



PRESIDENTS' MESSAGE

Summer 2014

Hello Folks,

Spring has arrived! It's April 24th and the ice has finally disappeared off the lake. Hope you all had a good albeit long winter, it sure was cold and if you were not up at the cottage over the winter you missed some big snow!!!.

Unfortunately we did not hold our annual Bocce tournament this Family Day as we returned from a holiday in time for the weekend but had so much snow with heavy slush underneath that plowing was impossible. We will be reminding everyone about next year's tournament in our Fall newsletter.

This year on the July long weekend, Saturday June 28th at around 10PM the CLCA will host a special fireworks display. The fireworks display will be held on a barge at the north west corner of the lake and will be performed by two of our members Milan Kratochvil and Brian Addie. Last year they put on a wonderful display so we asked that they do it again this year.

Anyone who wants to travel up by boat can sit in the bay, watch the fireworks and listen to the choreographed music. Anyone who does not have access to a boat or does not live close enough to see the fireworks from their property can use the beach property (owned by the Township) that we used for the regatta last year. The view from there will be perfect.

We are again going to hold our 50/50 draw, tickets will be available for purchase around the first week of June. You will be able to purchase them from the same folks as last year including Sam's General Store. Last year the lucky winner took home \$1077.50 and the winner of most tickets sold was Sam's, who generously donated the money to this year's regatta. This year we have decided to use the money to clean up and lay down gravel at the boat launch at the south end of the lake.

Speaking of regatta, word is out that Dave Carr and the great team from last year are going to pull off another successful day. Dave and Company are always looking for help so please give him a call and see how you can contribute to making this year's regatta one of the best. Dave's number at the cottage is [613-472-5474](tel:613-472-5474) or email him at Dave.Carr@omya.com

We would also like to hold another CPR course. Blake Hurst who holds these seminars has a very long drive to come up here to do the course so I would like to see if anyone is interested before actually booking his time. Please email me at jmb@orderline.com if you are interested. If we can get enough people together then we can book a Saturday in June or early July.

CLCA now has online banking. You no longer have to write that cheque and put into the mail boxes that are slowly disappearing. More information and instructions are in this newsletter.

Once again, actually for third time, to those people who read our whole newsletter, the clue is "What is MHSW?" If you know the answer, please go to our website www.cordovalake.ca, under the Contact us link and email us your answer with your name and phone #. We will put your name(s) in a hat and the lucky winner with the correct answer wins \$50.00.

Well that is about it for now, wishing everyone a fun filled, happy and safe summer.

Joanne

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SPECIAL POINTS OF INTEREST

- How to stay safe in event of a fire
- Encouraging Hummingbirds
- Watching Your Wake
- Uses for Peroxide.
- Dealing with Deer Flies
- Carefully disposing of trash
- Drink Up! Water that is!

EXPERIMENTAL LAKES AREA-REPRIEVE

Ontario and the International Institute for Sustainable Development (IISD) have signed an agreement to continue vital freshwater research at the Experimental Lakes Area -- the only freshwater research facility of its kind in the world.

The agreement means scientists and researchers can begin important work in time for the 2014 field season. Among this year's projects, the IISD, researchers and university scientists plan to:

Explore the ecological risks associated with the release of tiny particles called [nanomaterials](#) into the environment. For example, nanosilver is used in garment manufacturing to stop bacteria and odour.

Monitor lake recovery from mercury, commonly found in coal-plant emissions. Ontario recently [closed its last coal-fired energy-generating station](#), which is producing significant health and environmental benefits for Ontarians.

The [Experimental Lakes Area](#) is a world-renowned freshwater research facility in northwestern Ontario. It attracts scientists from around the world who conduct research that informs pollution reduction and climate change strategies, and protection of freshwater ecosystems. This research supports our understanding of the many threats to clean water and how we can protect our lakes and rivers right here in Ontario, across the country and around the world.



In Memoriam...LOTTE HILDEBRANDT

One of our longtime cottagers passed away peacefully after a lengthy illness on March 6, 2014 in her 93rd year. Loving mother to Kirsten and Angela (Don) and Oma to Kate and Elise. Twin sister to Hanni and sister-in-law to Marlis (Wolfgang), Tante Lotte to her nieces, nephews and family in Germany. She will be lovingly remembered for her gentle spirit and devotion to her family. A special thank you to the caring staff at Moll Berczy Haus in Toronto. A celebration of Lotte's life was held on Tuesday, March 18, 2014 at 1 p.m. at The Simple Alternative Funeral Centre, 275 Lesmill Rd., North York, 416-441-1580. In lieu of flowers, a donation may be made to The Nature Conservancy of Canada. Contact NCC at 1-800-465-8005 or www.natureconservancy.ca

Mrs Hildebrandt helped her husband build the cottage on Cordova Lake from the ground up, including hauling hundreds of pounds of bedrock to construct paths and porch floors. She was a real trooper, all 4 foot 11 inches of her. Even though she was reluctant at first to purchase the island property in the early 60's, she grew to love it over time, especially the last few years as her health was failing and the island became a sanctuary of family and nature. She will be missed by family and friends.



We appreciate your ideas. Feel free to send them to us at:

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CLCA DUES

We would appreciate it if you would pay your lake dues of \$20 before August 1, 2014.

Should you wish to send a cheque by mail, please make it payable to the CLCA and send it to:

CLCA c/o Melanie MacLeod

201 F.R. 59 , Havelock, ON,

KoL 1Zo.

If you send cash, please be sure to include your name and the cottage address for which you are paying.

This year, we are offering our members the ability to pay their dues online. Should you wish to do so, please read the guidelines below. We believe that, in this electronic age, this will be a popular option for you.

For your convenience, we are now able to accept **E-Transfers** to pay for your lake association dues! *Please note that some banks do charge 1.50 to the sender of the money for the transaction.*

Every bank has a different process to do this so you will have to determine how to set up the account online with your bank

There are however, a few things that **MUST** be the same

When you set up the transfer,

1. The name of the person to whom you are sending the money is **Kim Woods**
2. You will require an email address to send the moneythat email address is **kim.stephenswoods@gmail.com**
3. You will be asked to create a security question....that question is....**What lake are you on?**
4. You will be asked for the answer to the security question....it is **Cordova**

All the questions and answers must be the same in order for me to accept the money to the Lake Association bank account

I have tried this and was successful. I hope this is beneficial for all of you.

Kim Stephens-Woods, Treasurer



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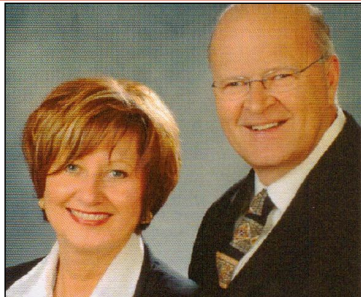
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Auditor Wanted


THE CLCA would love to hear from any of our members who would be willing to audit our financial books for us. This person must be a qualified auditor/accountant and, it would be wonderful if they would be willing to do the work pro bono or at a reduced rate as we are a non-profit association.

If you can help in this regard,
please contact our president,
Joanne, at
jmb@orderline.com



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Did you know that you may have less than One Minute to escape a burning cottage? This is why it is so critical that every cottager prepare and practise a home escape plan, as well as being aware of the requirements for maintaining and replacing their cottage smoke and carbon monoxide alarms. Follow these steps to protect your family and guests from fire and carbon monoxide danger:

1. On Day One of cottage season, prepare and practise a fire escape plan ensuring, wherever possible, that you have two ways out of every room of your cottage.
2. Check the age of all smoke and carbon monoxide alarms. Immediately replace smoke alarms over 10 years old and CO alarms over 5-10 years depending on the manufacturer. This is required whether Alarms are plug-in, hardwired or battery powered.
3. Install fresh batteries in all alarms, especially those in cottages that were closed down for the winter as cold drains battery power.
4. The same Ontario law applies in cottages as in permanent homes – working smoke alarms are required on every storey of your cottage and outside all sleeping areas.
5. Cottages with fireplaces or fuel-burning appliances of any kind (eg. propane or gas stove, furnace, water heater etc.) **MUST ALSO** have a carbon monoxide alarm.

Here are some additional safeguards:

- Never tamper with smoke or CO alarms!
- Test smoke and CO alarms monthly
- Check fire place or woodstove flue
- Clear debris from vents
- Pay close attention to burn bans and municipal guidelines for camp fires
- Never leave a fire unattended
- Consider installing a fire extinguisher in kitchens and out-buildings – use the right type of extinguisher and check pressure
- Report obstructions to access roads that might impede emergency vehicles
- Ensure all family members and guests are aware of your cottage address

Post a copy of your cottage escape plan for all cottage guests and renters, and stress the importance that they become familiar with it and practice it!

Smoke & CO Alarms Wear Out

*When's the last time you checked
your alarm expiry dates?*



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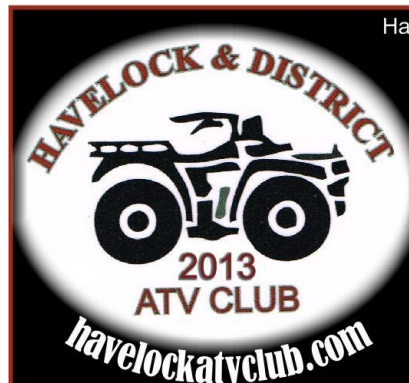
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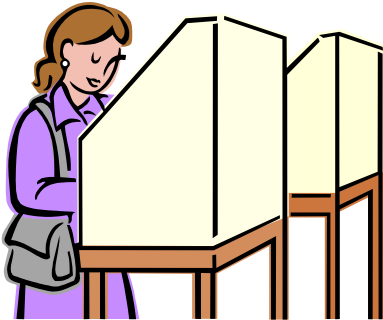
For general inquiries
please email:
info.havelockatv@gmail.com

Municipal Elections 2014

Exercise your right to vote in the October 27, 2014 Ontario Municipal Elections!

Ensure you are on the voter list. You should be registered to vote in each municipality where you own property.

Go to www.voterlookup.ca to:



- confirm the accuracy of your elector information;
- update your information where incorrectly recorded; and/or,
- add a name to the enumeration so that it is correctly recorded for municipal and school board voting purposes.

Note: for some cottage addresses, you may need to reference the Roll number from your last Property Assessment Notice or municipal tax bill.

TRAPPER SERVICES:

Professional and humane removal and management of nuisance wildlife. Raccoon, Beaver, Skunks or any type of animal. (located in Cordova Mines)

Please call **Cory Weber** to get a quote: 613-472-1523



If you are receiving your newsletter by mail and have email, please forward your email address to

melaniejmacleod@gmail.com.

In this way you will receive information in a more timely fashion and save us the cost of printing and postage.

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

Margaret Mead



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Why is it important for a cottager or seasonal owner to vote?

1. Protect your financial investment.
2. Cottages tend to be held for a long time.; often multi-generationally. A long term perspective and commitment demands a strong, stable municipal government.
3. Waterfront property traditionally has a higher assessment than non-waterfront or town property. Therefore, waterfront owners contribute significantly to the municipal tax base.
4. Demographics! In rural Ontario the number of voters (perhaps 2,000-3,000) per councillor is considerably smaller than in larger municipalities (50,000 or more constituents).

YOUR VOTE HAS A GREAT IMPACT!



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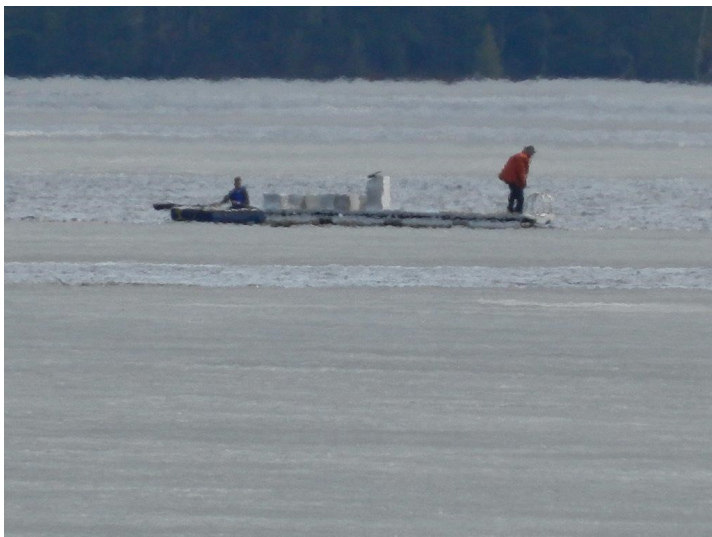
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In April, as the ice went out, Wallace Boustead took this photo of two intrepid cottagers who went out in their canoe to recover a dock.

CORDOVA MINES REASSOCIATION DINNERS

Friday, May 30 6 pm. Ham and Scalloped Pot. Dinner

Wednesday, June 25 5p.m. Strawberry Supper

Friday, September 26 6p.m. Lasagna Dinner

Friday, October 24 6p.m. Roast Chicken Dinner

One of our members passed along this tip which she believes helps to CONTROL FLIES. Here's her story:

"We went with friends to a restaurant on Sunday for lunch and sat in the patio section beside the store. We happened to notice zip lock baggies pinned to a post and a wall. The bags were half filled with water, each contained 4 pennies, and they were zipped shut. Naturally we were curious! The owner told us that these baggies kept the flies away! So naturally we were even more curious! We actually watched some flies come in the open window, stand around on the window sill, and then fly out again. And there were no flies in the eating area! I'm now a believer! "

Research supposes that the millions of molecules of water presents its own prism effect and given that flies have a lot of eyes, to them it's like a zillion disco balls reflecting light, colors and movement in a dizzying manner. When you figure that flies are prey for many other bugs, animals, birds, etc., they simply won't take the risk of being around that much perceived action.

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ENCOURAGING HUMMINGBIRDS

There are three ways to provide tantalizing food for hummingbirds: through plants, feeders and insects.

Plants: Hummingbirds feed frequently on nectar-rich flowers, and planting flowers specifically to attract these flying jewels is an easy way to make any place a perfect hummingbird habitat. While the color red is very attractive to hummingbirds, the most important factor is that the flowers must produce plenty of nectar. Bleeding hearts, impatiens, petunias, salvias, bee balm, columbine, cannas, viburnums, honeysuckles and many other flower, tree and shrub species will attract a variety of hummingbirds. Birders who prefer non-red flowers can add an instant touch of attractive color with red or purple gazing balls that will attract hummingbirds as well.



Feeders: Nectar feeders are one of the most common ways to attract hummingbirds to your yard. A wide range of feeder styles is available, including gel packs, inverted tubes and saucer dishes. Feeders may come with wasp, hornet and ant guards, and they are often colored red to help attract hummingbirds. Commercial nectar concentrates and mixes can be used or birders can fill their feeders with a homemade hummingbird nectar recipe.

Insects: While hummingbirds are most well known for their fondness for nectar, they also eat a large quantity of insects, including spiders. To attract hummingbirds to backyard insects, avoid using pesticides or insecticides that will kill off this food source and choose flowering plants that are also attractive to insects.

For more ideas on hummingbirds visit page 12.

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WASTE MANAGEMENT

Many of us have been dismayed by the wanton disregard displayed by people passing through our beautiful area who toss their garbage out of car windows or leave their garbage bags dumped in the ditches. It is impossible for most of us to understand these disgusting actions.

The CLCA is suggesting that we all assist in putting this sad situation to rights by taking part in

Keep Cordova Lake Clean Day.

To that end we have designated the morning of Sunday, July 27 for this purpose. If you and your family are willing to take part, please select a section of any road around the lake that you would be willing to walk and pick up garbage and/ or recycling. Garbage bags and gloves will be available for pick up at Joanne's home which is the green house at the north end of the lake or, if driving, #9 F.R. 58. When you have filled your bags, they can be dropped off at Joanne's from whence they will be taken to the dump free of charge since we are performing a public service. Please note that we will not be accepting any household garbage just that which you find at the roadside.



All people in the township of Havelock Belmont Methuen who wish to take their garbage to the dump require an up-to-date waste management card.

During the summer (May 15-Sept.15) the 6th line transfer station is open at these times:

Monday, Tuesday, Friday, Saturday: 9:00a.m. - 5:00p.m.

Wednesday-Thursday: Closed

Sunday, Holiday Mondays: 9:00a.m.-7:00p.m.

Recycling services are offered in the same location by the County of Peterborough



Household hazardous waste (also called MHSW) does not belong in the garbage or blue box recycling. Some products are identified with hazard symbols; others such as make-up, soaps, prescription medications, vitamins, needles and fluorescent tubes/bulbs are not. All of these items need careful handling to keep our land and water safe and clean.

If you require further information please call 705-775-2737 or

esinfo@county.peterborough.on.ca

and they will be pleased to assist you.

Poisoning Yourself!

Please remember that hazardous products (paint, varnish, pesticides, gasoline, antifreeze) dumped down your drain, come out of the septic system just like they went in.

The only difference is that now they're in the ground and water with the potential to poison wells and lakes.



"The nation behaves well if it treats its natural resources as assets to be turned over to the next generation." T. Roosevelt



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WATCHING YOUR WAKE

Cottagers derive a great deal of enjoyment from a host of boating activities ...

Those of us with our pleasure craft licence studied specific rules of the water geared to safe & responsible boating; most of us are familiar with general boat safety & etiquette. We may not be as familiar with the impact of boat wake.

Impact of Boat Wake

The larger the wake, the greater the potential for undesirable side effects

Loons, & other birds that nest along the shore, choose locations that are protected from waves generated by the prevailing winds. However, boat wake, which can come from any direction, can & does drown the nests & the young, particularly in May & June.

Inexperienced swimmers & young children are not usually in the water when wind-driven waves are high. However, they can be toppled by the size & energy of boat wake.

Boat wake & prop wash can churn up sediments in shallow water which releases dormant nutrients that promote weed growth & algal blooms.

Boat wake can cause erosion.

Boat wake can cause docks & moored boats to rock severely & pull mooring

How You Can be Wake Wise

1. Be aware of the size of your wake during displacement, transition and planing speeds.
2. Position your passengers throughout the boat in order to reduce the time spent in transition speed.
3. Look behind you to see & understand the impact of your wake on shorelines, docks or other structures. Adjust your speed & direction to minimize the impact.
4. Respect the shoreline zone. Reduce your speed to less than 10 km/h within 30 metres of any shore including the narrow channels between islands.
5. Water-ski, tube, & wake-board well away from all shorelines. Try to make use of the entire length of the lake.



If you are moving or changing phone numbers, please forward your updated contact information to us at www.cordovalake.ca

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ANNUAL GENERAL MEETING

Our Annual General Meeting will be held on **Sunday, July 13 at the Community Hall in Cordova Mines at 10:00a.m.**

This large meeting room allows plenty of space for all of our members to gather to discuss lake business, to pose questions to the CLCA and to local elected officials.



We would encourage all property owners to attend this important meeting.

PEROXIDE

Peroxide has myriad uses for very little cost and with hardly any aroma (as compared to bleach) Be sure to keep some at the cottage to:

-rinse everything from your mouth to your cutting board as it destroys germs, salmonella and other bacteria.

-fill a spray bottle 50-50 with peroxide and water and use in the bathroom to disinfect without harming your septic system. Especially good to eliminate odours if the little ones have an accident.

-add a cup of peroxide to a load of whites in your laundry for a bright result.

-use it on your mirrors for a no-smear result.



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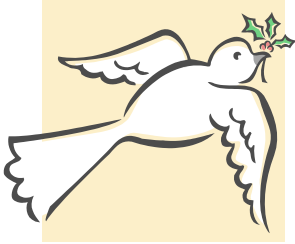
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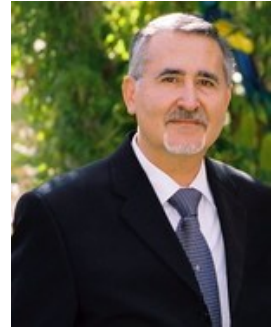


Since the last newsletter came out, we are sorry to report the passing of these neighbours. Our sincere sympathies go out to their families.

ROCCO CECCARELLI

Fire Route 59

Rocco lost his short but brave battle with cancer on Wednesday, January 8, 2014 at the Peterborough Regional Health Centre, with his family by his side. Beloved husband of Rose for 45 years, doting father of Pamela (Michael), Philip (Amy) and adored "Nonno" to his grandchildren.



He was a hard working man, well respected within his industry. He always found balance between work and family. He had such tremendous love for Rose, the love of his life. He carried that love to his children and his grandchildren. He had such a passion for life, his enthusiasm was infectious. If he put his mind to something there was no stopping him. He was compassionate and generous. Rocco was so easy going and open-minded that many people sought out his great listening ear and words of encouragement. He was the rock in so many peoples' lives. A few years back he fulfilled his dream of once again owning a cottage. He knew it was a way to draw friends and family close having great laughs and creating wonderful lasting memories. He enjoyed fine-tuning his garden, puttering about on projects, golfing and complaining that the Maple Leafs could no longer create a winning team. His smile drew people to him. You only had to meet him once to know that he was a good man. Rocco will be lovingly remembered and sadly missed by all his family and friends from Canada and Italy. In Memory of Rocco, donations can be made to the Canadian Cancer Society and The Peterborough Regional Health Centre.

STEPHEN (STEVE) GARNET REYNOLDS

Fire Route 59

Passed away peacefully at home in Brantford, ON on March 20, 2014 in his 89th year. Steve is survived by his loving wife Gwen, his children Gail (Frank), Gary, Heather and Robert and his grandchildren Kaitlyn, Gillian, Laura, Lindsay, Jennifer and Caroline. Steve was predeceased by son Bradley (1983) and brother Earl, RCAF, over Calais, France (1945). Steve was born in Toronto on June 30, 1925, grew up in the Leslieville area of east Toronto and was a lifetime member of the RCAFA 428 Wing in Peterborough, ON. Donations to the Heart & Stroke Foundation or the [Canadian Cancer Society](#) would be appreciated by the family.



MERCER, Kathleen Isobel "Kathy" (nee Knight)

Peacefully, at Riverview Manor, Peterborough, On Saturday, March 15, 2014, in her 76th year. Kathy was the beloved wife of David for 45 years. Mother of Darlene Brown and the late Charles Mercer. Grandmother of four. Daughter of the late Morte and Elizabeth Knight. She will be remembered by her many friends and neighbours at Cordova Lake. Following Kathy's wishes, a private family service will be held in the summer.

ELLIE SIMONS

Longtime lake resident Ellie Simons passed away on Friday, November 22 at her home on Cordova Lake surrounded by her family. Ellie's husband John died just last year. I understand that the family will be having a Celebration of Life for both Ellie and John when friends return to the lake .



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HUMMINGBIRDS CONTINUED FROM PAGE 8

SHELTER

When they aren't feeding, hummingbirds look for perches to rest and preen. Providing perches such as slender poles, clotheslines, thin vines, trellises, wires and multiple levels of shrubbery will give birds suitable shelter. At the same time, because many hummingbirds are very aggressive, they will prefer perches that also have good fields of view to protect their territories. Position perching plants and shrubs near food sources for the best results in attracting hummingbirds.

NESTING SPOTS

Unlike many backyard bird species, hummingbirds will not use birdhouses or nesting boxes. Instead, they build their double-lined, cup-shaped nests in trees and shrubs, though bolder birds may build their nests along wires, clotheslines or poles. Providing sheltered, safe areas of native plants for the birds to nest will make a backyard more attractive. Birders can also supply suitable nesting materials including fine cotton, small lengths of string and animal fur to attract nesting birds.

Like all backyard birds, hummingbirds are wild animals with basic needs. Birders who understand how to attract hummingbirds by satisfying those needs can be rewarded with dozens of beautiful hummingbirds in their backyard.

Hummingbirds on Feeder Photo © [Teddy Llovet](#)

How to Cope with Deer Flies

Eliminate exposed skin and wear light colours, as they're attracted to dark ones. Keep as much skin covered as possible with long sleeves and long pants. Of course, the dilemma is that deer flies like hot, windless days, so wearing all these clothes is a kind of torture in itself.

While it may not be the most attractive fashion accessory, deer fly patches will keep these pesky little bugs at bay. Simply stick a strip across your hat and voila—you're bug free.

As far as repellents go, nothing works quite like DEET. Developed by the US military after their jungle warfare experiences in World War II, this stuff is proven to work.

CLCA Address Change

Please be advised that, as a result of changing protocols at Canada Post, mail addressed to those of us who live on rural routes must now be sent to the 911 address not to a mailbox compartment. In the case of the Cordova Lake Cottage Association, mail should now be sent to:

CLCA c/o Melanie MacLeod

201 Fire Route 59

Havelock, ON

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Although we had quite a winter this year, it wasn't the only one to have left damage in its wake. Here are two more photos courtesy of Wallace and Marilyn Boustead showing a washout in May 1975 and the high water on Palmateer Lane in April 1975 respectively.

It's a good thing country dwellers are a resilient lot!



CLCA FIREWORKS



The Cordova Lake Cottage Association is sponsoring a spectacular fireworks show. We hope that you will bring your family and guests. The best view will be from the water and we encourage you to bring your boat and drop an anchor in the lake. You will also have a great view from the Township owned–beach property.

Date: Saturday, June 28, 2014

Time: Sunset (approx. 10:00p.m.)

Location: Fireworks will be set off from a barge at the far northwest end of the lake.



Part of a letter from FOCA re:

POLICING COSTS

We have recently learned of a planned change to the formula for distributing OPP costs to municipalities across Ontario. If implemented this will have a serious impact on property taxes for waterfront property owners in Ontario, already burdened with a heavy tax load. The present methodology for allocating these costs, which represent a substantial portion of total municipal taxes, is based in large part on each municipality's use of OPP services. The proposed method would distribute the bulk of the OPP costs on a per household basis. The impact will vary by municipality but will result in 2015 tax increases of over 10% in a number of municipalities for which we have seen the detailed calculations. You can ask your own municipalities for their estimates of the impact.

A number of rural municipalities have strongly objected to the change and have urged the Association of Municipalities of Ontario (AMO) to form a committee to study this proposed change as well as the reasons for the rapid rise in OPP costs across the province. That committee have now held its first meeting.

We are strongly opposed to this change for a number of reasons and are writing to you to ask that write your MPP with a copy to the minister responsible. In your letters you can list the following reasons:

- The present system charges municipalities to a large degree on their use of OPP services. This system is both fair and appropriate. Municipalities which use the services should pay for them
- It is proposed that municipalities would be charged the large part of OPP costs on a per household basis. When that is distributed to taxpayers it will be based on assessment. Properties assessed at above the average for their township, typically those on waterfront, will pay more than the average OPP household charge.
- Households do not use police services. Calls for service, population, demographics and municipality characteristics are the key drivers of crime.

The CLCA encourages you to make your feelings known as the proposal is even more inequitable since most waterfront properties are occupied on a seasonal basis and make little use of OPP services.



The minister responsible for the OPP is:"
the **Honourable Madeleine Meilleur, MPP.**

Her mailing address is:

Minister of Community Safety and Correctional Services, 13th floor, George Drew Building, 25 Grosvenor Street, Toronto, ON, M7A 1Y6.

Go to:

<http://www.ontariotenants.ca/government/mpp.phtml>
to find the address for your MPP.

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DISPOSAL OF TRASH

Those of you with internet access will recall the email I forwarded to you about unauthorized personnel dropping their garbage bags off in the dumpster at Sam's Place. Bill and Kelly Harris were annoyed (as well they might be) with the audacity of these miscreants and have followed up with the police.

The situation has raised much discussion online as to how one might better structure things to ensure that this kind of thing doesn't happen. It would appear that the garbage does not belong to cottage owners so fingers were pointed at visitors to the lake and to those who rent. Many conscientious renters around the lake sent me emails and suggested that the following are examples of good practice which they employ. Here's what they say:



"When we had garbage dropped off at the south end landing I suggested to the renting cottagers that they should be taking the garbage to the dump themselves and charging the renters accordingly. Most renters cars are full when they arrive and there is no room for garbage when they leave. After this suggestion the dumping of 2 to 5 bags of garbage per weekend stopped.

Have renters leave their garbage in the cottage. *"After renters leave the owners have to go and clean up the cottage, so picking up the garbage can become routine and renters can pay through their fees for renting. "*

"I think we all need to take ownership of this ."

"I am one of the people who do rent out our cottage. I have a full rental package that includes fireworks only be used on May long weekend, and July 1st. I have also included in the rental package a number of times the directions, prepaid garbage stickers, and authorization notes along with a number of other instructions to keep our neighbours happy. There is no excuse for behaviour like this from any groups that stay at our cottage as I want to make sure everyone in the community is not bothered or annoyed by our renters. It's sad to read emails like this, and see how some people can behave. "

HEART ATTACKS AND WATER. Drink up!

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20 YEARS EXPERIENCE

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night!!

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body becomes level with the kidneys, it is then that the kidneys remove the water because it is easier.

Drinking water at a certain time maximises its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

A physician also said that water at bedtime will help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.