



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*)
 Janine Lacoste
 Phyllis McCulloch (*Membership*)
 Todd Tiffin (*North Shore Roads*)

www.mymaca.net

2018 MACA SCHEDULE OF EVENTS

Spring Cleanup:
 Sunday, May 20th

AGM:
 Saturday, July 7th

Wine and Cheese:
 Saturday, August 25th



Fall colours on Wenona - Photo: Susan Hay

President's Message

I hope all our members enjoyed the summer. It was a wet one, but we have certainly had some nice fall weather to make up for it! The summer also marked Canada's 150th birthday, and our Municipality's 150th as well – so there was plenty to celebrate.



Those of us who were at the AGM in July had a chance to see an excellent presentation by Paul MacInnes, the chair of the Coalition of Haliburton property owners' Associations (CHA). For those who missed it, a summary is included in the notes from the AGM, so read on.

Paul reminded everyone of the importance of following up on the good work done in our *Love Your Lake* shoreline evaluations. Remember, the best way to protect our lakes and our water quality is by keeping our shorelines natural. Every little bit helps, so let's all do our part to make sure our lakes are healthy for Canada's 200th birthday and beyond!

Andy Mosher, MACA President

Dysart Weighs Septic Waste Options

Ever wonder where the waste goes when you have your septic system pumped? The Municipality of Dysart is concerned that we are running out of options.

Currently, most of the waste from septic pumping is either taken outside of Haliburton for disposal, or it is spread on rural agricultural land. However, the Ontario Ministry of Environment and Climate Change (MOECC) may impose new regulations on this practice — or ban it completely — as early as next year.

This is a particularly pressing problem as the Municipality prepares to begin mandatory septic re-inspections. The inspections will involve pumping out tanks, and that will require disposing of all that waste.

The Municipality asked ASI Water, the company that operates the sewage treatment system for Haliburton village, to undertake a study and recommend a long-term solution. On August 31st, ASI held an information session at the Haliburton Legion to discuss the options.

ASI presented four options for handling of septic waste:

- 1) Maintain the status quo: septic pumpers will continue to spread waste on agricultural land, and wait to see whether the MOECC decides on new regulations.
- 2) Contract with other Municipalities to haul the waste to be treated at their sewage treatment plants. Currently, only Orillia has capacity to accept all the waste from Dysart.
- 3) Build a new treatment facility in Dysart, which could potentially generate revenue by accepting waste from other areas as well.
- 4) Expand the existing Municipal Wastewater treatment facility on Head Lake, which currently serves Haliburton village. The current facility is very small, so it may not be practical to expand it to accept the additional septic waste and associated truck traffic.

Based on the above options, ASI Water recommended that Dysart pursue Option #3. However, several major concerns were raised at the information session:

- Several local septic pumpers pointed out that ASI's calculations regarding volume and traffic were very low, considering the actual volume of waste pumped in the area.
- We do not yet know what recommendations the MOECC will impose on sewage disposal, so it may be premature for Dysart to build a new facility.
- The ASI study looked only at Dysart, and not the three other Municipalities in the County. Several people at the meeting suggested that all four Municipalities should work together on a cohesive solution.

Based on the feedback, ASI said they would revise their recommendation to Dysart. If Dysart does choose to build a new treatment facility, there will be another public meeting, where potential sites and designs would be discussed. No sites have yet been identified. We will continue to monitor this situation and keep members informed.

CEWF Update



Long Lake Dam - Photo: Andy Mosher

The coalition for Equitable Water Flow (CEWF) held its annual information meeting on Sept. 9th at the Haliburton Fish Hatchery.

The CEWF is an umbrella group that represents 33 lake associations (including MACA) that are part of the Trent-Severn Waterway reservoir system. The CEWF's purpose is to work with Parks Canada, which manages the TSW system, communicate the concerns of member lake associations, and advocate for better water management practices.

After 5 years of research, the CEWF has published its report on preferred water levels on the TSW reservoir lakes. This report includes survey responses from 25 lake associations including MACA. The report is available on the CEWF's Web site at <http://cewf.typepad.com>. Most lake associations said their preferred high-water level was approximately in line with the average measured high water levels. However it is the low-water level that is harder to manage, as most associations said they would prefer their water levels to remain higher, later in the season.

Parks Canada is continuing its infrastructure upgrades on the TSW dam system. As we have previously reported, the Long Lake dam is scheduled to undergo concrete repair work by Parks Canada staff, likely sometime in 2018.

DID YOU KNOW? A recent survey in Muskoka conducted by "Safe Quiet Lakes" found that over 50% of respondents believe there is more boat traffic, more boat noise, and a greater impact of boat wakes today compared to five years ago. 3,300 people participated in the survey. 72% said more education is needed to encourage responsible boating. Nearly half said they support more laws to regulate boating. The full results of the survey are available at www.safequiet.ca

HUNTING SEASON IS COMING!

Fall is hunting season in our area. Remember that during hunting season, it's important to wear "hunter orange" clothing — and orange for pets too. Keep dogs on a leash, and limit walking and hiking to main roads. This year's gun-hunting seasons in Haliburton are from October 21st-27th for moose, and November 6th-19th for deer.



Photos by Susanne James

2017 ANNUAL GENERAL MEETING

MACA's 43rd Annual General Meeting was held on Saturday July 8th at the Airport Strip on Trapper's Trail Road. Although there were some clouds threatening, the rain fortunately held off, and the turnout was good, with over 70 people in attendance.

President Andy Mosher welcomed everyone to the meeting. The theme of the day was natural shorelines and the health of our lakes, along with Canada and Dysart's 150th birthdays.

Andy welcomed Paul MacInnes, Chair of the Coalition of Haliburton Property Owners' Associations (CHA). The group's number one priority is to protect the health of our lakes. Andy reminded everyone that the CHA helped organize the *Love Your Lake* shoreline evaluation program that we participated in last year, and has been instrumental in delivering the program to lakes across Haliburton. That is one example of the value we get for being members of the CHA. The CHA also kindly donated tote bags for all attendees at our AGM. Andy encouraged everyone to visit the table that was set up with educational materials about shoreline health. Susan Hay helped to manage the table.

Andy thanked Phyllis McCulloch for organizing the roads cleanup in May. He also thanked the approximately 20 volunteers who participated.

GUEST SPEAKERS

Andy introduced **Dennis Casey, Dysart Councillor Ward 2**. Dennis said he met with Phyllis and the township to discuss invasive species signage for the boat ramps. There is a commitment from Dysart to help co-ordinate the signs.

This winter they will be starting to take some garbage out of the Haliburton landfill. They have the approval and budget for this. It is costly. Dennis reminded the members to recycle.

Staff at the landfill have told him that on some Sundays, they have had 300 cars go through.

Dennis reminded everyone that a green flashing light on a car dashboard means it is a volunteer firefighter on his way to an emergency. Be aware of this and leave them space to get to the emergency.

Dennis told people to email him with their concerns. His email address is on Dysart's website - <http://www.dysart.ca/>

Composting at the cottage is fine if you can keep the animals out. Susan Hay reminded the group to avoid adding meat and dairy into the compost pile. In addition, apple cores should be avoided.



L-R Councillor Dennis Casey, MACA President Andy Mosher, Reeve Murray Fearrey

Andy introduced **Murray Fearrey, Reeve Dysart et al**. Murray told the group that he has attended almost every MACA AGM since 1974.

Murray said the Municipality's biggest concerns include garbage disposal and septic waste. He mentioned that mandatory septic inspections are coming – they hope to start mandatory inspections next year. The inspections will involve removing the lids, inspecting the septic tank when it is full and when it is empty, and visually inspecting the tile bed. He said that people do not have to wait for the mandatory inspections; there are currently two people in the County who are qualified to do re-inspections in advance. He suggested that people keep their inspection report if they have one done before the program begins. Murray also clarified that merely having a septic pumped out is not the same as a re-inspection.

Murray also noted frequent complaints about cottage rentals including: renting to large groups of people (which puts strains on septic systems) and fireworks. An insert was included with recent Municipal tax bills, encouraging good behaviour.

A member asked what work was done on Trapper's Trail Road beyond the hill. Murray said they had put down finely crushed granite.

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2017 MACA AGM

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Susanne James presented thank-you gifts to Murray and Dennis.

Andy told the group he has the names of the qualified septic inspectors in the area if anyone is interested. He recommends that people arrange to have several inspections done together. The Municipality will be starting with higher-risk systems first. Fortunately, since development in this area mainly started in the 1970's, there are very few steel tanks in our area.

Andy introduced **Paul MacInnes, CHA Chair** who said that the CHA currently has 53 member Associations representing 118 lakes. He also said that our association is lucky to have Andy and Tim Hagarty. The group applauded them.



Paul MacInnes, CHA Chair (Photo: Susanne James)

The CHA started in 2009 as a volunteer group. Almost every lake association in Haliburton County is now a member. They have a group of scientific advisors on lake health from York University, Fleming College, Trent University, and the provincial Environment Ministry. Their mission is to protect the lakes. Their focus is on keeping shorelines natural and keeping septic systems working properly. He is often asked, "How will we know when we have a problem?" The answer is that if you have to ask, it is probably too late – so don't wait, be pro-active.

Paul showed a picture of a blue-green algae bloom on Three Mile Lake in Muskoka, which drew media attention even from the *New York Times*. Blue-green algae means people cannot swim, draw water from the lake, or allow animals to drink or swim in the water. With one bloom on a lake, owners could see a substantial drop in real estate values on the whole lake. Lake Erie has also had some massive blooms.

The purpose of a natural shoreline is to help stop phosphorus before it gets to the lake, and thus hopefully prevent algae blooms. At least 75% of the shoreline should be natural, to protect the lake. This does not mean grass and retaining walls –

this means deep-rooted natural species. By the end of the summer, the *Love Your Lake* program will have surveyed shorelines on 70 lakes in Haliburton. So far 92% of the lakes analyzed have failed to meet the 75% "natural" threshold.

A member asked what the condition of our lakes is currently. Paul replied that according to the survey results,

- Miskwabi is 45% natural
- Long Lake is 53% natural
- Wenona is 44% natural
- Negaunee is 83% natural

However, these numbers do not include substantial parts of the shorelines that are classified as "regenerative" (in the process of returning to natural).

Paul said that everyone should have received their *Love Your Lake* results by now. So what next? Re-naturalize your shoreline! This is not complicated or expensive. There is a video (*Ribbon of Life*) available for purchase at the meeting, or available to watch on the CHA's website. One simple step is to take a 10-foot band of shoreline and do not cut the grass. Planting Sweet Gale brings frogs back. People can visit the Haliburton Master Gardeners' Society for a list of native plants. Their website has tips and worksheets to figure out soil type and slope. Paul said "Get started and take action".

Paul said that once the *Love your Lake* program is finished, we should have County-wide results by May 2018. The CHA's website, Canoe FM and the Haliburton Echo will share the results. He could not say when – or if – another study of this type will be done.

One member asked what "hard shorelines" referred to, in the *Love Your Lake* reports. Paul replied that a "hardened" shoreline typically means there is an artificial retaining wall or stone to protect erosion. The CHA website has names of firms who do design work to rehabilitate hardened shorelines.

A member asked for alternatives to keep erosion at bay. Paul said that the CHA's expert, Julia Sutton can be consulted. Paul then asked how many people in the audience would be willing to spend some money on shoreline re-naturalization, if someone came out to advise them. By a show of hands, the majority said they would.

Andy gave Paul a thank-you gift for speaking at the meeting.

INTRODUCTION OF MACA DIRECTORS

Andy introduced the Directors who were present at the meeting: Tim Hagarty (Lake Steward), Virginia Vranckx (Treasurer), Phyllis McCulloch (Membership), Susan Rohricht (Secretary), Mike Giza (Past President), John Ewing (Roads), Susanne James (Newsletter), Todd Tiffin (North Shore Roads), Haden Heathcock, Kay Hubbard, Dave Ewart, and Susan Hay.

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2017 MACA AGM

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Absent were Peter Dilworth – V.P. and Lake Planning Director, Janine Lacoste, and Moe Welch. Andy said that Moe is stepping down since he and his wife Lois are moving. Andy thanked Moe for his work with the Association over the past 8 years.

Treasurer Virginia Vranckx then gave the financial report. As of November 8, 2015, cash on hand was \$3964.00. Cash on hand as of November 7, 2016 was \$4794.00. Virginia said this is a healthy amount considering we had a large expense to fund the *Love your Lake* program. Cash on hand as of July 2017, was \$7798.53 plus some additional membership revenue.

For the time being, the preferred method of payment for memberships is still by cheque. However, people can also pay by cash, MasterCard or Visa. There was some discussion about other possible payment methods and their costs. Virginia mentioned that she is currently looking into an online payment method with FOCA that may work for us. If we decide to go with that option, it will be communicated to the membership.

Member Ian Burgess forwarded a motion to pass the financial statement. Kay Hubbard seconded the motion. All in attendance were in favour to pass the motion.

Membership Director Phyllis McCulloch said the membership numbers are good. She encouraged people to talk to their neighbours and encourage them to join the Association if they are not already members. In order to qualify for the early bird draw (prize was the Nature Clean Basket), payment was due before the end of February. Phyllis asked Andy to draw the winning ticket. The winners were Joanne and Andrew Kendall from Long Lake.

Roads Director John Ewing said that the Municipality has done a great job on the roads. He receives very few complaints. Wenona and Long Lake Roads did have some damage from the storm that happened the night before the AGM. Murray had been notified of this.

A member on the Miskwabi North Shore mentioned that the road was graded in June and the dust has been bad. They asked if it could be oiled. The contact at the Works department is new and his schedule for roads has not yet been made available. Once it is available, John will pass it along. Andy reminded everyone to advise John of any issues they have on the Municipal roads, so that he can continue to report them.

Lake Steward Tim Hagarty reminded everyone that they should have received their *Love Your Lake* shoreline report by now. If anyone had not received them he asked them to please let him know. We will continue with water quality testing and invasive species testing this year. Zebra mussel larvae have been detected in Miskwabi, however to date no adults have been found. Tim reminded everyone that they need to clean and dry their boats if there are going in and out of different lakes. Tim told the group that we would continue to report back with the

test results. Tim encouraged everyone to keep planting to re-naturalize their shorelines.



L-R Todd Tiffin, Kay Hubbard, Virginia Vranckx, Phyllis McCulloch (Photo: Susanne James)

ELECTION OF DIRECTORS

Andy thanked the Directors and explained that the bylaws allow for a maximum of 15 Directors, which we currently have. Directors are elected for 2-year terms, and terms are staggered for continuity, so that only half the group is up for election at any given time. Andy asked anyone interested in becoming a Director in the future to let him know.

The following Directors were up for re-election: Peter Dilworth, Dave Ewart, Tim Hagarty, Haden Heathcock, Susanne James, Phyllis McCulloch, Andy Mosher, Susan Rohricht, and Janine Lacoste. Phil Wiseman made a motion to accept, John Ewing seconded the motion, all in favour, no one opposed. Motion passed.

OTHER BUSINESS

Phyllis told the group that the *Cottager's Guide* has been finalized. Every property owner will receive one, regardless of whether they are a member or not. Phyllis suggested that property owners post the guide for visitors and renters. One member said that she felt that fireworks and boat speed were not adequately addressed in the Guide. Andy said that we must be careful to remember that we cannot set or enforce rules, or tell people what to do – only encourage people to do the right things. Another member thanked MACA for an "excellent guide".

Andy said that invasive species is a concern. We are beefing up efforts to educate people on washing their boats and hope that people will comply. MACA is working on new and improved signage with Dysart at the boat launches. FOCA has funding for invasive species projects and Andy applied and was successful in obtaining some money for additional signage.

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2017 MACA AGM

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Tim Hagarty reminded the group to check the MACA website for updates on water testing information that we collect.

Andy provided an update on the Official Plan - the policy document that guides land use in our county. Andy, Tim and Peter have participated in discussions with Dysart to add language to the Official Plan that would include a formula for capping Lake Capacity.

The formula is similar to the one used in Seguin township in Muskoka, which calls for a limit of 1 lot per 1.6 hectares (or 4 acres) of lake surface area. This language is now included in the draft Official Plan and MACA is credited with it. The membership applauded approval. There will be a public meeting on August 8th to discuss the draft, which Andy will attend.

EVENTS

The Annual Wine and Cheese party will be held on August 26 at Mike Harrison and Kim Wilkinson's place on Miskwabi. Andy thanked them for volunteering to host, and reminded the group to bring a donation for the Food Bank.

The golf day was cancelled due to lack of interest. Andy suggested that in the future, there may still be an informal golf day, but MACA might not organize it. This will be reviewed by the Executive at their next meeting.

Andy thanked the Taylor and Beadle families for allowing us to use their private property at the "Airport Strip" once again for the AGM, and reminded everyone that it is not public property.

Andy thanked everyone for attending and thanked all those who helped to set up, and Don Tosh for providing the BBQ.

The meeting ended at 12:45 p.m, and everyone enjoyed a BBQ and a cake celebrating Canada's 150th birthday.

Thanks to Susan Rohricht for taking the minutes at the AGM



Wine and Cheese

Thanks to Michael Harrison and Kim Wilkinson for hosting this fall's MACA Wine and Cheese at their cottage on Miskwabi Lake. A good time was had by all, and as in previous years, members brought non-perishable food items - 16 boxes in total - for the Haliburton Food Bank.



LAKE PLAN CORNER

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



On August the 8th our President, Lake Steward and myself made what will likely be our last representation to the municipality regarding the update of the Official Plan (OP) for the municipality of Dysart et al. Our advocacy efforts are focused on ensuring that the Municipality's OP contains language that helps protect our environment and water quality in particular. This has been a long process, but we are now very pleased with the draft OP. For example, there is language that identifies a recreational carrying capacity (Section 5.2.3) that limits shoreline development to one lot for each 1.6 hectares of lake surface area; Long and Miskwabi Lakes continue to be listed in the OP as being "at capacity" (Section 5.2.2); the plan formally recognizes that our Municipality contains the headwaters of the Burnt and Gull River Watersheds (Section 5.1.1); and there is a new Quality Assurance Programme for septic systems (Section 4.10).

In addition, laminated copies of the new *Cottager's Guide* have now been circulating to property owners. The purpose of this guide is to suggest ways to help preserve our lakes' serenity and protect our forests, shorelines and waters so that there is enjoyment for all. We encourage property owners that rent/loan their cottage to post the guide for visitors to follow. We are also in the final stages of designing and installing large signs at our two major boat launches to help educate users about the threat of invasive species. The Municipality has agreed to help us install these new signs.

MEMBERSHIP UPDATE

Phyllis McCulloch, Membership Director



EARLY BIRDS: This year 98 owners submitted their membership dues by February 28th and had their names entered in the "Early Bird Draw" at the AGM. Joanne and Andrew Kendall and their family from Long Lake were the winners of the Nature Clean Basket. Watch for information in January regarding new options for 2018 Membership Renewal.

COTTAGER'S GUIDE: At the AGM, laminated copies of the new MACA *Cottager's Guide* were distributed to all attendees. Our revised guide is a recommendation from the work done on our Lake Plan. In early September, copies were mailed to all property owners. We hope that everyone will post the *Guide* in a location where visitors to your property will see it, and be aware of suggestions to help keep our lakes healthy. If you have not received a copy, please e-mail Phyllis at phyllis.mcculloch058@sympatico.ca and we will be sure to get it to you.

Thanks Moe!

After 8 years serving as a MACA Director, Moe Welch is stepping down, as he moves on to new adventures. We want to thank Moe for his volunteer work and wish him and Lois all the best!



Lake Steward's Corner

by Tim Hagarty, MACA Lake Steward



2017, the year that summer forgot us! We completed the Invasive Species testing again this year and are hoping that the results from Miskwabi will be free of Zebra Mussel larvae. I have asked that our results be available as soon as possible and have been assured that we will be at the head of the list. Still will be in 2018!

As there are invasive species in lakes near us (including Loon and Kashagawigamog), if you use your boat/canoe/kayak/floater, or swim in any other lake, please make sure you have cleaned and dried all that entered the water. We will have new signs this year, 4 feet by 8 feet, at the Miskwabi and Wenona Lakes' boat launches with instructions for the boaters on cleaning their boats etc.

We have continued to do the usual water testing in the spring and ongoing clarity tests throughout the summer and fall. Thanks to Janine Lacoste, Andy Mosher, Haden Heathcock, and Peter Dilworth for their assistance. The results are on the MACA website (www.mymaca.net) and our lakes are in good shape with regards to calcium, clarity and phosphorous. The clarity this year was lower than average due to the copious amounts of rain and the subsequent run off. The later tests this year have shown a return to normal. We are fortunate to have such healthy lakes, let's keep them that way!

By now I hope all have had a chance to review their *Love your Lake* Shoreline Evaluation results, and are taking action if required. We had about 15 requests from members who did not receive the report and they have all now received them. If you did not get yours, please let me know at jthagarty@bell.net. If you would like information on what to do, please visit the Coalition of Haliburton Property Owners Associations (CHA) at www.cohpoa.org and go to "Shoreline Health". A healthy shoreline = a healthy lake.

(Please remember that if you are going to change your shoreline in any way *beyond the high water mark* you MUST advise the MNR of your plans and get their approval).

Financial Update

by Virginia Vranckx, MACA Treasurer



Thanks to strong membership renewals MACA has a healthy bank balance of over \$6000.00. We also received \$500.00 in donations from Susanne & Andy of Century 21, and the proceeds of the raffle at the AGM were \$173.00

Expenses of \$4500.00 were in line with last year. The only exception is the \$200.00 start up fee to accept credit card payments. This payment method will be expanded next year to include members' ability to pay their membership dues using a link on the MACA website, which in turn will redirect them to a secure FOCA site. The Federation of Ontario Cottagers' Association has for several years provided this service to cottagers' associations at a reasonable cost. We are teaming up with FOCA to make it easier for our members.

Several members have requested to make EFT payments for membership. This is not an option yet, but we will continue to work with our bank to hopefully provide it in the future.

NATURE NOTES: Beech Bark Disease

by Susan Hay

You may have heard about Beech Bark Disease being a problem in Haliburton County. In fact, the ecological value of beech trees has been compromised by the disease which is expected to eventually wipe out the beech tree family. Beech bark disease was accidentally introduced into Nova Scotia on beech trees imported from Europe around 1890. Since then it has spread throughout North America and has been called the greatest ecological disaster to affect this region.

The American beech (*Fagus grandifolia*) is a primary hardwood species found in forests throughout southern and central Ontario as far as Georgian Bay and play an important role in a forest's ecosystem. They provide habitat and nesting sites for birds, providing canopy coverage and travel pathways for mammals and producing beechnuts that are an important food source for many wildlife species.

Beech bark disease is composed of an insect-fungal complex which involves the beech scale insect (*Cryptococcus fagisuga*) and



Fig. 1: A Healthy Beech Tree

a canker-causing fungus (*Neonectria faginata*) and severely degrades the tree.

The disease begins when beech scale insects infest beech trees and begin feeding on the sap of the inner bark. The white woolly protective covering that the scale insects produce can be seen on the bark early in the disease. Bark wounds caused by scale insects allow the fungus to enter the compromised tree and subsequently colonize the bark, cambial layer and sapwood.

This produces cankers that vary in type and size (see Fig 2).

The beech scale insect is introduced to an ecosystem by wind, animals or human transport (moving firewood). The fungal spores are carried by wind and rain. The insect-fungal complex can lead to tree mortality within 3 to 6 years after initial scale insect colonization.

The disease has made beech trees a safety hazard in developed areas. One hazard is "beech snap". This occurs when the decay-causing fungus weakens a tree structurally and then wind or other factors cause the trunk or the branches of the tree to snap and break off. Even a healthy looking beech tree can be hazardous because it can be decaying from the inside out.

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Fig. 2: Cankers on diseased tree

NATURE NOTES: Beech Bark Disease

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Beech trees that are located close to dwellings or along pathways where they could put people at risk should be taken down by a professional. Red oak or black cherry is currently the best replacement option for beech trees in Haliburton because they can grow in similar environmental conditions.

The resource info for this article was taken from the booklet *Dead Trees Standing, A Landowners' Guide to Beech Bark Disease*, published in June, 2017 in partnership with Environment Haliburton, Dysart et al, Glebe Park and Museum, and Halls and Hawk Lake Property Owner's Assn. If you are interested in obtaining a copy, please contact Susan at hayfield@tcc.on.ca

Cottage Cook's Corner

Favourite Recipes Shared by MACA Members



Apple and Sweet Potato Soup

Contributed by: Phyllis McCulloch

Ingredients:

- 7 cups sodium-free chicken stock
- 4 apples, washed, halved and cored, leave skin on (making 8 halves)
- 1 ½ lbs. sweet potato, peeled and chopped
- 1 large onion, chopped
- 2 jalapeño peppers, chopped, seeds removed
- 2 tbsp. butter
- Salt & pepper to taste

Topping:

- 1 cup sour cream or low fat yogurt
- 2 tbsp. cilantro chopped
- 1 cup apples cored and chopped into small pieces

Directions:

In a heavy sauce pan, over a high heat, bring stock to boil. Add apples, sweet potato, onion, peppers and butter. Reduce heat and simmer 25 to 30 minutes, until apples and sweet potatoes are soft. Cool slightly. Puree in food processor or blender in batches until smooth. Return soup to sauce pan. Season with salt & pepper to taste. In a small bowl stir together sour cream and cilantro. Ladle hot soup into individual bowls. Top each bowl with a dollop of sour cream and cilantro and apples.

Makes 8 servings

MACA FLASHBACK! 25 YEARS AGO



Here's what was making news in the MACA Newsletter for October 1992

"The annual meeting was held Saturday Sept. 5, 1992, Dysart Community Centre upstairs after 17 wet weekends, 1 hurricane and 2 cancellations. Very good attendance of about 50, excellent facilities."

"Recreational boating continues to be a problem here and elsewhere. Remember no speeding above 6 mph within 100' of shore. A new ticketing bill is working its way through Parliament and is expected to be in place for the '93 season."

"A Lake Stewardship Program will promote personal stewardships in which all lake residents, both seasonal and permanent, could become directly involved in protecting, enhancing, and re-habilitating the natural environment of each lake. A Lake Association Steward would represent each lake. This Steward would have access to MNR information such as physical and chemical characteristics of the lake, resident fish populations, habitat surveys, fish stocking records... and proposed management strategies. The Steward would be an effective focal point for Stewardship communication for a Lake Association."