



Summer 2014

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Message from El Presidente

June 22nd 2014

I have the great pleasure of writing this today while seated on the upper deck at the cottage looking out over the quiet narrows of Salerno Lake. The handrail in front of me has become an airstrip for iridescent blue dragonflies, a dozen of whom are parked on the tarmac, prepared to defend me from marauding insects. I imagine them humming "The perimeter is secure El Presidente! No horse fly will dare bother you!"

We share a marvellous lake which is still healthy but the pressures of development and pollution can change that very quickly as other lakes (Kashagwigamog, Simcoe, Muskoka for example) are learning the hard way. That is why you will hear a lot from the SDLCA about creating and maintaining effective septic systems and about shoreline naturalization, controlling erosion by preserving trees along the water's edge and planting native species. Poorly functioning septic systems are the number one cause of pollution in our lakes. Think about that. Please take the time to read the material that was delivered to everyone's dock this June. Go online to <http://vimeo.com/channels/lakeprotectors/63522168> and spend 17 educational minutes watching "PoopTalk", an entertaining video

with a serious message. There are a lot of inaccurate and destructive myths about the operation of septic systems. "Poop Talk" gives you the straight goods. If you'd like to own a DVD copy, there are a number available for 8\$. Contact our Lake Steward Wendy Kidd at wendykidd123@hotmail.com

A healthy shoreline is the lake's best defence against pollution both from septic runoff and phosphorus-based fertilizers. The recent shoreline survey of Salerno Lake done for the Lake Plan Study indicates that our percentage of natural shoreline is just slightly below the minimum recommended number for a healthy lake, which is 75%. However with every new development that number seems to decrease. Every old cottage that is redeveloped into a larger more modern home creates more pressure on the ecosystem of the lake unless it is built thoughtfully, recognizing the folly of bulldozing shoreline and planting suburban lawns along a lakeshore. Phosphorus based automatic dishwasher soaps and lawn fertilizers are very harmful when leached into a lake. They feed algae growth which can result in concentrations of blue-green algae called 'Dead Zones'. Think that's far fetched? There are three large dead zones in Kashagwigamog, just up the Glamorgan Road.

The news this year however has everything to do with our dynamic and inventive Membership Secretary Jacqueline Proud. If

you explore our newly renovated website www.SDLCA.ca it will become apparent that a tremendous amount of thought and energy has gone into enhancing this means of communicating with our membership - and beyond, to potential members, the entire Salerno Lake Community.

Please share with us your email address if you aren't already receiving email from the SDLCA. The cost and effort involved in mailing newsletters is about to become more onerous in the next year as postage rates soar. More importantly, email allows us to keep you informed in a more efficient manner. Our Membership Renewal form includes provision for two more email addresses so other members of your family may also receive direct communications. (You can also find this form on our website or in the dock package that went out to every cottage on the lake.) We'd really appreciate your cooperation.

Herein, a short list of some of our new features;

- Newly designed weatherproof SDLCA "Member" signs which will be supplemented with yearly stickers upon renewal.
- A line of original high quality Salerno Lake clothing at reasonable prices.
- Easy online payment of dues by credit card, Interac transfer or PayPal.
- Regular e-blasts to keep people informed and up to date.
- A password protected Members Only page on the website
- Membership discounts on cottage insurance and more.

By the time you read this, you may have seen the blue "Join Us Online" signs posted around the local roads, public and private. Glen Warren of Warren's Waterless Printers is not only a Salerno Lake cottager and a member of the SDLCA but he has generously

revitalized our initiatives by printing well-made, affordable signage to promote events such as the Concert By The Lake and the Canoe Race & Barbecue. I can't say enough about Glen's helpfulness and professionalism.

The Draft Version of the proposed Official Lake Plan is available now for you on our website www.SDLCA.ca to read and comment upon. The development of a Lake Plan has been a major undertaking by Margaret Clayton and a small but dedicated group of volunteers with the support of the SDLCA. The study for the plan began in 2012 with the Shoreline Inventory Project through Trent University's U-Links program followed by the Survey in 2013. Although the initiative was sponsored by the SDLCA, all properties within the Salerno Lake Community were offered the opportunity to provide input. There will be a Lake Plan Study Open House on July 5th at 10 am at the old church in Irondale. (Now known as the Bark Lake Cultural Centre.) This is another chance to have your say. We'd love to hear from you.

This is the 19th Salerno Lake Sentinel I have put together (with help from other Executive members such as Rob Stimers). After ten years as President, this edition will be my last. Barbara and I will have our first grandchild in Calgary later this year and we want to spend more time there in the summers. However I will remain on the Executive and I am still fully committed to the goals and aspirations of the SDLCA. We've got a great summer ahead. I look forward to seeing everyone on the lake.

Sincerely Salerno,

El Presidente.



What's new for the old Irondale Store?

The long-defunct Irondale, Bancroft and Ottawa Railway played a major role in the development of this area, back when lumber and iron ore were the major economic engines of the region. The legacy of the IB&O will be coming back to life with the makeover of the former Irondale Store under the hands of the new operators, Heather and Mark Penman of Irondale. The IB&O Store promises to be a truly great addition to the community with plans that include the installation of a heritage Merit Woodstove as a centrepiece, a coffee bar with free wifi and a micro brewery which will produce three local beers with one under the IB&O brand. The microbrewery is already in place and it is owned and operated by Wayne Hancock. As soon as the launch date is announced, we will let everyone know. As most of you know, the store has suffered two fires in the past three years so there is still a lot of work to do to bring the building back to full operation. However the Bottle Return, The Post Office and the Gas Bar (with credit card acceptance in effect by the Canada day weekend) are in operation now and they are beginning to stock the store. There will also be an ATM in the store. Jean-Mark Penman, their son, is running the Perfect Bite, chip and burger truck. Truck hours are 11:30 am to 6:30 pm, six days a week. (Closed on Tuesday.) Jean-Mark, a Mohawk College student has taken over from his sister Tara and fiancé Dustin who are now operating the restaurant in Gooderham. The IB&O General Store will be

open from 8 am to 7 pm seven days a week. (Closed Tuesdays) Their number is 705 447 0426.

Early diagnosis crucial for pets with Lyme disease



Getting one of these under the skin of you or your pet could cause Lyme disease. A female deer tick under a microscope.

Lyme disease in pets is spreading in Ontario, and catching it early, before symptoms set in, is important, veterinarian says.

Lyme disease in pets is spreading through Ontario. Confirmed cases of Lyme may exceed cases of heartworm in some areas this summer.

Lyme disease originated in Connecticut in the 1970s. The disease is transmitted when an infected deer tick becomes embedded in the skin of pets and people. Previously Lyme was restricted to a handful of select areas in Ontario such as Rondeau Park and Point Pelee.

Veterinarians are noticing a sharp spike in

verified cases as the disease spreads throughout the province, said Dr. Alexandra Soltan, a veterinarian and owner of the Lambeth Animal Hospital in London, Ont.

"There appears to be a definite spread into other areas now. There are a number of species of ticks that were previously not found in Ontario. Migratory birds are a known mode of transportation for bringing ticks into our areas. Ticks have learned to adapt to our climate here. It is very likely that Lyme disease incidence will surpass heartworm in the London area this year."

Prevention and early detection are the two best ways of preventing the disease from affecting our pets. "With Lyme we want to catch the infection way before there are any symptoms," said Soltan.

Once the disease progresses, symptoms can include stiff, painful, swollen joints. Owners typically report a limp that comes and goes. The affected limb may appear to switch sides. Other dogs have a stiff walk and an arched back. Kidney failure is another sign of Lyme disease, as are fever and difficulty breathing. Heart and neurological problems are rarer symptoms.

Don French is one pet owner who was surprised when his dog, Rocky, tested positive. Like many other affected pets, Rocky had not been in any high-risk areas. When French mentioned to Rocky's vet that he had found a tick, further testing was suggested. The results came back positive for Lyme disease.

"I was always one who was more proactive to not using a lot of chemicals. Now, with this scare, I will do heartworm medication every year and keep up with the Lyme disease testing. I always thought it happened to those other guys, or to dogs that were not healthy," said French.

Soltan warns that heartworm testing alone is no longer sufficient. Many labs offer reasonable pricing on more extensive tests that include Lyme disease screening. When pets are in for wellness testing, the same blood sample can be used to screen for Lyme disease at a small additional cost. A positive test result allows owners to start treatment early before the onset of symptoms.

As an additional level of protection, many preventatives combat the problem. They work by preventing the tick from becoming embedded, stopping disease transmission. These practices are especially important for high-risk animals such as hunting dogs, cottage dogs and dogs that hike in fields. It's good to remember that any dog can pick up a tick, even pets that live in urban areas.

What should owners do if they happen to face the ick of a tick embedded in their dog? Start by removing the tick correctly. Done incorrectly, infections can set in. Tick removal devices are available. Squeamish owners can have a tick removed by a veterinarian.

After it is removed, kill the tick by placing it in a zip-lock bag and pouring rubbing alcohol on it. Common ticks are generally easy to identify. Veterinary clinics will often send unusual species to labs for further testing,

Emerging treatments such as vaccines still have the veterinary community divided, according to Soltan. "There is no one answer fits all. As the disease gains momentum, we may need to look at other strategies."

Cottage Fire Safety Tip Sheet



To minimize the risk of fire and burn injury, the fire service recommends the following cottage fire safety tips:

- Install smoke alarms on every storey and outside all sleeping areas. It's the law for all Ontario homes, cottages, cabins and seasonal homes to have working smoke alarms on every storey and outside all sleeping areas.
- Test smoke alarms at least monthly or each time you return to the cottage. Pack a new smoke alarm and extra smoke alarm batteries in case they need replacement.
- Install and ensure carbon monoxide alarms in your cottage if it has a fuel-burning appliance.
- Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke alarm sounds.
- Know the telephone number for the local fire department and your cottage's emergency sign number, in case of emergency.
- Clean barbecues before using them. Keep an eye on lit barbecues and ensure all combustibles, as well as children and pets are kept well away from them. Fires can happen when barbecues are left unattended.
- Keep barbecue lighters and matches out of sight and reach of children.
- Remember to bring a flashlight with extra batteries.
- Check heating appliances and chimneys before using them.
- Check with your local fire department, municipality, or Ministry of Natural Resources to determine whether open air burning is permitted before having a campfire or burning brush. If open burning is allowed, fires should be built on bare soil or on exposed rock. Remove leaves and twigs from around the fire to keep it from spreading. Always keep a bucket of water, sand, or even a shovel close by and supervise the fire at all times.
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded. If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires and can lead to serious injuries.
- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow out!



To reduce **fire risk** during a power outage, the Office of the Fire Marshal offers the following safety tips:

- Electrically-connected smoke alarms and carbon monoxide alarms will not work when the power is out unless they have battery back-ups. Make sure your home has battery-operated smoke alarms and carbon monoxide alarms.
 - Everyone should know how to get out immediately if there is a fire. Plan and practice your escape plan before emergencies happen.
 - Use flashlights or battery-operated lanterns instead of candles or hurricane lamps. If using candles, place them in a secure holder and cover them with a glass chimney, away from children and pets.
 - Propane and charcoal barbecues are for outdoor use only. Do not bring them inside.
 - Purchase generators with recognized approval labels. Make sure the unit has proper connection receptacles and circuit breakers.
 - Portable generators should only be used outdoors and carefully located to ensure that exhaust fumes do not enter the home. Allow the generator to cool before refuelling. Refuel the generator outside, following the manufacturer's instructions. Store fuel for the generator in approved containers, outside the home.
- Use only portable space heaters that have been designed for indoor use and follow the manufacturer's instructions. Provide adequate ventilation by opening a window slightly while the heater is in use. Before refuelling, turn off the heater, wait for it to cool and take the heater outside to refuel.
 - Make sure electric stove elements and small appliances are OFF or unplugged to prevent fires from occurring when the electricity is restored.
 - Cordless phones will not work when the power is out, so it is recommended to have at least one phone that does not require electricity to operate.
 - Use extreme caution during flood emergencies and power outages. Electrical equipment impacted by flood water can be extremely dangerous. For more important information about electrical safety during floods, please visit the Electrical Safety Authority's website: <http://www.esasafe.com/>
 - Further information on emergency preparedness can be found at <http://www.emergencymanagementontario.ca/english/home.html>.