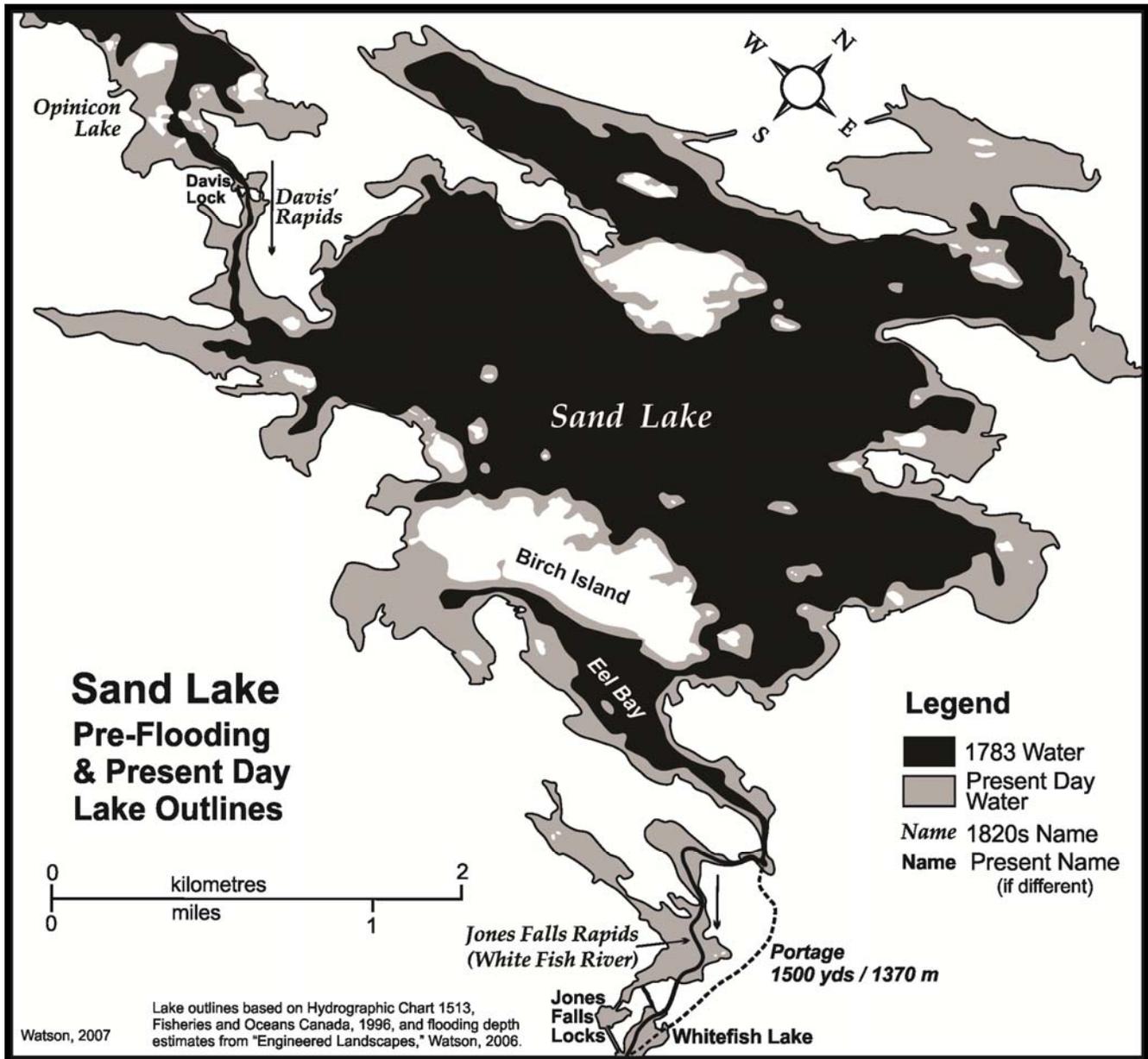
Comments about the newsletter can be directed to the editor, Ken Watson, at [rideauken@gmail.com](mailto:rideauken@gmail.com)

main route, the one through our lake, led from Ottawa to Gananoque. The Cataraqui River was used as a secondary southern route to the Rideau, going from Lake Ontario, up the river to its headwaters in Loughborough Lake and from there to Hart Lake and then to Opinicon Lake, so those travellers didn't pass through our lake.

There is no documented evidence of direct native use of our lake, although there were most likely camping spots in areas that provided good hunting or fishing. A logical stopping point and camping spot would have been the head and foot of the long Jones Falls portage. That portage was in use for thousands of years. Both the head and foot of that portage are now underwater but the higher

elevation area at the head of the portage was likely used as a camping area, just as it was during the building of the Rideau Canal when it was the officer's quarters. Unfortunately no archaeological work has ever been done in that area (or on the portage in general).

During the building of the Rideau Canal, native people and those building the Rideau Canal can best be described as two solitudes – each group doing their own thing – one group continuing with traditional hunting and gathering, the other building a canal. The official reports are silent on the topic of native people. We have an account, written by Hugh Macgregor, who travelled with Colonel By on the first steamboat trip along the



Sand Lake pre and post canal. The Great Stone Arch dam at Jones Falls, completed in late 1831, flooded the Jones Falls rapids (raising the water at the head of the dam by 45 feet) and raised the level of water in our lake by 8 feet. That extra water made the end of Walnut Point into an island and did the same for the pre-canal Birch Point, now an island. With the canal completed, the portage at the foot of our lake was abandoned.

Rideau in 1832. He stated (on about May 23, 1832):

“It was with great pleasure that on passing through Indian Lake, after leaving Chaffey’s Mills, we beheld a party of Indians drawn up rank and file on the beach in front of their encampment, having two Chiefs, and Union flags floating among the dark green foliage of the clustering pines. On our approach, they saluted the boat with a *feu de joie* in most regular order, and in a style that would not discredit a regularly organized corps. We immediately returned the compliment by firing a cannon several times and making a sheer out of the direct course, passed in front of the encampment, when Col. By received them on board to the number of about 40 men, women and children, who went on to the Isthmus with us, their boats and canoes towed astern of the steamer, ten in number - here we were again received with shouts of applause, from a numerous body of people, ready on the rock to receive us, Captain Cole and lady of the number, several firing guns, which we returned by firing the cannon, and a *feu de joie*, fired by the Indians who stationed themselves on the wings of the boat.” (Kingston Chronicle, June 9, 1832).

Native use declined over the years as land along the Rideau Canal became developed and native hunting and gathering opportunities diminished. The early canal records show many instances of “passing Indian canoes” but these dwindle over time until the era of native hunting and gathering in this area ended.

- Ken W. Watson

---

## WATER LEVELS

Last year we had two flooding events that resulted in a closure of the Rideau Canal. These also affected Sand Lake, the high water levels flooding fixed docks and other on/near shore items. Parks Canada is learning from these and will hopefully be a bit more pro-active in initiating draw downs to provide excess water capacity in the lakes prior to major rain events – but there is only so much they can do.

The water level of our lake is managed by Parks Canada using a set of rule curves which determines the target water level for any given time of year – high in summer for navigation, low in winter/spring to provide capacity for the spring freshet. They have recently opened up a section on their website which shows the current level of our lake (and past levels). Their gauge labeled Jones Falls is the level for Sand Lake. See:

[www.pc.gc.ca/en/lhn-nhs/on/rideau/info/infonet](http://www.pc.gc.ca/en/lhn-nhs/on/rideau/info/infonet)

## SAND LAKE ESTATES

Our 2017 AGM was held on Sunday, July 3, at the Elgin Community Hall (see the attached minutes for full details). Several reports were presented including finances and road maintenance. Peter O’Neill announced he was stepping down as President to take up the full time role as our Road Superintendent, volunteer work that he was already doing. Peter was thanked for his leadership as President and the great work he was doing on the roads.

We realized a tax saving due to converting the backlands into a managed forest (changing the tax rate on that land). Our August volunteer day was a big success, brush along the roads was cleared up ensuring they met municipal standards. It has now become an annual event.

The current (2017/18) Executive is:

President: Phoebe Wright

Vice-President: Mike Miles

Treasurer: Jennifer Quong

Secretary: Reid Barter

Directors at large are: Bill Touzel, Peter O’Neill and David Alderdice. Our Lake Steward and Newsletter Editor is Ken Watson. Our Managed Forest Manager is Mike Miles. Our Road Superintendent is Peter O’Neill.

### Dues

2018 dues are \$100 and can be paid at the AGM, on-line, or by mailing your cheque and annual dues form to Sand Lake Estates, RR1, Elgin, ON K0G 1E0.

To pay your dues using a credit card use the PayPal link on our website at [www.sandlakeestates.ca](http://www.sandlakeestates.ca)

For questions about your dues contact Jennifer Quong at 905-802-7880 or quong@mac.com

### 2018 AGM

A reminder that our 2018 AGM is on Sunday, July 1 at 10:30 am. It will be held in the Elgin Municipal Complex, chairs will be provided. The AGM is the best venue to chat with the directors and ask any questions you might have about our association.

### Minutes

The draft minutes of our 2017 AGM have been included in our email-out to members. They will be reviewed and approved at the 2018 AGM.

## DID YOU KNOW?

### Access to your cottage from Davis Lock Road is facilitated by a Right of Way agreement

**Background:** When Sand Lake Estates was incorporated in 1973 it became the owner of the "backlands". The roads on the Sand Lake Estates Inc. backlands run along an established right of way. Legal work was done so that permission to use this right of way was given to each cottage lot from Sand Lake Estates Inc. This gives you the legal right to travel from the public Davis Lock Road, across the SLEI owned backland property, to your cottage.

A right of way was registered for all of the cottage properties that existed in the early part of the 1980s. The grant of this right of way, number 18530, was registered with the Ontario Land Registry Office for the cottage lots, their owners, heirs and successors.

**Impact:** Without a right of way registered with your deed, the future sale or transfer of your property could be delayed or negatively affected.

**Issue:** In rare instances it has come to our attention that the right of way doesn't appear on a deed.

#### Two scenarios are root causes:

**Scenario 1:** your cottage property came to exist as a result of a severance (it didn't exist as a separate cottage lot in the 1980s, or earlier);

or

**Scenario 2:** your cottage was sold or transferred sometime after the mid 1980s and the lawyer performing the transfer failed to convey the right of way onto the new deed.

#### The Deed, close up:

If you examine the top right corner of your deed, the following are key areas on the form to review:

**Box 5 (description):** you should see the legal description of your property and location, the county and municipality it resides in followed by "Together with a right-of-way over part of....."

**Box 7 (Interest/Estate Transferred):** The words "Together with right-of-way".

#### Uh-Oh, I didn't find any mention of a right of way on my deed:

We believe the number of exceptions will be minimal. If you didn't find what you were looking for on your deed, there are a few steps to correct the problem:

1. Confirm the issue with your lawyer. Your lawyer can prepare a simple agreement between yourself and Sand Lake Estates formalizing a right of way (now a type of easement). The agreement should be prepared in consultation with Sand Lake Estates legal counsel Jane Monaghan.
2. Sand Lake Estates Inc. executive will approve the agreement once lawyers are satisfied it is suitable.
3. Your lawyer will register the executed agreement with the land registry office and it becomes part of your deed.

Problem solved.

- Peter O'Neill

---

## TREES and ROAD TRAVEL

In this past year we've had a handful of instances where trees have come down and blocked one of Sand Lake Estates Roads (Walnut Point, Pine Ridge or Eden roads).

We should note, the spirit of community and collaboration usually kicks in and the issue is usually resolved rather rapidly!

Here's some guidance on how to proceed in the most expeditious way when you find your way blocked:

1. Assess the situation - if power lines are down stay clear and contact Ontario Hydro (1-800-434-1235).  
**Remember trees and other objects in contact with high voltage power lines can be conductive for some distance! Stay away!**

2. If the tree can be safely pulled aside or sectioned and pulled aside to make the road passable, feel free to reach out for neighbours and make this happen. Then let the Road Supt know so final clean up can be done.
3. If the tree is partially fallen and hung up on other trees and is a dangerous or complex removal, go to step 4.
4. If no neighbour is around to assist, or the tree is a dangerous or complex removal, reach out for your: SLEI Road Supt (denoted by "R" on the SLEI phone list) or the SLEI President (denoted by "P" on the SLEI phone list) if you cannot reach the Road Supt.

Continued on page 5

## 2017 FINANCIAL REPORT

### Income

Dues*	4,650.40
Road Grant	881.60
Other (O'Neill payback)	135.60
<b>Total</b>	<b>5,667.60</b>

### Expenses

Bank Fees	15.00
Taxes	513.20
Hall Rental	70.00
Insurance	1,618.92
Website	382.23 (2017+3 yrs)
Roads	811.93
Road Supt. Expenses	59.54 (gas/asphalt)
FOCA	271.25
Reg. Letter (roads)	12.25
<b>Total</b>	<b>3,754.32</b>

### Reconciliation

1 January 2017 - Opening Balance	5,275.01
31 December 2017 - Closing Balance	7,188.29

Opening Balance	5,275.01
Add Deposits	<u>5,667.60</u>
	10,942.61
Minus Expenses	<u>(3,754.32)</u>
Final Balance	<b>\$7,188.29</b>

BMO Term Investment	<b>\$4,424.36</b> (Dec. 1, 2017)
(contingency fund)	

\* Dues are not a round number due to PayPal & foreign currency charges.

---

## VOLUNTEER DAY & PICNIC (SATURDAY, AUG 11)

Our now annual road clean-up day will be Saturday August 11. Please mark that date on your calendar. We need two "organizer volunteers," someone to organize the road clean-up part, which will start at 10 am that day, and someone to organize a pot-luck BBQ, to be held at Davis Lock at noontime.

We'll have the details of what we plan to do on that day at the AGM.

To volunteer or for more info contact Phoebe Wright at 613-359-6270 or [pwright@wrightmethods.com](mailto:pwright@wrightmethods.com)

## ROAD MAINTENANCE

Almost half of your annual dues is used for the summer maintenance of SLEI roads. Our volunteer Road Superintendent is **Peter O'Neill** who does a wonderful job - **thanks Peter!**

2017/2018 marked a change in strategy for roads. On an alternating year basis, the Road Supt will either use contracted resources to grade and judiciously add crushed stone to select segments of the roads or alternatively will perform work himself. This alternating strategy allows us to perform more preventative and proactive maintenance with the savings. In 2017 we began to re-work drainage on certain segments, and purchased aggregate reserves for repairs in future years. In 2018 contract grading and aggregate top up was done where required. Peter will give us a full rundown of his work last year and planned work for 2018 at the AGM.

### **Winter Ploughing**

Sand Lake Estates does not do (or pay for) any winter maintenance/clearing of the roads. Private individuals are paying for all winter sanding and ploughing. Winter ploughing costs are shared on a volunteer basis. Contact John Ziegler for Pine Ridge/Eden roads or Bob Haapala for Walnut Point Road if you would like to contribute to the ploughing of the main access roads.

Those wishing to have their driveways ploughed should contact our contractor, Terry French, of French's Trucking, directly at: 613-272-2465.

---

### ***Trees and Road Travel (cont ...)***

Note: You can also use the "contact us" tab on the [www.sandlakeestates.ca](http://www.sandlakeestates.ca) website to reach these individuals.

These SLEI executives will undertake to move the tree using equipment or a qualified contractor.

In closing, we have to note: in all instances where trees came down on our roads, there was a local weather situation that caused similar issues across the region. So please be patient as steps are taken to resolve the inconvenience when your path is blocked. Chances are, other roads will be blocked too!!

What if a tree has come down across Davis Lock road? If a tree falls on a township road, call:

Township of Rideau Lakes during normal business hours: 613-928-2251 or 1-800-928-2250, or their after hours emergency number: 1-877-798-5725

- Peter O'Neill

## GARBAGE PICKUP

Garbage pickup for our roads (Walnut Point, Pine Ridge and Eden) is on **MONDAY** (or Tuesday if Monday is a holiday) - **summer and winter!** From Victoria Day to Thanksgiving the Monday pickup is at the end of **your driveway** (NOT at the end of the main roads) and from Thanksgiving to Victoria Day it is a Monday pickup at the Davis Lock Road ends of Walnut Point Road and Pine Ridge Road.

We had an issue last year where a bag of unattended garbage was placed beside the garbage box (which is a private box) at the end of Walnut Point Road on a Wednesday. Outside of the fact that this garbage would not have been picked up until the following Monday, it was in a bag (not a container) and unattended. Animals got into it and made a huge mess (see photo).



End of Walnut Point Road – April 26, 2017

If you're travelling to and from the cottage the best solution is to take your garbage home with you.

It is your responsibility to clean up any spills of your garbage in a timely manner. To ensure that spills don't happen in the first place, regular garbage should be placed in a "critter proof" container. Please note that containers you'll see along our roads are private. Organic material should be composted.

The recycling schedule of paper/cardboard/boxboard recycling one week and plastic and metal recycling the next week, continues in 2018. You find the schedule on each page of your Township calendar. Calendars are available at the Post Office in Elgin.

Garbage must be placed in a clear bag and have a Township bag tag attached. A bag without a valid bag tag will not be picked up. Tags can be purchased at Gordanier Grocery in Elgin. Recycling is free and must be in a clear blue bag. Fibres and paper may be bundled but must be tightly tied (or it won't be picked up). There is a limit of 2 bags of garbage and 5 bags of recycling per week and each bag must weigh less than 40 pounds.

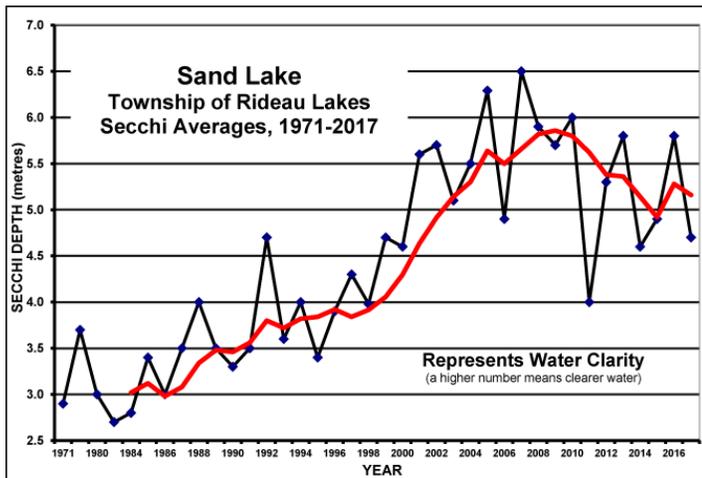
Details about the Township's waste collection policy, including a full list of how to sort your recyclables, can be found on the Township website at: [www.twprideaulakes.on.ca](http://www.twprideaulakes.on.ca)

Please ensure that **all users** of your cottage (i.e. guests or renters) are aware of the rules.

## WATER QUALITY

Your association's Lake Steward, Ken Watson, participates in the Ontario Ministry of the Environment's Lake Partner Program. This involves taking weekly water clarity readings using a secchi disk, taking weekly water temperature readings and taking six water samples, once a month, May to October, that are measured for phosphorus content.

In 2017, the average secchi water clarity reading was 4.7 metres, down from 5.6 m in 2016. The average phosphorus content of our lake (6 samples) in 2017 was 13.4 ug/L, up from 11.7 ug/L the year before (lower is better).



You can see from the chart that we bounce up and down, last year's excessive rain may have caused the change. Overall clarity and phosphorus content remain very good for a lake of our type (Mesotrophic, moderately enriched with nutrients).

## ICE IN - ICE OUT

Sand Lake froze over on December 14, 2017. The ice was gone from the centre of the lake on April 10, 2018 although it hung around in bays for several days after that date.

## BOATING INFORMATION

- Everyone who operates a powered pleasure boat must have a Pleasure Craft Operator's Card.
- No one under the age of 16 may operate a personal water craft (PWC).
- No one under the age of 12, and not directly supervised by a person 16 years of age or older, may operate a vessel with more than a 10 HP engine.
- No one between the age of 12 and 16, and not directly supervised by a person 16 years of age or older, may operate a vessel with more than a 40 HP engine.
- Make sure you have all safety equipment required for your boat, which includes items such as a buoyant heaving line, a watertight flashlight (with batteries loaded) and a manual sound-signaling device.
- A personal flotation device of appropriate size must be available for each person on board (i.e. if you have children in a boat, you must have child-size PFDs.)
- For most boats (including canoes/kayaks), consuming alcohol on board is against the law. And, just like a car, you have to be sober to operate a boat.
- If you are a tow boat for a water-skier, tuber, etc., you must have at least 2 people and 3 seats in the boat. There must be a driver, an observer and a spare seat for each person being towed.
- While refueling, all occupants of the boat must be ashore, all engines must be off, all open flames must be extinguished. Portable fuel tanks must be filled ashore.
- **NEW:** Stand Up Paddleboards require a PFD and a sound signaling device. If you're not wearing the PFD, you must also carry a 15m buoyant heaving line.



## SEPTIC SYSTEMS

This is your yearly reminder to take stock of your septic system - is it working as it should? Have you had it pumped out recently?

An improperly working septic system will allow the release of harmful bacteria such as E. coli (fecal bacteria) into our lake. It can even contaminate groundwater (i.e. your well or your neighbour's well).



Follow these six steps to keep a healthy system:

- Step 1 – Do** have your septic tank pumped out every three years
- Step 2 – Don't** overload your septic system with water
- Step 3 – Don't** give your septic system indigestion
- Step 4 – Don't** drive or park cars or heavy machinery on the septic bed
- Step 5 – Don't** plant trees or shrubs on or near the septic bed
- Step 6 – Do** let your system grow with the family and usage – know its capacity

### ***Does your septic tank need to be pumped out this year?***

If you didn't know you had a septic system,

If it hasn't been pumped out in the last 3 years,

If you can't remember when it was last pumped out, then you should have it pumped this year.

Two local contractors who do this work are Bryan's Septic Service in Westport (**613-273-3078**) and Hogan's Septic Service of Seeleys Bay (**613-387-3432** or **1-800-395-1375**).

### FREE LOCKAGE DAYS

While we're back to normal lock fees for 2018, there are **TWO** days where Parks Canada will be offering free lockage. One is **Saturday, June 24** and the other is Canada Day, **Sunday July 1**.

### RENTER'S GUIDE

As noted last year, Mike Miles has compiled a renter's guide for those renting our cottage. You'll find it as a PDF download on our website at: [www.sandlakeestates.ca](http://www.sandlakeestates.ca)

## COMING EVENTS

For more details on events see: [www.twprideaulakes.on.ca/rec-events.html](http://www.twprideaulakes.on.ca/rec-events.html)

- July 1 Sand Lake Estates AGM – 10:30 a.m. at the Elgin Municipal Complex
- July 1 Canada Day Fireworks – from 10 to 11 pm on Big Rideau Lake near Portland (good viewing from Hanna Park in Portland)
- July 13-15 Elgin Days – includes a BBQ and a parade
- July 26-29 Delta Fair
- August 4 Annual Craft Market at Chaffeys Lock – 8 am to 4 pm.
- August 11 SLEI Volunteer Day and pot-luck BBQ —10 am to 2 pm

## BASS FISHING

A reminder to all that the bass fishing season does **not start until the third Saturday of June** (June 17).

The problem with pre-season poaching of bass is that if the bass are pulled off their nests, other predatory fish (sunfish, etc.) will swoop in and eat the bass eggs or fry. This means that even catch and release fishing is damaging to bass stocks.

It is illegal to fish for or take bass before the **third Saturday in June** or after December 15th.

This means that it is against the law to do any type of fishing which potentially targets bass such as casting in areas that are less than 1.8 m (6 ft) in depth, using bass lures or using live bait. **This includes catch-and-release.**

If you see a poacher, report the license number of the boat to MNR at **1-877-TIPS-MNR** (1-800-847-7667).



Bright spots that you can see underwater in shallow areas of our lake are bass "nests." Once the water temperature is high enough (about 18°C/65°F) the female will lay her eggs and the male will continue to guard the nest until they hatch.

## WELL WATER SURVEY

Two students in the School of Environmental Studies at Queen's University in Kingston are working on a research project associated with private groundwater drinking sources. They are interested in surveying residents who have a well (drilled or dug) on their property. The survey is a collaboration between Queen's University, McMaster University, Dublin Institute of Technology and Public Health Ontario. The information gathered from this survey will contribute to the research project titled, "Exploring, Developing and Evaluating Drinking Water Vulnerability Assessment Measures: Implications for rural Ontario communities using private groundwater drinking sources" (The "WELLness" Project).

The survey takes 10 minutes or so to complete and can be found at: <https://tinyurl.com/ybocpz9g>

(click on this link in your PDF file to go to the site)

Well water testing is offered as a free service of the public health unit. A flyer for that has been included with this newsletter showing the locations where you can pick up and drop off a free water bottle sampling kit (which includes full instructions).

The closest to us is Country Roads Community Health Centre in Portland. You can pick up or drop-off a water sampling kit there Monday to Thursday (8 to 5 Mon & Wed, 8 to 7 on Tues & Thurs). The sample will be tested for bacteria (i.e. e-coli) and the results will be mailed back to you.

## HYDRO LINE CLEARING

You may have noticed blue dots on some trees bordering the hydro line. These are trees that Hydro One plans to trim so that branches don't overhang the line. There is no date for this work, the trees were marked a couple of months ago, so presumably sometime soon.

## INTERNET OPTIONS

We live in a forest and this provides difficulties for Internet access depending on where you are located. There are essentially four options: dial-up, wireless, turbohub or satellite. We'll look at the latter three.

**Wireless:** we have two options, WTC (tower at Jones Falls and a new repeater on Opinicon Lake) or Xplornet (tower on Davis Lock Road). These are all line of sight and leaves degrade the signal. WTC offers a free evaluation on their website (they have a page where you put in your location and they'll let you know if they can provide service). They also offer a seasonal rate for cottages.

**Satellite:** Xplornet provides satellite access pretty much anywhere there is an open southern view (similar to satellite TV orientation).

**Turbohub:** Bell, Rogers and Telus provide a turbohub option, connecting to a local celltower.

Wireless is best if you can get it. Satellite is second best in terms of speed and data plans but it suffers from latency and can be affected by weather. Turbohubs work anywhere there is cell service but are slow and have low data caps.

## BE TICK AWARE!

This is an annual article since Lyme disease continues to increase in Ontario and it is present in our area. Lyme disease is carried by the blacklegged tick (aka deer tick) in our region— the tick picks up the disease from both deer and mice. If you've got a dog, you're well aware of ticks (and likely have some expertise in properly removing them).

**Prevention** – the best defense is to avoid getting a tick on you. Ticks generally hang out in long grasses and plants (such as we have on most of our properties and the sides of our roads). Covering up (long pants, socks, long sleeves) generally works, but is often not practical in summer. Mosquito repellent containing Icaridin or DEET works against ticks – apply it to any exposed area of skin that a tick might latch onto. Don't rely on insect repellents that don't contain either of those ingredients. For more information see:

[www.cps.ca/documents/position/preventing-mosquito-and-tick-bites](http://www.cps.ca/documents/position/preventing-mosquito-and-tick-bites)

It is also recommended that you take a shower when you come in from being in a tick area (any area with long grass) to wash away any tiny ticks before they latch onto you.

**Removal** – you should do a tick check every day. They can be very small, but look for something that shouldn't be there (they can look like a small seed). They prefer a warm spot – neck, armpit or groin area. The good news is that it takes a tick carrying Lyme disease 24 to 48 hours to transmit the disease to the host – so you can avoid the problem by removing the tick early. The trick is to very gently pull or pry the tick away from the skin, taking care not to leave the head lodged in the skin. Gentle but firm pulling will force the tick to let go. Then swab the affected area with rubbing alcohol to remove any tick-borne bacteria and apply a topical antibiotic (i.e. Polysporin) to prevent possible infection.



**Lyme Disease** – this can be a debilitating disease for humans and may be hard to detect, although it is easy to treat with antibiotics **if caught early**. The symptoms vary and may include fever, headache, fatigue, depression, and a characteristic circular skin rash. The rash is a clear give-away – a bulls-eye pattern rash that can appear from a few days to a month after the initial bite. **BUT not everyone develops the rash** (about 80% do but 20% don't).

**If In Doubt** – if you have a tick that appears to have been on you for more than a few hours then save it once removed (for later identification of type). Unfortunately our nearest health centre, Country Roads Community Health Centre in Portland, does not do tick identifications. However they will do tick removals and if they believe that you've been exposed to Lyme disease, they can initiate a test. You'll be best off in the long run dealing with your own family physician. Be aware that even in 2018, Lyme disease is poorly understood by most doctors and the tests for it are unreliable. There is no vaccine for it and, if not caught very early, there no cure.

**Dog Owners** – there are new tick prevention meds now available. Ask your vet about your dog's best options.

**More Information:** the internet of course has tons of information, best to check with official health provider websites. A good place to start is : [www.healthunit.org/hazards/documents/lyme.htm](http://www.healthunit.org/hazards/documents/lyme.htm)

---

## OUR LOONS

There are a number of artificial loon nesting platforms on Sand Lake. We ask that you and your guests avoid approaching any of these during nesting season, early-May to mid-June. This can disrupt the nesting loon, sometimes to the point of nest abandonment.

We also ask boaters to please be aware of the small loon chicks, especially during July and August. Also please make all visitors and renters aware of the fact that loon chicks are in the area and that they are very vulnerable to being run over by a boat or PWC. They are hard to spot in the water and too young to be able to avoid boats. It is up to you to avoid them.



The loons in Ransier Bay nested on May 12 this year. Unfortunately, while the egg appears to have hatched, the chick didn't survive (it was never seen). The same thing happened in 2016, in that year the loon nested for a second time, which also ended in failure. The good news is that the chick hatched in 2017 survived to fly south last fall.