



MACA NEWS

Serving property owners on Long, Negaunee, Wenona and Miskwabi Lakes

YOUR MACA EXECUTIVE

President: Andy Mosher
Vice President: Peter Dilworth
Treasurer: Virginia Vranckx
Secretary: Susan Rohricht
Past President: Mike Giza
Lake Steward: Tim Hagarty

Directors:
 Dave Ewart
 John Ewing (Roads)
 Susan Hay
 Haden Heathcock
 Kay Hubbard
 Susanne James (Newsletter)
 Phyllis McCulloch (Membership)
 Todd Tiffin (North Shore Roads)
 Moe Welch (Events)

www.mymaca.net

2017 MACA SCHEDULE OF EVENTS

Spring Cleanup: Sunday, May 21st
AGM: Saturday, July 8th
Golf Tournament: Saturday, July 15th
Wine and Cheese: Saturday, August 26th



Fall Colours on Wenona Lake, Photo by Susan Hay

President's Message

I hope all our members enjoyed the summer!

I want to extend a special thank you to all the people who volunteered to make this summer's "Love Your Lake" Shoreline Evaluation Project a great success.



Despite a very short lead-up time, and a schedule that seemed to keep changing almost daily, our group of volunteers managed to pull off a remarkable challenge: evaluating the shoreline health of every property on our four lakes.

The leader of this project was our Lake Steward, Tim Hagarty, and it could not have happened without his positive outlook and intrepid organizational skills. Thanks to those who volunteered to provide and drive boats, and to provide accommodations for the two Trent University students who did the evaluations.

In the spring, results of the evaluations will be mailed confidentially to all property owners, along with suggestions on simple ways to improve your shoreline health. Our shorelines are the critical "ribbons of life" that protect our water quality and can help prevent toxic algae blooms – so please help by keeping your shoreline natural.

Andy Mosher, MACA President

Too Close for Comfort

SPINY WATER FLEAS FOUND IN LOON LAKE



You may recall our Spring Newsletter included an article about the Spiny Water Flea, an invasive species that is present in some Haliburton area lakes.

Since then, we have learned that Spiny Water Fleas are now present in Loon Lake – just across Highway 118 from our four lakes.

The Spiny Water Flea can devastate marine ecosystems; they feed on zooplankton and reduce food supplies for small fish. They will appear as gelatinous globs on fishing lines and equipment.

Because of the news of Loon Lake testing positive, MACA re-tested our lakes in August. We will provide updates on the results when we receive them.

A reminder to please inspect your boats (including canoes and kayaks), motor, trailer and fishing equipment to be sure you don't accidentally transfer Spiny Water Fleas from one lake to another. If you see fishermen launching boats on our lakes, please ask them to do so as well. The best way to prevent spreading this invasive species is to dry equipment in the sun for 5 days.

MACA Financial Update

Submitted by Virginia Vranckx, MACA Treasurer

Thanks to Peter Dilworth for presenting financials at the July AGM. Sorry I missed the meeting and promise to be there next year!

Financially, MACA is in great shape due to your continued membership support! Our total revenues were just about \$500.00 more than last year which allowed us to fund our usual events, make charitable donations, continue funding the implementation of the Watershed Plan, pay for the advance mailing for and the per lot fee of the Love Your Lake Program.

At our financial year end in November we should have \$1000.00 more cash on hand than last year which will help us pay for the last mailing related to the Love Your Lake Program and other projects related to the implementation of the Watershed Plan.

GIVING and RECEIVING 2016

Donations made:

- \$180.00 to Coalition of Haliburton Property Owners Association (CHA) in excess of our \$50.00 membership fee to recognize the excellent local work they do, especially the LOVE Your Lakes Program.
- \$50.00 to Coalition for Equitable Waterflow (CEWF) in excess of our \$50.00 membership fee to support their efforts to realize fair water levels on Trent-Severn reservoir lakes (Including Long & Miskwabi).
- \$100.00 to the Haliburton Highlands Health Services Foundation.
- \$100.00 to SIRCH "Release of the Butterflies" campaign to fund bereavement programs.

Donations received:

- \$400.00 from Susanne & Andy, Century 21 (for properties sold on our lakes)
- \$210.00 raised from AGM raffle
- \$116.00 contributions for Watershed Plan

ROAD WORK ON TRAPPERS TRAIL

Municipal road crews have been hard at work re-grading, re-surfacing and improving drainage on Trapper's Trail Road between the Airport Strip and Kensington Road, at the Causeway. The old surface material was broken up to allow for re-grading and resurfacing work, to take place during the fall. The road will be re-surfaced with tar and stone. Culverts are also being checked and some are being replaced. Work has also been underway on Miskwabi Lake Road.

Photo: Susanne James



2016 ANNUAL GENERAL MEETING

MACA's 42nd Annual General Meeting

was held on Sunday, July 10th at the Airport Strip on Trapper's Trail Rd.

For the first time in memory, the planned Saturday meeting was rained out, so the meeting was delayed until Sunday. Despite the last-minute change, turnout was very good – 75 people showed up.

MACA President Andy Mosher opened the meeting by welcoming everyone and thanking people for coming. He also thanked the volunteers for the roads cleanup day in May, particularly John Beadle for taking the garbage to the dump, Mike Giza and Virginia Vranckx for hosting the BBQ, and Phyllis McCulloch for organizing the event.

Andy told the group that this has been a busy year, especially with the "Love Your Lake" program that came earlier than we had expected. He thanked Tim Hagarty for organizing the project with little advance notice.

GUEST SPEAKERS

Derek Knowles, Councillor Ward 2, said that Trapper's Trail road from the boat launch to Kensington was to be ground up and resurfaced. He said that Wenona Lake Road is a good example of a gravel road, although there was some washout from the heavy rain on Saturday. The future of the roads in Haliburton County is using dust suppressant, binding and grading three times per year.

Derek encouraged everyone to recycle as the expectation is that garbage will need to be shipped out starting in approximately two years. The current dump in Haliburton will be changed to a transfer station. A member asked if there will be a cost increase. Derek said that he expected so. The landfill is basically full and there is no practical way to expand it.

There was concern from a member about the road past Kensington. Derek says there is no additional money left to continue the resurfacing. Derek agreed to check the culvert at the causeway for damage.

Derek told the group that if they have a major dust problem on the roads to call the township.

Murray Fearrey, Reeve, Dysart et al, addressed the confusion arising from new Provincial regulations regarding docks. The MNR now says that docks over 15 square meters in size need a



permit. FOCA is lobbying for better clarity on this. He said that Dysart is approaching the issue cautiously.

Murray congratulated us on being part of the "Love Your Lake" program. He said that fertilizing the lawn to the lake is worse than leaking septics. A full septic re-inspection program may not be practical for our whole Municipality but they are looking into it. A member asked if septic re-inspections could be required when a property sells. Murray said that there is currently no legislation for that, however Andy said that from a real estate perspective, septic inspections have become the norm in purchase agreements for several years now.

Murray said that water levels on the lakes were down below normal levels because of the dry weather.

Andy Mosher asked about the Municipality's new Official Plan in light of the recent application to sever lots on Wenona. Andy said MACA has asked Dysart to include language on Lake carrying capacity in the new Official Plan. There are concerns that we may lose the protection afforded by the "at capacity" designation for Lake Trout lakes. Murray agreed to look into it.

Andy thanked both Derek and Murray for rescheduling to attend our meeting on the rain date, on short notice.



Photos by Susanne James & Andy Mosher

INTRODUCTION OF MACA DIRECTORS

Andy introduced the MACA Directors who were in attendance. These included Susan Rohricht, Secretary, Tim Hagarty, Lake Steward, Peter Dilworth, lake planning Director, John Ewing, roads, and Susanne James, newsletter. Absent - Haden Heathcock, Mike Giza, Virginia Vranckx, Phyllis McCulloch, Dave Ewart, John Beadle, and Moe Welch.

Leaving after his term is Tim Payment, who has been Director for the North Shore roads for several years. He will be handing over to Todd Tiffin. Andy thanked Tim, and also outgoing director John Beadle. Andy also thanked John for cutting the grass at the Airport Strip, and for allowing us to hold our meetings there. Andy also mentioned that Larry Holden completed his term as past President, and thanked him for all his work with MACA over the years. *(Continued next page)*

2016 MACA AGM

(Continued from previous page)



Peter Dilworth gave the financial report in the absence of treasurer, Virginia Vranckx. Peter thanked Virginia for the great job she has done as treasurer. Peter noted that November 7 is our year end, and reviewed the 2015 numbers as shown on the financial statement circulated at the meeting. He also reviewed the numbers to date for 2016, mentioning that insurance and the "Love Your Lake" program were major costs this year. At the end of our 2016 fiscal year it is estimated that there will be approximately \$4000.00 cash on hand. Andy noted that this is extremely good considering the major one-time expenses we have had in recent years including the large road signs, the Love Your Lake program, and the Watershed Plan. Kay Hubbard motioned to pass the financial statement, Helen Masters seconded. All were in favour, none opposed.

Peter thanked the Lake Plan committee members - Phyllis McCulloch, Tim Hagarty, Steve Dyce, Susan Hay, Wayne Ground, Haden Heathcock, Rick Despard, and Neil Roberts. In the fall the Lake Plan document went to the Municipality and their Director of Planning. 9 Planning recommendations were highlighted. It was well received and another meeting is planned. Some of the recommendations included recreational carrying capacity, septic inspections, and ways to protect wetlands. This year a major priority has been the Love Your Lake program. Other priorities planned for the future include improved signage and updating the cottagers' guide.

ELECTION OF DIRECTORS

Andy thanked the Directors for their time and reminded the group that Directors' terms are for 2 years, and end dates are staggered so that the association has the benefit of knowledge and experience.

The following Directors were up for re-election: John Ewing, Mike Giza and Virginia Vranckx. For the first time, Susan Hay, Todd Tiffin and Kay Hubbard volunteered as Directors.

The motion to accept the directors as listed was made by Phil Wiseman and seconded by Nicki Hagarty. All were in favour, none opposed.

LAKE STEWARD'S UPDATE AND "LOVE YOUR LAKE" PROGRAM

Lake Steward Tim Hagarty updated the group on the "Love Your Lake" Program, which is evaluating the shoreline health of all 485 properties on the 4 lakes. As of the meeting date, the Trent University student evaluators had completed about 75% of the evaluations. Individual lot owners will receive confidential reports with suggestions on how to make their shorelines healthier and more natural. MACA will only receive the overall aggregate lake information. Andy thanked Tim again for leading the project, and thanked all those who volunteered to provide boats and accommodation so that this valuable study could be completed.

We have no invasive species in our lakes so far, but Spiny water flea has been found in Loon Lake. We will be testing for invasive species again this year as this is very close proximity to us. Tim reminded everyone to wash their boats before putting them back into our lakes. Tim told the group we do Secchi disk tests ever year and the readings are steady - Miskwabi and Long at 9 meters, Negaunee 8 meters, and Wenona 6 meters.

We also do phosphorous readings. A reading of over 20 micrograms is a problem where algae starts to bloom. Currently our readings are - Miskwabi - 6, Long - 10, Negaunee - 9 or 10, and Wenona - 14. The higher reading on Wenona may be an anomaly; further testing is required.

WENONA LAKE SEVERANCE PROPOSAL UPDATE

Andy told the group that there is a proposal before the County Land Division Committee to subdivide a property at the south end of Wenona. There is a concern that the lake is already over its capacity for development, boat traffic and septic systems. Wenona Lake is one mile long with approximately 100 waterfront properties and 34 more with deeded access as well as public access. The other area of concern is that the area proposed for division is particularly vulnerable: a shallow wetland area with a loon nest and beaver dam. However the applicant is following a lawful process, including an environmental assessment. Andy sent a letter to the Land Division Committee on behalf of MACA, and will attend the Land Division Committee's public meeting on July 11. He encouraged everyone to attend and voice their concerns. A petition has also been circulated. Andy mentioned that this is an example of where a definition of carrying capacity in the Official Plan would be beneficial.

INVASIVE SPECIES ALERT AND TESTING

Susan Hay gave a short talk about Spiny Water Fleas. They are not native to North America. They upset the aquatic food chain, and scientists say they are just as harmful as acid rain. They have a long barbed tail and no predators. They have a voracious appetite for plankton that eat algae. *(continued next page)*

2016 MACA AGM

(Continued from previous page)

They use their tails to attach to boats, ropes and fishing tackle. The best way to ensure they do not come into our lake is to make sure all your equipment and boat is completely dried with 5 hours of sunlight before bringing your boat into our lake. Susan said that three spiny water fleas would fit on her small finger nail. In daylight they sink to the bottom and they are on the surface at night. Susan has submitted an article to the *Haliburton Echo* to share this information with a wider audience. Steve Dyce reminded the group that the same care also applies to kayaks and canoes when taking them from lake to lake.

WRAP-UP AND RAFFLE DRAW

Andy said that MACA has not had to use the rain date for the AGM for many years. Other cottage associations hold their meetings indoors in town, for example at the Fish Hatchery or the Curling Club. Andy asked by way of a show of hands if people would be willing to do this instead. The results were split down the middle.

Tim Hagarty drew the raffle prizes. Kim Harrison won a basket of Nature Clean products. Steve Dyce won a pair of theatre tickets, and Helen Gabel won a Wine making gift certificate.

Andy thanked Chris Rohricht and Peter Dilworth for barbecuing for the group. The meeting was adjourned at 12:35 and the group enjoyed a BBQ. - *Thanks to Susan Rohricht for taking the AGM Minutes*

Wine and Cheese

Thanks to Susan and Keith Hay for hosting this fall's MACA Wine and Cheese at their cottage on Wenona Lake. A good time was had by all, and as in previous years, guests brought non-perishable food items for the Haliburton Food Bank.

Photo by Susanne James



LAKE PLANNING CORNER

By Peter Dilworth, MACA V.P. and Lake Planning Director



Our Lake Planning Committee continues to make progress on implementing the recommendations from the Miskwabi Area Watershed Plan. We are also carefully following the Municipality of Dysart et al's process to Review and Update its Official Plan, including regular dialogue with the Director of Planning at the Municipality in an effort to advocate for our recommendations.

We were pleased to see that the preliminary draft of the Official Plan Update contains important new concepts that we have been pushing for. These include programs that will help eliminate contaminants from entering our lakes (i.e., a septic re-inspection program), provisions aimed at controlling development (e.g., acknowledgement of a recreational carrying capacity threshold) and language that better protects our streams, rivers and wetlands.

Wenona Sub-Committee Formed

As reported this summer in the local media, the Haliburton County Land Division Committee voted in July to approve an application to create three new lots at the south end of Wenona Lake, despite extensive objections raised by MACA and Wenona Lake property owners.

The application must still go before Dysart council for approval of zoning and site plans. Concerned property owners on Wenona have worked with MACA to form a sub-committee to continue to voice concerns and have input into the process.

The Wenona sub-committee includes MACA Directors Phyllis McCulloch and Susan Hay, Lake Steward Tim Hagarty, as well as MACA's President Andy Mosher and Vice President Peter Dilworth. Susan Hay has volunteered to report to the MACA board on the committee's progress.

New MACA Cottagers' Guide

MACA's original *Cottager's Code* was written about 15 years ago. In recent years MACA's Directors decided the guide needed to be updated. This was also one of the recommendations from the Lake Planning Committee. A draft version was sent out in the Winter 2014 Newsletter for comments and suggestions. The updated document will be printed and laminated this fall and will be ready for posting in your cottage/home. Watch for information on distribution/pick up in the Spring of 2017! - *Phyllis McCulloch*

HUNTING SEASON IS COMING!

As fall approaches it's time to be aware of hunting season in our area. Remember that during hunting season it's important to wear "hunter orange" (hats, vests, scarves, and on pets too), keep dogs on a leash, and keep walking and hiking to main roads.

This year's gun-hunting seasons in Haliburton run from October 17th-22nd for moose, and November 7th-20th for deer.

CEWF UPDATE

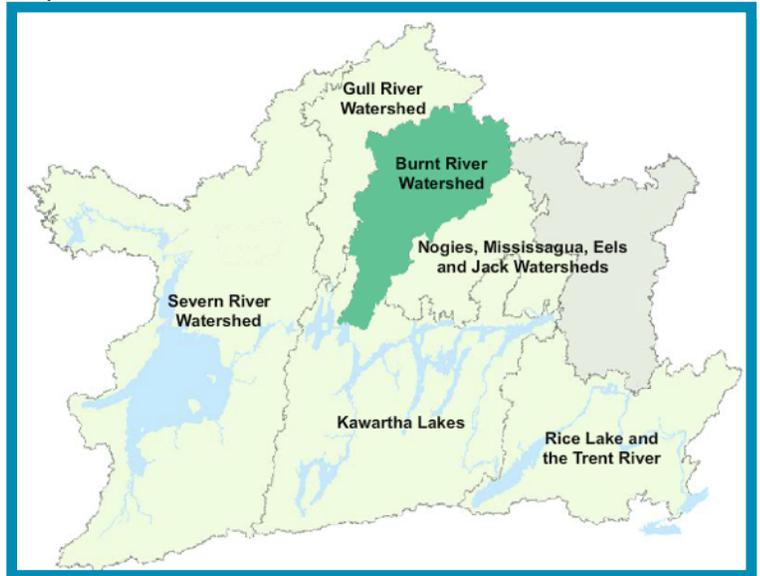
The Coalition for Equitable Water Flow (CEWF) held its annual member's meeting on Sept. 10th at the Haliburton Fish Hatchery.

2016 was an unusually challenging year for the Parks Canada/Trent-Severn Waterway managers. The year started off with record – or near-record – high water levels throughout the region. In March, rainfall was 238% of the normal amount in Haliburton. By contrast, late spring and summer brought drought conditions across the whole Trent basin, with Peterborough having its driest year in over a century. Because of the high spring levels and improved water management practices, the TSW was able to ration water through the drought weeks until more rain came in August.

Parks Canada engineer Colin Clarke said that work is ongoing to repair and replace dams throughout the region over the next five years. The Long Lake dam is scheduled to have concrete repair work done sometime after 2017.

CEWF is continuing to work with local governments to have a stronger voice on water management in our region. They were concerned that we needed a voice for our region similar to what is provided by Conservation Authorities in other areas. Last fall the CEWF began meetings with 6 Municipalities in Haliburton and the Kawarthas, and the County of Haliburton. This spring they established the Upper Trent Water Management Partnership, with representatives from the Municipalities and the County. The group's goal is to continue to improve water management across the Trent watershed.

The CEWF now has 32 member associations (including MACA), from lakes representing approximately 91% of TSW's reservoir capacity. For more information, visit: <http://cewf.typepad.com>



Headwaters of the Burnt River

Did you know that the catchment area of the four lakes that make up the Miskwabi Area Community Association is at the headwaters of the Burnt River? Pristine waters from wetlands, small streams and springs feed our lakes. From our catchment area waters flow into Loon Lake, then into Blue Hawk Lake, over the damn at Kinmount and eventually empties into Cameron Lake near the top of the Trent River basin.

The drainage area of the Burnt River is approximately 1,300 square kilometres (an area larger than all of Prince Edward County). The Trent-Severn Waterway operates 13 dams within the Burnt River watershed. One of these dams is located on the south shore of Long lake.

While we are fortunate that our lakes are not affected by any upstream activity, we must be cognizant that our activities directly impact downstream waterways. Waters from our lakes provide important sources of food, sediment, and nutrients to downstream aquatic systems. They also provide storage and ability to hold back spring runoff and storm waters to help prevent flooding downstream. We are all stewards of this water and must do everything possible to protect our headwater's ecosystem and the quality of water that flows out of our area. *- Peter Dilworth*

Fishery Research on Miskwabi

In September, the Ministry of Natural Resources conducted a research project on Miskwabi Lake. The MNR's Inland Lakes Research Team is testing new technology that uses sound waves (hydroacoustics) to assess fisheries, instead of traditional gill-netting. The goal is to have less handling and harming of fish during research programs. The MNR chose Miskwabi for the project, in part, because of the lake's well-documented fishery and depth charts. The research team has promised to keep us posted on their findings.

L to R: Virginia Vranckx (MACA) Cindy Chu, Victoria Kopf, Dak De Kerkhove (MNR), Mike Giza (MACA). Photo by Susanne James



Lake Steward's Corner

by *Tim Hagarty, MACA Lake Steward*

2016 was a very busy year, with the usual water testing in the spring and ongoing clarity tests throughout the summer and fall. Thanks to John Beadle, Andy Mosher and Peter Dilworth for their assistance.



The results are on the MACA website (www.mymaca.net) but our lakes are in good shape with regards to calcium, clarity and phosphorous. We are fortunate to have such healthy lakes, let's keep them that way!

The Shoreline Evaluation Program was completed and we will have our results next spring. This was an incredible task, with short notice, and we did it! Thanks to all who participated, it could not have been accomplished without you. When you receive your report in the spring, please review it and take the appropriate actions for a healthy shoreline. **Remember, a healthy shoreline = a healthy lake.**

As there are invasive species in lakes near us (including Loon and Kashagawigamog) we completed an Invasive Species test again this year. The results are due in the spring. As of last year, we do not have any invasive species in our lakes. If you use your boat/canoe/kayak/floater or swim in another lake, please make sure you have cleaned and dried all that entered the water.

NATURE NOTES

What you need to know about Phosphorus

by *Susan Hay*

As cottagers, we all want our lakes to be clear and clean – so it's critical to understand the role of Phosphorus in the health of our lakes.

Phosphorus is a chemical element in the nitrogen group, identified by the symbol *P* on the periodic table of elements.

It is nonmetallic, extremely reactive and also highly toxic, although at the same time it is also an important trace mineral in most living organisms. It is also found in fireworks!

A small amount of Phosphorus moves in a cycle through rocks, water, soil, sediments and organisms. When excess phosphorus is permitted to enter our waterways because of poorly functioning septic systems or fertilizers applied to lawns, it causes excessive growth of aquatic plants such as algae.



A Blue Green Algae Bloom near Sudbury

A small amount of algae is a normal part of the aquatic food chain but under conditions of elevated phosphorus and warmer water temperatures, algae can have a negative effect on fisheries

because of periodic oxygen depletion associated with algae respiration and decomposition. Depleted oxygen levels can lead to fish kills.

As our lakes warm under climate change, keeping phosphorus under control is extremely important. Under certain conditions, toxic blue-green algae can form, and if this happens, lake water cannot be used for fishing, swimming or household use. Even boiling and disinfecting with chlorine does not eliminate the toxin.

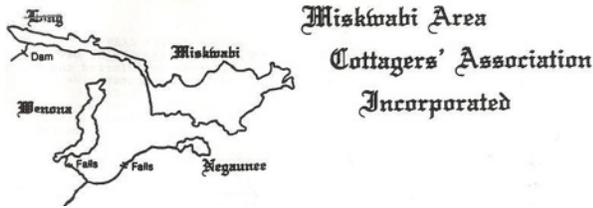
How do we prevent this from happening? The best ways are to (a) take care of septic systems, and (b) increase the natural vegetation along the shoreline.

Understanding how our septic systems work is key to keeping Phosphorus levels down in our lakes. See if you can answer the following questions about your own system:

- Do you have a plastic or a concrete baffle in your tank, and why does this matter? (Hydrogen Sulphide gas, found in septic systems can corrode concrete baffles which can lead to septic system failure)
- Why should you not operate your washing machine and have a shower at the same time? (Excessive water use is the most common cause of septic system failure)
- Why are antibacterial soaps bad for cottage country?
- Does your dishwasher detergent contain chlorine?
- Do you use chlorine in your water system when changing filters? (Chlorine and antibacterial soaps kill the good bacteria which help break down waste in the tank)
- When was the last time you had your septic tank pumped?
- How natural is your shoreline and is there any opportunity to plant additional native vegetation? (Healthy shoreline vegetation helps to keep phosphorus in the soil from reaching the lake).
- Is runoff from driveways and parking areas likely to enter the lake from your property?

The Coalition of Haliburton Associations (CHA) has produced an excellent educational video about septic system health, called *Poop Talk*. It is available to view at the Municipality's Web site at www.dysartetal.ca/poop-talk-its-all-about-the-water/

MACA FLASHBACK! 30 YEARS AGO



Here's what was making news in the MACA Newsletter for Fall 1986:

"WINE AND CHEESE GET-TOGETHER: Ah! Yes! A good time was had by all. The event was attended by a very good crowd, in excellent weather, who also had the opportunity to watch the Blue Jays on outdoor TV (they won!) It was a real pleasure to meet all the people from the area. We believe we'll repeat it next year but move the location around to give people from the different areas an opportunity to attend. For example, Long Lake West End has been suggested for next year."

"DYSART ADOPTS ANTI-NOISE BY-LAW (Excerpted from Haliburton Echo, Aug. 13, 1986): Residents of Dysart et al whose right to peace and quiet is shattered by screaming "ghetto blasters" and other forms of inconsiderate noise-making will at last have some recourse to the law. At a meeting Monday, Council passed an anti-noise by-law identical to one passed in 1984 by the village of Grand Bend... no person shall, either by shouting, voice or by mechanical or other means, make a noise within the Municipality calculated or likely to disturb the inhabitants of the Municipality, having regard to the time, place and intensity and frequency of the said noise. The by-law also places the responsibility for noise on the person in charge of the location from which it is emitted, whether or not they are the owners of the property... Anyone found guilty under the by-law will face a fine if not less than \$100 and not more than \$2000, exclusive of costs."

"We are very pleased to see the reinstallation of the bulletin board near the airstrip hill, Lake Miskwabi... Now if some Good Samaritans would like to install a bulletin board at either end of Portage Rd. leading to Lake Wenona and Long Lake East, and at the intersection of Plans 498 and 527 Long Lake West End, we're in business!"

Cottage Cook's Corner

Favourite Recipes Shared by MACA Members



Lasagna with Sausage and Kale

Contributed by: Lee Morrison

Kale is a robust vegetable that grows easily in cottage country, and makes a nice healthy substitute for spinach in this dish.

Ingredients:

- 12 oz spicy (or medium) Italian sausages, removed from casings and crumbled
- 2 large onions, halved and sliced thin
- 1-2 bunches kale (1 1/2 lbs) thick stems removed
- 4 garlic cloves
- Coarse salt and ground pepper
- 8 oz lasagna noodles (9-10) each broken crosswise into 4-6 pieces
- 1 pint cherry or grape tomatoes, halved
- 3 cups part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese

Preheat oven to 400 degrees F. In a 5 qt. pot cook sausage meat over medium heat, stirring often until brown about 5min. Stir in onions, cover, cook until softened 5 min. Cook another 5 min until browned. Add garlic, cook 2 min. Transfer to large bowl.

Add kale and 1/2 cup water to pot, season with salt and pepper. Cover cook until tender 10 min. Drain and chop coarsely, add to bowl with meat and onions.

Cook noodles 2 minutes less than package suggests, drain and rinse.

Add noodles, tomatoes and ricotta to the bowl with meat, kale, etc. and mix/toss.

Put mixture in a 9x13 baking dish, smooth top with spatula

Sprinkle with Parmesan (and extra cheese if you like) Bake until golden, about 40 min. Cool a little (5 min) before serving.