



# Cognashene Cottagers' Association

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You can find us at [www.cognashene.com](http://www.cognashene.com) for contact information, registration forms, events and dates.

Follow us on:

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Cognashene Recreation Program

Twitter @ CCARecProgram

Watch for your next CCA Newsletter coming out towards the middle of May

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## President's Message

*Ian Davis: [president@cognashene.com](mailto:president@cognashene.com)*

It is mid-February as I write this message and the ground is snow covered. While you would expect this to be the norm in mid-February, this winter is far from normal. I finally see ice in front of "The Boat Club" on their webcam, I have robins in my backyard, (if anyone can suggest what I can feed them please email) and we WERE contemplating going to the cottage for New Year's. While we did not pursue New Year's in Cognashene, Easter on the bay may not be out of the question.

Regardless of the strange winter season, the activities of your Board and your Association are ongoing. We have had a busy winter and in particular Brian Neely, Wendy Parker, John Maynard and Derek Friend as they continue to roll out our new winter patrol. I can thankfully report I received my snapshot yesterday of the cottage and all is "OK". In contrast to this past November when Dennis

reported that our front door was fully open, or one previous year before smart meters, my meter was spinning. I have taken this winter patrol rather casually but for the few times I have had a problem.

Last week I was fortunate to reach Dennis and I asked how he was finding this year's winter patrol and the new reporting system. I have had my eyes opened. The November inspection took 28 days when typically it would be 14. The second winter visit was just beginning and with a lack of snow cover Dennis's time per cottage was adding up as he had to walk from the shore up to the cottage to scan the bar code, take a picture, comment and send. Even with snow on the ground this patrol is physically challenging and is not without its hazards. Turning your sled around in deep snow is exhausting or running into a dock pin is not good for your sled. I am grateful for the service Dennis has provided to the Association. He is our "neighbourhood watch" when we are not up to look after things ourselves. Thank you Dennis!

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Staying on the positive side, our membership renewals are on pace with last year and the online renewals are picking up as the membership continues to realize the features of the CCA website.

On a more serious note, the continuing polarization of Township council along geographical boundaries is a serious problem for our elected representatives. Pat Edwards and Peter Cooper are doing their best to represent our common interests at council but their efforts are being challenged continually by the balance of council. From budget discussions, clarifying the Township's strategic plans, to planning matters, they are struggling to get our collective voices heard.

I would like to thank the membership who weighed in on the TGB Strategic Plan for their input. Once the plan is available for distribution I will send the link to the membership.

Continuing with issues at the Township, Peter Cooper was voted off the Committee of Adjustment (COA). It is regrettable council elected to discharge Peter of his duties as we clearly saw evidence the COA were making the right decisions that reflected the policies of our Community Plan. Not only did we see better decisions from the COA since the new COA came into position in February of 2015, there had not been a single appeal to the Ontario Municipal Board where previous years the Township averaged upwards of 4 a year. From my perspective ONLY, this decision by council was politically motivated and served no purpose by forcing this change in members. We thank Peter for his efforts over the previous year and the guidance and counsel he offered to his colleagues on the COA. We lobbied quite aggressively to the Mayor and Paul Wiancko to support Peter but they voted against our wishes. Peter's replacement on the COA is Councillor Kathy Kay.

David Mathews will continue to be our voice on the COA representing the coastal interests of the Bay.

Peter and Pat are working tirelessly for us and the frustration is evident in conversations and correspondence. We have to go beyond simply thanking them for their efforts and we all must get more engaged in the "business" of council. We (seasonal) cottagers represent 88% of the population yet we seem to be holding the short end of the stick when it comes to decisions that affect us directly. I welcome advice from the membership on how to best get our points and concerns better heard and ask for your input.

While the next municipal election is still close to three years away, we need to begin the discussion. The discussion should include getting members entitled to be on the voters list, actually on it, and exploring different ways of exercising our vote, including online voting. While it may be early, we should begin the process of searching for candidates to represent us and who share our common values. We cannot wait for the summer of 2018 to begin this process.

Your board is committed and willing to fulfill their mandate of their direct board portfolios, from environment to planning to communication and we do these well. If we aren't, let us know. It is our collective responsibility to retain the character of our Cognashene community for ourselves and generations to come. We must all participate.

We are already gearing up for summer with the hiring of our recreation staff, planning for the regatta, and long-distance swim. There are vacancies on your Board and we will be advertising those vacancies in an eBlast soon.

That is all for now. Please feel free to contact me or any of your Board members; we are always open to advice and constantly after a helping hand.

Kindest regards,

Ian Davis

# Recreation Report

Kelly Reade & Cheri Wilson: [recprogram@cognashene.com](mailto:recprogram@cognashene.com)

Hello Beach families!

Our 2016 CCA Summer Camp will run from Monday July 4<sup>th</sup> to Thursday August 25<sup>th</sup>. The schedule will be similar to other years with swimming on Monday, Wednesday & Friday, and Camp Cognashene (kids entering grade 2) on Tuesdays. A new and improved Water Sports (kids entering grade 3) will include more formal instruction on canoeing, kayaking and sailing. Kognashene Kinders will also be offered for our younger campers! This summer our Jr. Canoe Trip will be July 20-21<sup>st</sup> and our Sr. Canoe Trip will be August 10-11<sup>th</sup>. Please mark these dates on your calendar so you can plan your summer accordingly.

We are pleased to announce that Aislin Roth will be our CCA Recreation Program Head this summer! The balance of the staff will be hired by late February and we will start our online registration process in early April. We will send out an eBlast with a link to the registration page on the CCA website when all is ready. We hope to avoid on-site registrations at the beach as much as possible. As we did last year, a late registration fee will apply after June 1st.



You should have your Child Fitness Tax Receipts by the end of February. If you haven't received one but believe you should, please contact Kelly at [kdreade@gmail.com](mailto:kdreade@gmail.com).

Please continue to follow us on Twitter @CCARecProgram, Facebook @Cognashene Recreation Program and Instagram @ccarecprogram.

## Let's Talk Sunscreen with Sandy Thompson

It's winter, and those of us in Ontario or the northern U.S. are more often worried about snow and ice than getting sunburn. But we love our vacations down south and some people are lucky enough to spend the winter down south. So, let's talk about sunscreen and sun protection to be ready for our winter homes in the sun, our sun-filled vacations, our ski vacations and for the not-too-far off summer!



### Did you know?

- Nothing but being covered or in complete shade block all UV rays (UV rays go through glass and some clothing so wear sunscreen in the car too!)
- You can get sunburn on cloudy days as well on or in the water and on cold days in winter. On a cloudy day 80% of UVA rays get through the clouds and water and snow can reflect UV rays and cause burns.
- Always buy a "Broad Spectrum" sunscreen as it will block both UVA and UVB rays.

- UVA = Age the skin    UVB = Burn the skin
- Both UVA and UVB will cause cancer.
- **SPF** = Sun Protection Factor (and also now Sun Protection Fabric)
- SPF 15 (the minimum SPF you should use) blocks 93% of UVB → SPF 30 blocks 97% of UVB → Over 50 does not provide significantly better protections.
- No sunscreen is waterproof or sweat proof and the term is now banned on products.
- The bottle should say how long it is **water resistant** (i.e. how long you can be in the water and still be protected). Reapply after getting out of the water.
- Pay attention to the **expiry date** on the bottle - the chemicals in the sunscreen will not be as effective after that date.
- Don't forget to cover your ears, lips, hands and tops of your feet.
- Better yet, wear a hat, cover-up and sunglasses!

### Some things to avoid in your sunscreen:

- **Spray sunscreen** - can allow for the chemicals in them to be inhaled and generally do not cover skin completely. While these are very popular, they are not the best option.
- **Oxybenzone** - can penetrate skin and act like estrogen (a hormone system disruptor)
- **Retinyl palmitate** (also called Vitamin A palmitate) - may trigger damage and possibly cancer especially when exposed to sunlight (its ok to have in your night creams where you might see this often)

## Sunscreen and Georgian Bay *By Sandy Thompson*

For everyone at the cottage, water quality is of utmost importance. We have talked about how to keep our water clean through proper maintenance of septic systems, not washing in the lake, etc. But how many people have put on their sunscreen on a fabulous summer's day and then leapt into the water only to see...an oil slick...emanating from around your body? What is in that sheen of chemicals, what is it doing to the lake and how does that affect the sun protection you just put on? Can we do anything about that and still be sunsafe?

Biodegradable sunscreen is available on the market. While each brand is different, they are designed to be free of chemicals that harm aquatic life and reef eco-systems, so when it comes off in water it does not damage the ecosystem. It is a requirement you might have run into when swimming or diving in many places such as Mexico in sensitive areas (Cenotes) and reefs.

The chemicals that biodegradable sunscreens avoid (and can harm aquatic life) include PABA, octinoxate, 4-methylbenzylidene, camphor, and butylparaben. When used as directed, biodegradable sunscreen is just as effective as regular sunscreens. Brands that make biodegradable sunscreen include:

- ❖ Tropical Seas (makers of Reef Safe shown next page)
  - ❖ Mexi-Tan
  - ❖ Caribbean Solutions
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- ❖ Nature's Gate
- ❖ Kiss My Face
- ❖ Hawaiian Tropical biodegradable lotions

The trouble with biodegradable sunscreen is that it is not readily available in a lot of places, especially Canada (from what I can tell). Amazon.ca offers some products but they are 5-8x more expensive than those same products available in the U.S. (\$52 for a regular 6oz bottle of sunscreen?) It is more readily available in sunny locations like Mexico and Florida. Go ahead and buy extra bottles when you are down south this year and bring them up to the cottage. In the meantime, we can all use our buying power to ask local stores to stock biodegradable sunscreen to continue our efforts to be both sunsafe and keep the Bay free from chemicals.



References and links

<http://www.ewg.org/2015sunscreen/hall-of-shame/>

<http://www.skincancer.org/prevention/sun-protection/sunscreen>

<http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-factor/sun-and-uvr-exposure/sunscreen/?region=on>

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## Services Report: Cognashene Winter Patrol Report

*By Derek Friend & Wendy Parker*

This is the first year of a new patrol system and as with everything new there is a learning curve. With the expertise of Brian Neely and his technical team, the hiccoughs and snags were dealt with one by one and we should be able to run the system more smoothly now.

If only we had as much control over the weather! As if the electronics weren't enough, we've also had an uncooperative 'Mother Nature'. It started in November with occasional glorious days and many more that would keep most of us indoors with a good book. Dennis, on the other hand was out on the bay doing his rounds despite high winds, massive waves, fog and snow. Some days he could barely see the shoreline. These conditions also played havoc with the ability of the phone to pick up the internet signals. This first round was extremely difficult but Dennis inspected every cottage. We apologize to those of you missing a report but please know that your cottage was inspected and those that had issues were contacted either by Dennis or myself.

The second round has begun and Mother Nature still seems to be cranky. Cold weather in December boded well and ice started to form. Then came a period of warmer weather and snow which quickly caused the previous new ice to deteriorate. Skidoo and scoot traffic (before there was proper ice) contributed to the deterioration of the ice. Now there are many unsafe areas with large cracks and open water. Dennis has been unable to complete his "tree line" (winter skidoo highway of safe travel) due to the bad ice conditions. There have been 4 deaths in Cognashene and Go Home due to sledding accidents. Dennis's tremendous knowledge of the water and many overland trails has allowed him to continue with the winter check although conditions have slowed his progress. Reports will be sent as the inspections continue.

We are indeed lucky to have someone as dedicated as Dennis who continues to make the rounds despite all the technical difficulties and terrible weather. We appreciate your patience; but soon we'll have a great system!

Hoping everyone has a safe and happy remainder of winter!

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## Medical Emergencies in Cognashene

*Derek Friend: [services@cognashene.com](mailto:services@cognashene.com)*

There may be no single way to "call for help" in our Cognashene. I consulted with Police, Fire, and Coast Guard [note: 911 management was not available to me] and I got different answers. As CCA Director of Services and consumer of the first response system [sons: broken knee; snake bite] I have a suggestion. I am disclosing that I am a Coast Guard Volunteer. My suggestions are not perfect, but here is my best.

In land-based distress situations medical, fire, and law enforcement issues are best handled through the 911 system. But, in a water-access only community things are more complicated. For medical issues requiring assistance, a 911 operator will call out to Ambulance, Fire and Police. In a water-access-only community the fire department will often transport medical cases to land to waiting ambulances. The closest thing to a water ambulance is the Coast Guard [Summer months only: May long weekend to Labour Day long weekend]. For a medical emergency, I recommend that you ask the 911 operator for the Coast Guard or consider calling both 911 and the Coast Guard Rescue Centre [JRCC] directly at 1-800-267-7270. Be prepared to explain to the 911 operator that you are either on mainland, or an island, but are a water-access-only location. It would seem that for many of us, a 911 address suggests to the 911 operator that the incident is on mainland and the assumption that police, fire and ambulance can respond. A clear statement that you are "water access only" should help route the appropriate resources for you. I understand that JRCC has frequently had issues with 911 operators failing to pass on marine incident information. OPP may respond if they are on the water and on shift. If OPP are not on duty (marine unit) their response time is quite lengthy. Through experience, a 911 operator may not have as a their first thought "get the Coast Guard underway". Remember to identify your location: 1) Geographic location - Island name for example; 2) 911 address; 3) Latitude / Longitude.

Login to your account on the CCA website, click on "Emergency Contact Details" and print your personal coordinates, along with emergency response phone numbers. This is a wonderful reference to have at the cottage. Plug the numbers into your smart phone, or other device, and always be prepared. This is a new addition to the website and a great member benefit!

## Communications Update

*Laura Adams: [communications@cognashene.com](mailto:communications@cognashene.com)*

Our next Newsletter will be delivered in May, along with the Cottager, the Member Directory, the Church Schedule, the Summer Calendar and pieces for the GBLT and GBF. This is our big mailing and delivered to current members in good standing. So, if you haven't renewed your membership, please do so asap. This can be done quite easily by going online to [www.cognashene.com](http://www.cognashene.com) and logging into your account. You can also change all of your personal information...address, phone number, email...at this point.

If you haven't been to the website in a while, check it out. There are links to Georgian Bay webcams, and Brian Neely, your webmaster, is always adding new content. The Newsletter is available to read in full colour there as well; you needn't miss a thing!

With spring just around the corner, and a winter that certainly hasn't been too hard to take, fingers are crossed that an early cottage opening is in sight. Let the countdown begin...

## Environment Report: Have you seen the Pine Sawfly?

*Sandy Thompson: [environment@cognashene.com](mailto:environment@cognashene.com)*

This fall we had some communication from the Pointe au Baril Islanders' Association that they have found infestations of the Pine Sawfly in much greater numbers than usual (more than 70 reported locations affected). It was initially noticed by wood debris on decks and walkways and on further inspection the Pine Sawfly was found to be the culprit.



The Pine Sawfly is an introduced European species that, according to the Natural Resources Canada website, was first found in Oakville in 1931 (others suggest different locations in southern Ontario but still in the 1930s.)

The sawfly can have two reproductive cycles per year (summer). The larvae are a defoliator and you can see evidence of them as they will leave hollowed out, yellow needles. If a tree is host to both generations, the larvae can cause enough damage to kill the tree. They particularly like Eastern White Pine.



At this time I do not know of any chemical controls that are approved for use on the islands due to their proximity to the water but you can try to control them by killing the larvae in June when they begin to emerge, thereby limiting the destructions and the second round or reproduction.

## 27<sup>th</sup> Cognashene Long-Distance Swim and 91<sup>st</sup> Regatta! Save the dates...

*Jacqueline Limoges*

It will be hard to top last year's gala events, but we can try!

The Long-Distance swim starts at 1pm on July 23, 2016 from Val and Rob Thompson's dock. The David Hopper and John Visser dock is the turn-around point or final destination. This is a rain or shine event and is only rescheduled if there is lightning.

All swimmers receive a participation ribbon and perhaps more importantly, your name is recorded in the Cottager so that decades from now, people will know you could 'go the distance'! There is only one rule for the Long-Distance Swim: Every swimmer must be accompanied by a person (of suitable strength to lend a hand should the need arise) in a non-motorized watercraft. Swimmers can use any form of flotation. Everyone is welcome so bring your cottage guests. There will be a special notation in the Cottager for the highest number of crossings from a single cottage so start recruiting now. The Long-Distance Swim is not a race!

The Regatta is on Saturday, July 30 starting at 12:30 at Townsend Island (Davis, Kohler and Endress cottages). As always, there are overall competitions for the Girls' and Boys' Trophies which are only open to CCA members. This should motivate everyone to join the CCA! Non-members can compete for ribbons and all events are open to the community, including the Novelty races! The Amazing Cognashene Raffle also happens at the Regatta. The proceeds from the raffle help offset the cost of the Regatta and the Recreation Program. Donations to the raffle are most welcome.

If you have a raffle donation or would like to volunteer for the regatta, please contact Jacqueline Limoges: [jlimoges@rogers.com](mailto:jlimoges@rogers.com).

## Classified...

### Cognashene Lake Cottage for sale or rent:

Beautiful sunsets, deep water at the dock for swimming, a small beach, quite protected lake ideal for kayaking, paddle boarding, waterskiing, and for young kids who want to learn to boat.

Two-bedroom cedar cottage and two additional pine-panelled out buildings. One outbuilding is a 12' x 16' post and beam and the other is 10' x 12' and is brand new. Both outbuildings are covered in cedar shingles with good-sized decks. All buildings are well maintained.

Cottage comes with boating lesson on how to get through the narrows! Once you know how to get through them, you will wonder why you ever thought it was challenging.

To all our cottage friends, do not fret; we bought another cottage and are selling this one.

If you would like more details or to see the listing information, including a video, e-mail Jacqueline Limoges at [jlimoges@rogers.com](mailto:jlimoges@rogers.com).

### Cottage for Rent

3-bedroom (sleeps 7) family cottage in central Cognashene available for rent by the week from June through to September. There is no motor boat included with this rental, so you would need your own, or arrange taxi service from Honey Harbour. For details on rates and availability, please contact **Mark and Sandra McGugan** @ [Sandra.mcgugan@utoronto.ca](mailto:Sandra.mcgugan@utoronto.ca).

### CONNOR & ALEX'S WINDOW WASHING A Spotless Reputation



Get the most out of your Georgian Bay view! If your windows aren't as clean as you'd like them to be, we're here for you. Inside, outside, and screens are all included. For a free estimate, call Connor Roth at 647-920-1410, Alex Carter at 416-528-7288, or email us at [cognashenewindowwashing@gmail.com](mailto:cognashenewindowwashing@gmail.com)

### Cottage for rent on Hangdog Channel

Spectacular sunset views overlooking Aunt Edna's Island!

Sleeps 8-10 comfortably

Included rental of a 15HP Lund, 2 kayaks, a paddleboat and canoes

Contact **Sue Vale**

at [suevale@hotmail.com](mailto:suevale@hotmail.com) or 905-569-1018 for further information and availability.

### Arthur Island Cottage for Rent

Lot # 4 adjacent to Kirby Beach and the Recreation Program

3,500 sq ft main cottage

4 bedrooms & 4 bathrooms

Plus

a 2-bedroom bunkie with 1 bathroom

Private beach

boats, BB court, 40' dock.

Available May through September

\$4,000/week, 2-wk minimum, or \$14k/month.

Please call **Mike Lawrance** for further information at 416-526-0976 or email [mjblawrance@gmail.com](mailto:mjblawrance@gmail.com).