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President's Message...*Ian Davis*

It is Sunday evening, May 1st, and we just returned from our first night back on the Bay. While there was some discussion in the family surrounding the recapture of the Ice Breaker Award, before I could even make the call to Nautilus, the Ice Breaker had already been claimed. Bragging rights go to Tom Hardy and Cody Thompson who landed at Blarney Castle on the 20th of March at 2:25. The official hand off will be July 9th at the Associations' AGM. Runner-up goes to Bob, Andrea and Charlotte Snider. What the new award recipients have yet to grasp is the winner(s), must be in attendance to accept the trophy at the AGM and they WILL stay until the end of the meeting. I suspect they may not be as eager next year to defend their crown!

For me, the spring rituals rarely change: inevitable repairs to splits in copper lines, leaking foot valves, pumps that don't prime and the list goes on and on. Our basement (under the cottage) could rival the Town Centre plumbing supply aisle. One thing is for sure, when Rose yells out to me "there's water," her excitement mirrors that of a young child's on Christmas morning. "O ye of little faith," I say. I hope to pass on these skills to the boys, but inevitably the question is always asked "why don't you get Kevin to do it?" My answer never changes, there is a sense of accomplishment in something as simple as getting the water running that first spring weekend. I had some company this year as I began my spring opening rituals.

I heard noises coming from the corner of the basement around the electrical panel. After some very cautious advancing, I saw two beady eyes. My initial thought was the red squirrel who spent much of September gathering pine cones, however, as I approached the corner, the interloper who emerged from his 4-star winter retreat was a mink. It had spent the winter hoarding every pine cone on the island, every paint rag it could find, and stuffed this collection of debris into the ceiling. Needless to say, after donning gas masks and grabbing crow bars, we removed the 1/4" plywood ceiling, gathered a couple garbage bags of "pine cone cores," the rags and promptly burned the evidence. This put us well behind in getting the water in, yet we were still able to complete the task ahead of sunset.

The water level is up again this year. In our little Bay, there is a new cottage and another finishing major renovations. Regardless of these changes, some things remain the same. The seagulls are nesting, and their sounds (and at times the odour) from the west is a reminder of this annual event. Gnats hang above the pine trees like moving black clouds, and even the odd water snake can be seen suspended in shoreline shrubs. These first few weeks of spring are some of my favourite. It is quiet, apart from the odd boat going up the channel or the Coast Guard marking and adjusting buoy locations, that allows you to really take notice of nature's true sights and sounds. Geese, flickers, ducks, starlings, canaries, and loons are everywhere. Bass are nesting, and when looking to the open (West) on a calm day, the Pine Islands and Hope look like they are floating in mid-air. Someone once told me it is a temperature inversion. I just said "ok." I must look up what this optical illusion really is someday.

Life is good!

This summer will again be a busy one;

- The Rec Program will be in full flight in just a few short weeks.
- We will again be identifying and tackling phragmites removal. We have a new underwater weed whacker that can be loaned out to members to assist in this removal. More information to follow.
- The Township of Georgian Bay will be flying the gay pride flag again this year on their newly purchased flag pole.
- We will be celebrating 100 years of the Georgian Bay Association.
- We will have new mapping on our website.
- We will be celebrating our 101st Regatta on Townsend Island.
- We will thank Peter and Pat

I know I already said it but, I will say it again, Life Is Good - IT'S SPRING!

Sadly, I was informed in early April, Nancy Lance Bacon passed away 4/8/16. She was a long-standing member of the Cognashene community. Below is one of her acrylic paintings sited just off Penetang Rock.



Recreation Program...*Kelly Reade & Cheri Wilson*

Hello Beach families!

Another summer at the beach is approaching and registration for our summer program has started! **CCA Summer Camp will run from July 4th –August 25th, 2016.** The schedule will be similar to other years with swimming on Monday, Wednesday, Friday, Camp. Cog. on Tuesday (grade 2 and up) and a new and improved water sports (grade 2 and up) which will include: canoeing, kayaking and sailing. Cognashene Kinders (ages 2-6) will also run on Thursday mornings, apart from a few Tuesdays due to the canoe trip conflict. YPOC (grade 5 and up) will continue their adventures every Monday afternoon. Camping trips will be as followed: Jr. Canoe trip – July 20-21 Sr. Canoe trip – Aug. 10-11.

Please register online at http://www.cognashene.com/rec_program_register.html prior to June 1st. After **June 1st**, a **\$25** additional fee will be charged per child. Registration is easy and payment can be made via PayPal. We offer options to register for the full summer or by week. If you are registering by week, please be sure to fill in the total number of weeks you are selecting. That number is needed to calculate your fee. We do offer an 'other' option if you only want to register for select parts of our program (i.e. swim only). We are trying to avoid paper registration on the beach - this helps the staff prepare for their swim lessons and camp days and the parent volunteers keep their paperwork in order!

Our summer beach staff includes: Connor Roth, Molly Giroux, Alex Carter, Katie Tawaststjerna, Nikki Cutler and Haley Walker as full-time Instructors and Assistant Instructors. We will also have our hard working volunteers to help out at the beach. Aislin Roth is our Head of Program and she has a slew of important and FUN information included below about our program.

Don't forget to follow us on Twitter (@CCARecProgram) or Facebook (Cognashene Recreation Program) and remember Beach Clean-Up will on Monday, July 4th at 9:00 a.m. Please join us with a rake, shovel and gloves. If you have any questions, comments or recommendations please email us at recprogram@cognashene.com.

We are looking forward to a great summer!

Recreation Program Wish List

Please email Aislin if you are able to donate any of the items below.

10 pull buoys for teaching swimming lessons
New (or gently used) sandcastle shovels and buckets
Big cooking pot with lid
New BBQ grills
Big inflatable beach balls
A parachute
New or gently used tent or tarp
New or used (in good condition) canoe similar in size to existing Rec Program

Many thanks!

Recreation Program...*Aislin Roth*

Hello Cottagers!

After another busy year, I am beyond excited to be spending another summer at the cottage with all of you. This summer I will be taking on the position of Program Head of the Cognashene Recreation Program and, with the help of an incredible staff, I hope to make this summer on the Beach the best one yet. I would like to welcome back Connor Roth, Molly Giroux, Alex Carter, Katie Tawaststjerna, Nikki Cutler and Haley Walker who will all be returning as full-time Instructors and Assistant Instructors. We will also be supported by a wonderful group of volunteers whose lasting commitment to the Recreation Program has been essential to its success. If you are interested in volunteering this summer but have not yet signed up, please contact me and I will do my best to ensure volunteers are paired with senior staff members to gain experience and help build your resume.

We will continue to offer the Red Cross Swim Program, from Parent & Tot to Level 10, to promote the development of younger swimmers. We will also be offering all Bronze levels for advanced swimmers interested in first aid and lifeguarding. This year I will be taking on a more supervisory role, assisting swim instructors with busy classes and working one-on-one with swimmers who are struggling with specific skills. This will allow for increased flexibility depending on weekly registration and ensure participants receive maximum instruction during the weeks they are at the beach. Please let me know if you have any concerns regarding your child's swimming ability and I will help place them in the appropriate level and ensure their instructor is well equipped to provide assistance. Swimming lessons run Monday, Wednesday and Friday mornings and exact times will be posted on our Facebook page by July 1st.

The Young People of Cognashene (YPOC) will continue to explore Georgian Bay on Monday afternoons, with trips planned to Artist Island, McCrae Lake, Giants Tomb and Beausoleil Island. On Tuesdays, Camp Cognashene participants are invited to partake in a variety of day-camp activities, ranging from the Amazing Race and Cognashene Olympics, to Scavenger Hunts and Dress-Up the Counsellor Day. New this year, every week at Camp Cognashene will have a specific theme, with supporting crafts and planned activities. Watersports is also being revamped this summer, with a focus on building tangible boating skills. Wednesday afternoons will be reserved for canoeing, kayaking or sailing with a mix of theory (i.e. knot-tying, boater safety) and on-board experience (i.e. paddle strokes, technique, regatta-style races). Thursday mornings at Cognashene Kinders are dedicated to the youngsters of Cognashene and provide an opportunity for both parents and their kids to meet fellow cottagers and get involved on the bay. This summer we will be adding more kid-friendly games to the schedule, incorporating crafts, water games, snacks and story time into a fun-filled morning.

Some other things to keep in mind before moving up to the cottage – we will be tie-dying once again as part of Camp Cognashene so please remember to bring any white clothing articles your children would like dyed! The Junior Canoe Trip will take place July 20th-21st and the Senior Canoe Trip August 10th-11th. If you have any canoes, kayaks, toys or craft supplies that are still in good condition but no longer in use, please consider supporting the community by donating to the Recreation Program! If you have any items to donate, please contact me in advance so that I can determine whether we will be able to use the materials. This summer I am hoping to increase the number of community visitors to the Recreation Program. Whether you are a nature expert, an artist, a sailor, a paddler, an experienced camper or a knot-tying aficionado, we would love to learn from you! Please contact me if you are interested, or if you would like to nominate a fellow cottager, to come and share your skill or experience with us.

I would like to say a huge thank you to the Church Committee for allowing us to use the church property for our programs, Dennis Robitaille for his help with the beach raft, and all the parents on the beach who keep the program running smoothly. Just a friendly reminder that the beach is not to be used outside of program hours and that we do not have use of the side shoreline, so please do not pull your boats up or tie off there. The beach is a pet-free and peanut-free zone in order to accommodate children with severe allergies. Lastly, please remember to 'take only photos and leave only footprints', no garbage on the beach please!

On that note, to make sure that the beach is in great shape following a year of high water levels we will be having our annual Beach Clean-Up on Monday, July 4th at 9:00 a.m. Please bring your rakes, shovels, gloves and enthusiasm and come out to help us get the beach ready for the start of the program, ask questions and meet the staff.

If you have any questions or concerns please feel free to contact me at aislin.roth@gmail.com or by cell/text at (647) 964-5339. If you have any feedback you would like to share from last summer or have any suggestions for improvements this year, please do not hesitate to reach out! The summer calendar and additional information regarding program components and registration is available on the Cognashene Cottagers' Association website at http://www.cognashene.com/rec_program.html. I encourage you to like our Facebook page "Cognashene Recreation Program" to view important information on what to bring, changes due to inclement weather, and access a detailed weekly schedule. Please follow us on both Twitter and Instagram @CCARecProgram for updates and some great pictures.

The staff and I look forward to seeing you on the beach for another great summer. Cheers to warmer weather and fun in the sun!

Environment...Sandy Thompson

Ticks and Lyme Disease

Tick and Lyme season begins in spring and lasts until fall. Ticks are most active during the summer months. Lyme borreliosis (LB) has been reported throughout Europe and the U.S. where it is the most common tick-borne infection. The Center for Disease Control in the U.S. increased their estimation of the number of cases per year by an order of magnitude in 2013 to more than 300K people. This estimate is still likely an order of magnitude below the true number of cases per year (Lyme Disease Association, Inc.). A large part of this increase can be attributed to heightened awareness of the condition resulting in increased diagnosis and reporting. Underdiagnosis and overdiagnosis still occurs due to inaccurate testing. There has also been a genuine increase in transmission rates in some regions.

According to a Government of Canada website (<http://www.healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/lyme/surveillance-eng.php>) ticks and Lyme disease are known in the following areas of Ontario.

- Point Pelee National Park
- Rondeau and Turkey Point provincial parks
- Long Point peninsula, including Long Point Provincial Park and the national wildlife area
- Wainfleet bog near Welland on the Niagara peninsula
- Prince Edward Point
- parts of Thousand Islands National Park

Risk areas include:

- locations around Kingston
- along the St. Lawrence Valley to the border with Quebec and northeast towards Ottawa
- Western Ontario in the region of Lake of the Woods
- Pinery Park on the shore of Lake Huron
- Rouge Valley region of Eastern Toronto

The region that ticks are found in continues to grow and knowledge of how to protect ourselves and what to watch out for is a good way to be prepared. I have heard stories of ticks in the dog parks in Toronto this year already.

Lyme disease symptoms are complex and affects people in different ways (most people react differently when exposed to the bacteria). A few *Ixodes* species are recognized as important vectors of Lyme Disease. Tick nymphs are mainly responsible for transmitting *Borrelia* to humans and are most active from spring to autumn. Like most insects, ticks prefer wooded or thick grassy areas, and cool and moist locations.

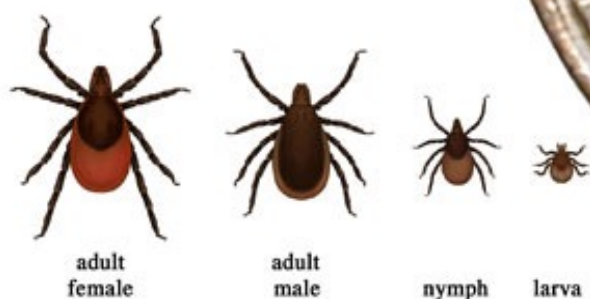
The spirochaetes are transmitted in the tick saliva [during feeding](#) having migrated from the midgut, where they are usually found in unfed specimens. This migration from midgut to salivary glands usually takes 2–3 days and is probably responsible for the fact that most transmission takes place after the first 24 hours of tick feeding. However, varying proportions of ticks (especially in *I. persulcatus*) already carry spirochaetes in their salivary glands while still unfed and this presumably explains those cases that occur even though the tick was removed after only a few hours.

Prevention

Deet is the most common repellent (>20% concentration) and applied directly to skin – Deet repels ticks but must be re-applied throughout the day.

Permethrin is applied to clothing – Permethrin kills ticks and can stay on clothing for several days, even through washes.

Blacklegged Tick (*Ixodes scapularis*)



Alternatives include:

- Citronella, Eucalyptus, Lemon Leaves, Peppermint, Lavender, Cedar Oil, Canola, Rosemary, Pennyroyal, and Cajeput.
- Must re-apply after 30 minutes; may repel but will not kill ticks.
- Effectiveness varies with product.

Ticks are programmed to try to attach around your head, ears, or other dark warm places of the body, such as under the arm or between the legs. Ticks don't jump, fly, or drop from trees (can drop from birds though). Therefore, tuck in your pant legs or pull your socks up and over. This will help prevent ticks from reaching your body.

Wear Light color clothing! Ticks are typically dark brown or black. Wearing light color clothing will help the tick stand out, and can be identified more easily for removal. One hour in a hot drier will kill ticks if you want to put hiking clothes in as a precaution.

Don't forget to check your dog daily after running through the grasses or forests.

First Aid

Remove the Tick; Pathogen transfer generally only happens AFTER 24 hours of attachment. So the sooner it is removed, the better. Transmission can occur immediately in certain circumstances.

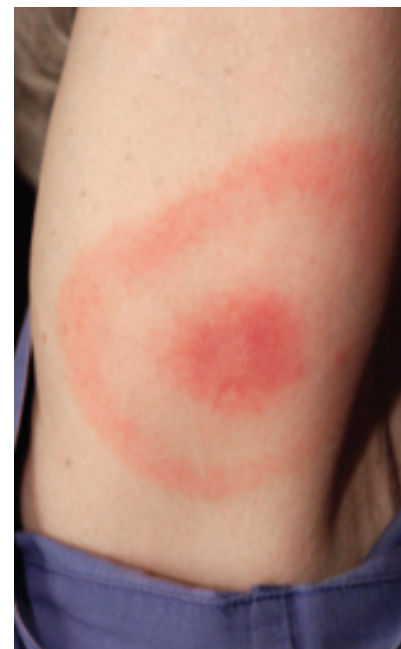
- 1) Disinfect the area
- 2) Use pointy tweezers that allow you to grab even poppy-seed sized nymphs close to the skin have proven to be the most consistently reliable means for removing all species and stages of ticks safely. Even if the hypostome (head) breaks, the germs that can make you sick are further back in the tick's body, in the salivary glands and gut. You should **not** be concerned if the tick head breaks off and remains in the skin. Tick-borne disease transmission is not possible without the tick's body. However, it can still cause an infection, so it is important to keep the area clean.
- 3) Pull upward on the tick slowly and steadily
- 4) Disinfect again
- 5) Clean and cover the bite

Lyme Disease

Once the tick is removed, keep the area clean and covered. Monitor the area for signs of infections. Minor redness and swelling at the bite location is normal, however tenderness, increased swelling, and development of rashes are signs for concern.

Lyme disease can be hard to diagnose. Symptoms are very diverse due to co-infections and clinical symptoms of LB (Lyme) are not unique to that infection. Testing and diagnosis for Lyme disease are not standardized and can be unreliable and not all doctors have had experience with Lyme disease. Blood tests should not be relied upon for diagnosis, which is why a lyme-literate physician is essential.

Acute symptoms occur 3 days to 8 weeks post-exposure. Acute symptoms include fatigue, flu-like symptoms, bull's-eye rash, or other "patterned rash." Other symptoms such as chills, fever, headache, muscle/joint aches, and swollen lymph nodes can occur. Chronic symptoms occur 2 months or more post-exposure and include loss of muscle use in face (Bell's palsy), joint pain and swelling (particularly the knees), headaches, neck stiffness, heart palpitations and dizziness. Other symptoms may include brain fog, hair loss, sweating, forgetfulness, confusion, sensitivity to light and/or sound, seizures, foot pain, mood swings, anxiety, tremor, gastrointestinal issues, and many others.



Ticks generally carry many other diseases. It is likely that some of the diagnostic difficulties and treatment problems encountered in LB (Lyme) may be due to co-infections with other pathogens. Co-infection with other tick born-diseases are common. For example: Rocky Mountain Spotted Fever, Babesia, Anaplasma, Bartonella (Cat-scratch disease), and Ehrlichia.

Patients with co-infections may present with a confusing mixture of manifestations, for example there are reports of tick-borne encephalitis (TBE) cases accompanied by low platelet and white blood cell count, and elevated liver enzymes, which are classic features of ehrlichial and babesial infections (Lotric-Furlan et al. 2000. *J. Infect.* 40:55-8). Sometimes manifestations caused by different pathogens may overlap sufficiently for one of the infections to be overlooked, resulting in failure to provide appropriate treatment, as in the case of TBE and early neuroborreliosis (Cimperman et al. 1998. *Infection.* 26:160-4). Serodiagnostic confusion may also arise where cross reactions occur, for example occasional false positive LB serology in ehrlichiosis (Wormser et al. 1997. *Am J Clin Pathol.* 107:142-7). Some of the zoonotic pathogens transmitted by *I. ricinus*, such as ehrlichias and babesias, are known to be potentially immunosuppressive and they may affect the severity and duration of infection of co-transmitted pathogens.

Summary

- Be aware that there may be ticks when you are out during the summer.
 - Plan ahead and wear long sleeves and long pants and use a repellent
 - Check yourself, your family and pets.
 - Wash your clothes and dry in high heat to kill ticks that may have stowed away.
 - Be aware of the symptoms of Lyme Disease to be able to advocate for yourself if needed.
-

Regatta & Long Distance Swim...*Jacqueline Limoges*

27th Cognashene Long Distance Swim and 91st Regatta are just weeks away! It's not too soon to start training...

The long distance swim starts at 1p.m. on July 23, 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.

The names of all swimmers are recorded in the Cottager for posterity and everyone receives a participation ribbon! If that is not incentive enough, there will be a special notation in the Cottager for the highest number of crossings from a single cottage - so start recruiting now. 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. 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. 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 Regatta. The proceeds from the raffle offset the cost of the Regatta and the Recreation Program. Donations to the raffle are most welcome. Raffle items can be a great way to promote your business or simply to delight the raffle winner.

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



Interested in exhibiting in this year's Art on the Rocks?

Visit the Association website at www.cognashene.com and click on "Events" and then "Art on the Rocks".

You will find the **2016 Exhibitor Letter and Application Form** that can be downloaded or filled out online.

Many thanks to **Catherine Gillespie** and her team of volunteers for all the hard work and organization that goes into this much loved Cognashene event!

Classified...Cottages for Rent, Jobs & Items for Sale

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 suervale@hotmail.com or 905-569-1018
for further information and availability.

BelleLune1470.com is For Sale!

At 2.5 acres, this Private Island with a 3 br 3 br custom built cottage off the n/w tip of Beausoleil offers 360 degree views, deep water as well as sandy beaches for the little ones. "Open Island" Saturday and Sunday May 21 and 22 from 1-5pm featuring hours d'oeuvres and cocktails.

\$1,640,000.00

For more information contact Mary Ann Sayers at Maryann.sayers@ricoh.ca or (416) 994-0370

Found: A blue and white paddle boat

that washed up on our shore late last fall.

It also has a frame for a canopy on it. We are on Payette Island at the south end.

Please contact J-M Irving at 647-882-8662 or via email at johnnie-mike.irving@bell.net if this is your paddle boat.

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.

Limestone Boat for sale-2011 Runabout 22'

- Purchased new in 2011
- Approx 80 hours of use
- Mercury 350 Mag V8 engine
- Built in Lowance GPS system
- Well maintained and in "brand new" condition
- Not available for purchase and delivery until mid July
- If interested, please contact Mark Hoogeveen at mark.hoogeveen@sympatico.ca



For Sale: Vanguard 15 Sailboat that is virtually a new boat. Used less than 10 times in near perfect condition, 10 years old. Stored inside in winter blue hull. main sail, jib and all associated gear included and are in new/excellent condition no trailer. it can be picked up or delivered to the Cognashene/Honey Harbour area. It is a fast fun boat but I am not up enough and I am not using it. The gel coat is shiny and it looks like it just came out of the factory. Asking \$4500 . email robertgillespie77@gmail.com



Looking for a **strong, eager helper** to work in the garden with me, around 5-10 hours/week throughout the summer. Pay is negotiable.

Contact me at ccbarb@gmail.com.

Loren Crabtree

Summer Employment Opportunity

July 15 to August 15 (approx.) Bone Island

Our Mom and Dad, Dora and Arthur Halpenny, a couple who normally reside in the Veteran's section of Sunnybrook Health Sciences Centre, are able to be at their island cabin on Bone Island for 4 weeks in the summer with the support of daily care giving, meal prep and light housekeeping.

Tom and I, who are also summertime residents in Cognashene, are looking for a mature university student who is comfortable working with senior citizens to assist in the necessary home care. Alternately, a young-at-heart adult might fit the bill. The requirements would entail coming to Bone Island on 6 or 7 mornings each week to serve breakfast and prepare lunch, assist our parents in preparing themselves for the day (including showers), supervise and assist during occasional swims, tidy up their cabin as needed, administer prepared oral meds etc.

These elderly souls use rollators (4 wheeled walkers) to get around. All cottage surfaces are flat or ramped. Their cabin area is relatively small and their mobility is limited. However, they love their space and are very attached to the beauty of cottage life.

NB: Transportation to and from Bone Island must be accommodated by one's own boat.

We are willing to answer further questions and offer a generous hourly rate of pay.

To apply for this position, please contact:

Jane (Halpenny) Loughborough janeloughborough@gmail.com home [416 696 8569](tel:4166968569) mobile [647 390 8569](tel:6473908569)

Tom Halpenny Thalpenny1@rogers.com home [416 322 3350](tel:4163223350) mobile [416 580 0811](tel:4165800811)

DOCKSIDE TENNIS

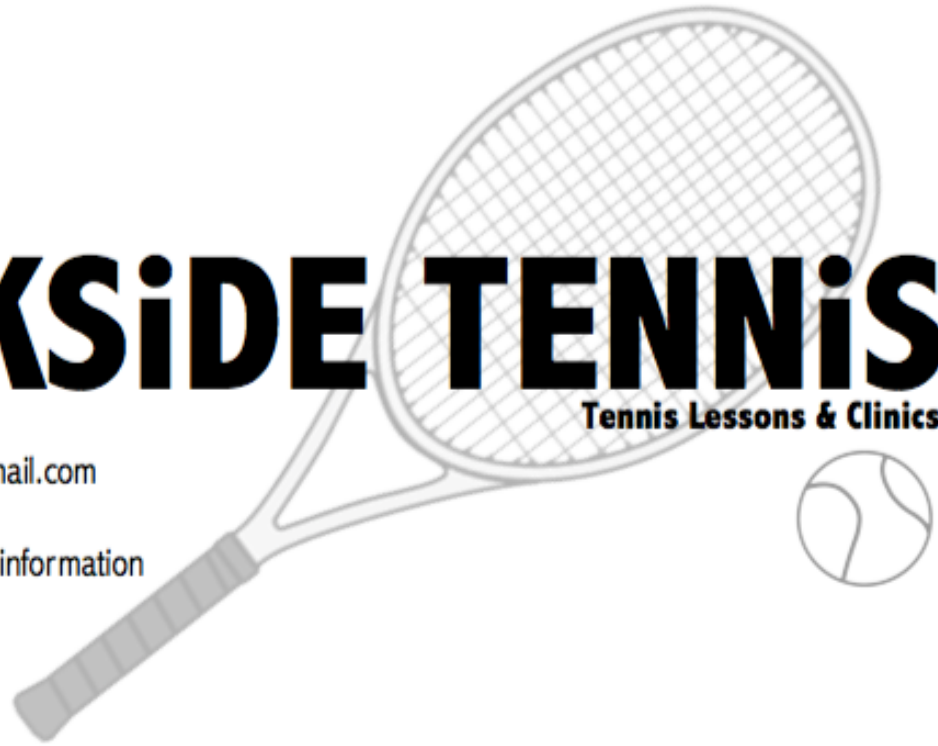
Luke Smith

Email: docksidetennis@gmail.com

Phone: (416)528-1615

Please contact for further information

Tennis Lessons & Clinics



Thompson's Trash Removal

Pick Up Time:

Monday morning after 8am

Thursday morning after 8am

Pricing: \$300 per season (3 bags a week)

+ \$15 for additional bags

**Leave it at the end of your dock and
consider it done!**

Contact us at:

905-825-9084

thompsonstrash@gmail.com

#Garbage Removal

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



Jack's Island Delivery

Spring/Summer 2016 Newspaper Schedule

Saturday Deliveries: May 21st, then June 25th through to September 3rd

Monday through Friday deliveries begin July 4th and end August 26th

Delivering

The Globe & Mail and The Toronto Star

2016 Summer Delivery Rates

| <i>Delivery Schedule</i> | <i>Rate</i> |
|---------------------------------|----------------------|
| Single weekday | \$ 5.00 per paper |
| Single Saturday | \$ 6.00 per paper |
| Summer Saturdays (10 weekends) | \$ 72.00 per summer |
| Season (Monday-Saturday) | \$ 270.00 per season |

Please get back to me with your order as soon as possible, so papers can be reserved.

Looking forward to serving you for the Summer of 2016.

Thank-you very much for your order!

Contact Information:

Jack Giroux: Mackay Island, L15, Cognashene
Cell # (416) 904-2272
Email: jackgiroux@hotmail.com



Communications...*Laura Adams*

Your CCA Board strives very hard to communicate information to you, the members, in an effective and timely manner. Through eBlasts, the Newsletters (which we try to put out in November, February & May), social media and increasingly through the CCA website.

The latest addition to the website is a **new "Classified" section** that Brian Neely has orchestrated to help facilitate your cottage rentals, items for sale, services offered and jobs wanted. Please check it out!

Also, many thanks to all those who sent in their photos for inclusion in this years Cottager. Susanna and I work to include as many pictures as we can, however sometimes the photos received are of very low resolution and we unfortunately cannot print them. **So please, as you start taking cottage photos that you may want to submit for next years book, ensure that you are taking them in a high enough resolution; 1-1.5 MB.**

And lastly, should you have any suggestions, please don't hesitate to get in touch.

Warm regards & happy cottaging!

Life at the cottage is getting tastier!

*Driving through Honey Harbour you may have noticed a new addition to the retail landscape; **Thrive**, originally located inside The Hive. Congratulations Nadine on your new location and expanded offerings!*

*Taking Thrive's place within The Hive will be **Ciboulette & Cie**, a Midland staple that is branching out to Honey Harbour. Chances are you will find Matt behind the counter there. Welcome Matt!*

If you don't drive through Honey Harbour on your way to the cottage, then you will definitely want to make a point of visiting. For further information visit...

Thrive: www.thrivefoodscafe.com

Ciboulette: www.cibouletteetcie.ca

Muskoka Community Health Hubs Port Severn



NOW OPEN!

LOCATION:

**71 Lone Pine Road,
Port Severn**

Tel: 705-762-1274

Call today to book an appointment!



HOURS OF OPERATION:

MONDAYS (except holidays)
9:00 a.m. – 4:00 p.m.

*Don't currently have a physician or nurse practitioner?
Give us a call today to book an appointment!*

Seasonal Visitors and Residents are Welcome!

WHAT SERVICES CAN YOU ACCESS AT HEALTH HUBS?

- Diagnose and treat illness and injury
- Order and interpret diagnostic tests
- Make direct referrals to specialists
- Prescribe and renew medications, except controlled substances
- Manage and monitor chronic conditions
- Suture minor cuts and lacerations
- Administer vaccinations and immunizations
- Perform routine health exams; annual health, well baby
- Identify health risks and order preventative screening such as mammograms

Note: The Port Severn site is not a full service site due to limited space. However, many of the services listed below are available in Port Severn. Any patients needing advanced procedures and treatments will be able to access those services at the Wahta site.

**Muskoka Community Health Hubs -
a Muskoka Health Link initiative**

HealthLink
Muskoka HealthLink
Let's Make Healthy Change Happen

www.muskokahealthlink.ca

LKL Co. Clothing

Back in 2008, Lisa Merry, Kelly Reade and Leslie Reade decided that our cottage community could use some fun Cognashene clothing, and began offering comfy sweatshirts, t-shirts and sweatpants as well as some novel jewelry pieces under their **LKL Co.** label. This year they are taking a new approach and would like people to pre-order items now for pickup this summer on the Bay. This assures that you get what you want, in the size that you want, and it will be available for you when you want it...this summer at the cottage!

Please visit <https://cognashene-lkl-online-store.myshopify.com/> for more information and to place orders. The on-line store is open now until June 20th.

Wishing you, and your family and friends, an amazing summer at the cottage!