

# ThreeMile Lake Forum

July 2007

Issue No. 01

Volume No. 1

## Special Edition



### MISSION STATEMENT

The Three Mile Lake Community Club is a non-profit, volunteer based Club devoted to the restoration and continued preservation of the highest water quality and environmental standards achievable, promotion of the responsible use of land and water resources and recreational safety in and around the Lake.

We are dedicated to informing members on topics which are pertinent to the Lake and the local community. Our primary focus includes educating members about best management practices to conserve water quality, water safety, and controversial lake issues. We strive to achieve this mission through education, research, and collaborative effort.

#### Our Goal:

- Monitor existing and proposed land and water developments that affect or may affect the lake and maintain informed interest before local government boards, councils and commissions, government authorities and courts regarding such matters deemed to be in the interests of the Lake.
- Arouse interest of residents and the general public on environmental and other issues.
- Provide Community Club members with current information and opportunities to participate in forums, seminars, and other activities concerning Three Mile Lake.
- Encourage and support recreation and social opportunities for all members and Lake residents.

A soaring  
Solution!



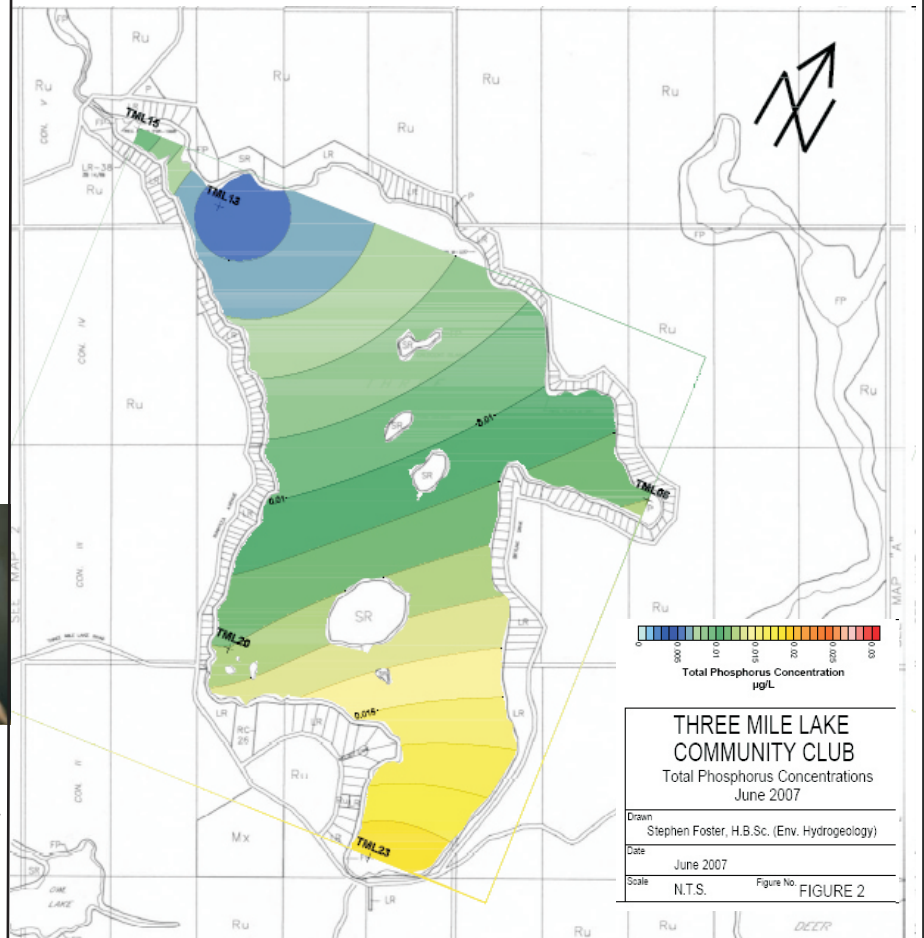
Your membership makes our voice loud and clear. The strength of our voice is in direct proportion to our membership size. If you are not currently a member of TMLCC and would like to join us, you may send your check for \$25 per household on the enclosed membership form.

## KLEEN!

## Keep our Lake the Environmental Envy of our Neighbourhood

#### Water Testing Results:

In the Spring 2007, Issue #2 edition of the "Three Mile Lake Barnacle" a detailed article was published on the water quality and testing of the lake. The results have been charted and presented in the following pages.



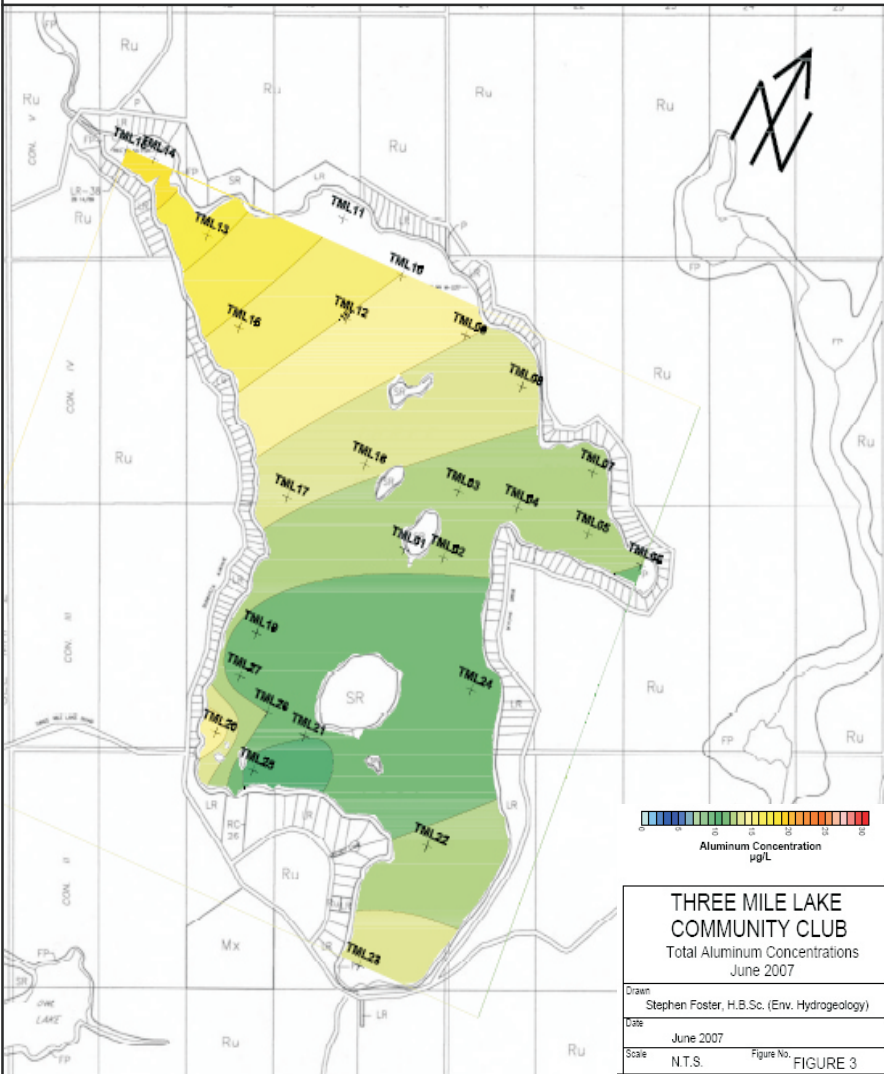
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## Updates from Armour Township Council

The TMLCC made arrangements to have our Reeve attend the July 1<sup>st</sup> association meeting and the following update was provided:

- ✓ The Official Plan is being amended to Rural, Commercial and Lakes.
- ✓ They are looking at freezing all lake development.
- ✓ They are looking to maintain restrictions on backlot development, including a minimum setback of 500 feet from all shorelines.
- ✓ Owners of official M101 lots are not impacted by this.

## Landfill

- ✓ A new manager has been hired.
- ✓ They will be expanding for 45,000 cubic metres.
- ✓ 60 bag per year limit will be proposed, with \$1 - \$2 dollar fee per bag over the limit.
- ✓ This will be conducted through a "tag" system.
- ✓ Recycling not only substantially reduces landfill size, it is also an excellent source of income for the Municipality.
- ✓ There is not enough garbage for disintegration or mining technology.
- ✓ They are currently not authorized for composting and are looking into this.

## Budget

- ✓ Arena cost \$1.3 - \$1.4 million. They raised over 900K, \$237K remaining. Split payment approach and decided to borrow half which will affect taxes.
- ✓ Next years assessment will be unfrozen. The rule is a 4 year fixed assessment; however, only during the first year can you appeal your assessment. This is a Provincial election year, be active. Make the Lakefront taxes a platform issue. Lakefront owners are paying too much in tax and your voice needs to be heard.
- ✓ Municipalities are required to perform full balance sheet accounting by 2009. The formula to determine the values (ie., Road values) are available and public should you require them.
- ✓ Armour Township has now formed an Emergency Measures committee which is fully active.

**Mesotrophic** lakes are lakes with an intermediate level of productivity, greater than oligotrophic lakes, but less than eutrophic lakes. These lakes are commonly clear water lakes and ponds with beds of submerged aquatic plants and medium levels of nutrients.

**Oligotrophic** refers to any environment that offers little to sustain life. This term is usually used to describe bodies of water or soils with very low nutrient levels.

An **Eutrophic** lake is a lake with high primary productivity, the result of high nutrient content. These lakes are subject to excessive algal blooms, resulting in murky water and poor water quality. The bottom waters of such lakes are commonly deficient in oxygen; thus, such lakes commonly lack those fish species, like trout, which require cold, well-oxygenated waters. This oxygen deficiency is most apparent in shallow lakes, owing to the smaller hypolimnetic volume. Ecologists use the term to distinguish productive lakes with an ample or excessive nutrient supply from unproductive oligotrophic ones, characterized by a nutrient deficiency.

These charts show the distribution of phosphorous and temperature. We will be testing three times a year to chart the trends and changes. This will help us determine and catch potential lake threats before it becomes too late!

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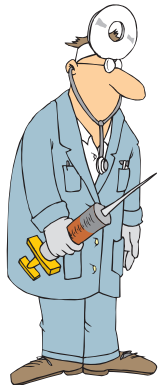
## Updates from Armour Township Council...cont'd

### Highway 11

- ✓ The construction of bridges is to be completed by 2008.
- ✓ Pavement is to be finished by 2010.
- ✓ Everything to be completed by 2012.
- ✓ The overpass going into Burk's Falls will be going in 2 years early since it is a hazardous turn.

### Commercial Development

- ✓ They will be constructing a 28000 square foot Commercial Building in two phases. 14,000 + 14,000.
- ✓ Loblaws will be putting in a country version of a Superstore next year. Additionally other franchise-based businesses such as coffee shops are considering the location as a potential future site.



## 30 Remedies for Cottage Living!

*by The Cottage Doctor.*

- ★ A leading source of phosphorous in the lake is caused from seepage and overloaded septic systems. This exacerbates algae growth which negatively impacts the water quality. Check your septic bed regularly for pooling or smell and call in professionals if warranted. Septic tanks need to be pumped every 3 to 5 years. And if you're having a large party what about a portable?
- ★ Rainfall will roll over short grass straight to the lake carrying fertilizers and pesticides. If you must have a lawn, keep it higher than 8 cm, 30 metres from the shoreline and avoid chemicals! Why

## 30 Remedies ...cont'd

not replace the lawn with native plants, they absorb most surface water?

★ Biodegradable simply means the capability of breaking down exists WITH the help of soil bacteria. It can still endanger aquatic life. No matter what, don't soap in the lake!

★ Porous surfaces allow runoff to soak into the soil. Why not replace your paved, hard surfaces on paths and drives with stones, pebbles, paving stone or wood chips?

★ What goes to your septic system can still make it to the lake! Go Green! Most cleaners contain phosphates and chemicals which will destroy the beneficial bacteria that breaks down waste. Cleaners with green certification are much more lake friendly alternatives.

★ Rain barrels help minimize erosion, and reduce runoff and new versions of rain barrels are designed to keep out mossies. Get one on your downspout today!

★ Still need to scoop the poop! Doggie doo-doo has been identified as a coliform bacteria carrier that can make people sick. They have found this to be a major pollutant in many areas. Flush it or bury it but don't leave it lying around.

★ Friendly refueling! Gas tank top-ups are best done back from the shoreline, over a tray, in a shelter with a strong floor and don't forget that rag for mopping!

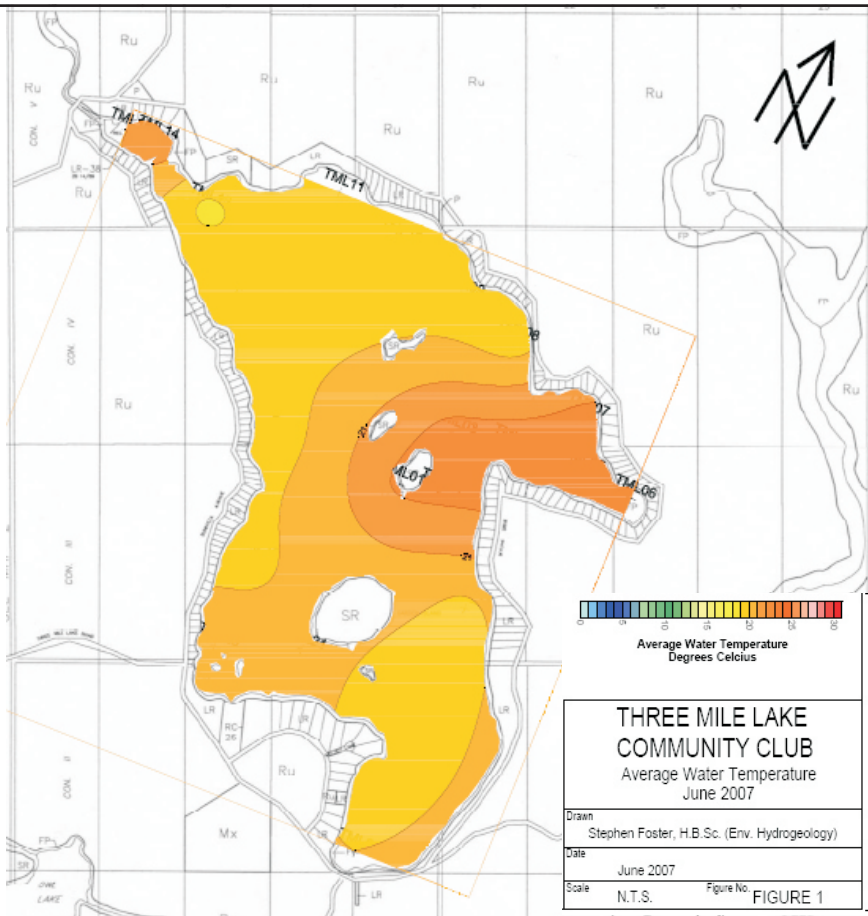
★ Helping the energy bill! Plant some trees. Believe it or not, they are great insulators! To provide shade in the summer and in the winter let the sun inside, plant deciduous trees on the south and west side of your cottage. If you want to block winter winds, plant conifers on the north and northwest side.

★ Compact Fluorescent bulbs help the cottage wattage by using 1/4 the energy of incandescent bulbs. They last 10 times longer too!

★ Have you seen the David Suzuki commercial about the beer fridge? He is right! The old fridges take more than 4 times more energy than the energy-efficient models, which can save you significant money, to buy more beer! Unplug it whenever you can. Keeping the fridge out of the sun and apart from the stove improves efficiency as well as make sure you repair or replace old door seals.

★ Insulate the hot water tank to keep your hot water hot without using more energy and when you go away for a week or more turn the temperature down. Another alternative is the on-demand systems that heat when you use it.

★ Are all your electrical appliances and articles on a power bar with a switch? If they are simply hit the switch when your not using them. If not be sure to unplug them or they will continue to use power.



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## 30 Remedies ...cont'd

- ★ Spiders like to weave their webs in areas of airflow so they can catch their dinner! Keep an eye out when sealing cracks as this may be a tell tale sign to look a little closer!
- ★ Hang blinds and curtains and keep them closed as much as you can. They help keep the temperature inside and reduce bird-window collisions. A great way to increase heat retention in the winter is to hang insulated curtains as well as ensuring south-facing windows are opened in the daytime to let the solar heat through!
- ★ Night Light Pollution! Outdoor lights can interfere at the cottage in more ways than one! They eat energy, cause light pollution, interfere with wildlife biological behaviour, challenge the ability to see navigation lights and impact our view of the stars!
- ★ When cottage waterfront has lost its native growth, replant it! This is important as these native grasses and trees grab runoff in their roots and leaves, assist with erosion prevention and provide a rich habitat for shore dwellers, all crucial for a health aquatic ecosystem.
- ★ If you have fallen trees or driftwood on the shoreline; although you may feel aesthetically challenged, this not only accomplishes the provision of spawning areas for fish and frogs as well as important hiding places and feeding grounds. Go as far as throwing a log on your shoreline to help the balance along! Note: Permits may be required.
- ★ If you are in the market for a new dock, pick one that minimizes the requirement to modify the shoreline. Floating, pipe, or cantilever docks cause less disturbance to lake habitat.
- ★ Water Weeds hold sediment in place and also provide a home for lake life. If you want a weed free playarea, designate a spot to swim in and let the rest grow wild!
- ★ Reuse or recycle! Even beer caps can be returned to the beer store not to mention can make some great country art!
- ★ Finished with those old runners? You can mail them so they can be recycled into a sports track material simply by mailing them to: Nike Recycling Center, c/o Reuse-A-Shoe, 26755 SW 95th Avenue, Wilsonville, OR 97070
- ★ A little tip for the paint tin! Store them upside down so an inner seal is created around the lid. The air can't get in which translates to a longer life, saving you money!
- ★ There is a way to compost food scraps indoors with worms! Put those food scraps in "vermicomposting" containers as long as you can feed the worms every two weeks. This process is environmentally friendly and gives off little to no smell.
- ★ Considerate boating benefits all life. Ensure you go no faster than 10km/h within 30 metres of the shoreline and you guard lake nurseries from waves and stop erosion.
- ★ Avoid transferred non-indigenous species into the lake by thoroughly cleaning the hull bottom, empty bilge water and scrubbing bait buckets.
- ★ Jig and lead sinkers can fatally poison water feeds. Switch to alternatives that are lead free.
- ★ Birds, mammals and insects love dead trees - not just the woodpecker! Let the dead tree stand and support the wildlife!
- ★ Post signs on the waterfront to educate boaters and visitors on the habitats of birds and fish on Three Mile Lake.
- ★ Plant an animal and bird path on your property filling it with native grasses, shrubs and flowers. They need dense vegetation to travel to the water's edge.



**Nature Clean** products are guaranteed phosphate free along with being guaranteed free of many other suspected carcinogens, toxic and environmentally harmful chemicals. They offer products for personal care, household cleaning, laundry care, dish care and produce wash. Nature Clean products are readily available through many retailers and are also available for sale via their website at [www.naturecleanliving.com](http://www.naturecleanliving.com).

Testimonial from Barb, TMLake says:

*"We have used Nature Clean dish soap, laundry soap, bathroom cleaner and veggie/fruit wash at the cottage for the past year. We have a fairly new septic system but want to make sure we are doing our part to help keep the lake healthy. The Nature Clean products don't make a whole lot of bubbles, which is weird at first, but they do their job and clean as required. Everyone seems to think bubbles mean clean but they don't, bubbles are a result of phosphates in the product and phosphates are not good for the environment, especially if they leech into the lake. The bottom line is these products clean just fine, so try them, you may be surprised."*

**Pink Solution** is a natural enzyme cleaner, which when mixed with water, emulsifies dirt, grease and grime, and restores finishes to their natural state. This means that it will not only clean, but will actually brighten surfaces that most cleaners dull, such as stainless steel appliances and fiberglass bath and shower installments. The enzymes will emulsify even the oldest stains! Also, it contains no chemicals, and can be inhaled, eaten and used without any gloves, with no ill effects.

The most common ingredient in many counter household cleaners is ammonia. It is a carcinogenic and stays in the air for up to 4 hours when sprayed in the house. All chemical cleaners are caustic, and so they actually corrode the lungs when inhaled. Products which claim to be "magic" contain formaldehyde, which is one of the most carcinogenic chemicals known to man. Pink Solution contains none of these chemicals, and is non-caustic. Pink Solution also replaces all household cleaners, even laundry detergent, so when used as directed, it can last an average family up to 2 years, replacing every different cleaner they would normally purchase. You can order this product on-line at <http://www.pinksolution.ca>

Testimonial from Lester, TML:

*"We have been using Pink Solutions for many months now after researching the contents which are sea kelp, vegetable tallow and baking ash. It has replaced every cleaner in our home. Not only exceptionally effective as a cleaner it saves space as well!"*

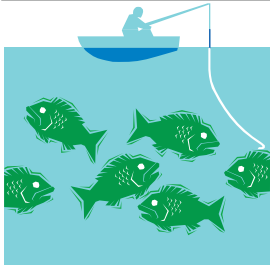
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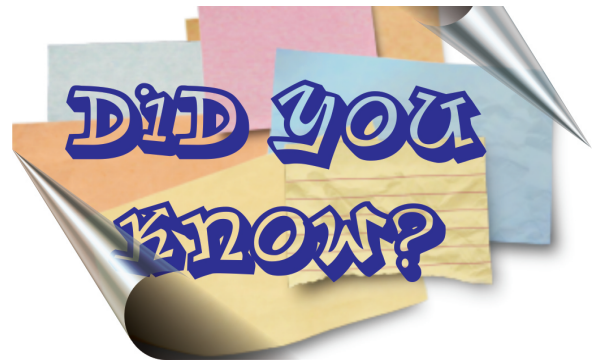
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We are here to be active in looking after your interests!

If you would like something published in an upcoming issue of the Barnacle we will do our best to resource and address your query or question. You will see a response in an upcoming issue of the Barnacle. Submissions due by August 31st and can be submitted on-line at [3milelake@cogeco.ca](mailto:3milelake@cogeco.ca) or included in the self-addressed envelope enclosed with your membership!

**FISHING**  
For Answers



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**Director** - Doug Langdon

All Lake water testing, newsletter creation, website maintenance, council meeting attendance, social event co-ordination and lake hazard marking are handled through the VOLUNTEER efforts of your TMLCC directorship!

Your contribution of just \$25.00 per year helps offset the costs associated with water testing, newsletter materials, web site hosting and hazard markers.

## A Note From The Editor

Dear Three Mile Lake Owner,

I have only been a member of the TMLCC for one year and am really impressed with the knowledge, involvement and dedication of the director's. I hope we can share our passion for the preservation of our lake, our homes, our investment and our families future by highlighting the value of being a member as well as the importance of being involved in our personal and municipal interests.

Sincerely,  
*Shelley Johnson*

- 🌐 Non-permanent residents in Armour Township outnumber the permanent residents by a factor of 2:1?
- 🌐 There are 200 Lake occupants and less than 50% are members of the TMLCC?
- 🌐 There were only 2 pre-election Candidate meetings this past election, and the TMLCC organized one of them?
- 🌐 The TMLCC raised \$1500.00 for the Arena ultimately contributing to the reduction of the Municipalities debt?
- 🌐 The Armour/Burk's Falls Arena is now open all year, as of July 1, 2007.
- 🌐 The TMLCC monitors all local Council agenda throughout the year and sends a representative to any meetings where Three Mile Lake interests may be discussed?
- 🌐 50% of the Burk's Falls Food Bank is used by individuals 17 years or younger?

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- 🌐 In the St. Lawrence River, beluga whales are so contaminated with persistent toxins that their bodies by law must be treated as hazardous waste?
- 🌐 The average adult uses 9 personal care products a day, containing a total of 126 chemical ingredients?
- 🌐 Only 11% of the 10,500 chemical ingredients stirred into personal care products have been tested for safety according to the Environmental working group?
- 🌐 Many companies hide the chemicals contained in their products under categories like "fragrance"?
- 🌐 It takes ½ a lb. of chemicals to make one regular T-shirt?
- 🌐 Levi's will soon begin to retail organic jeans?
- 🌐 Bono and his wife have launched a socially conscious clothing line called "Edun" – "nude" spelled backward?

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## Horoscope



As the "Water Carrier" you are a friendly humanitarian, honest and loyal, original and inventive, independent and intellectual. You are ready to get your innermost feelings off your chest. Invite your friend on a spontaneous fishing trip and you will discover they have the same environmental concerns as you do!



Adventurous and energetic, Pioneering and courageous, Enthusiastic and confident, Dynamic and quick-witted. Reach for the stars this month! You may be challenged by "light pollution" and this is your chance to "enlighten" the community.



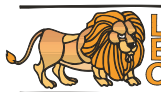
Patient and reliable, Warmhearted and loving, Persistent and determined, Placid and security loving. Even the factors you resent, the activities you question and the situations you feel are being unfairly imposed upon you have a part to play in getting you where you need to be. Take the bull by the horns and make sure the tax assessments issue is front and centre during the elections. You will win and profit from the savings!



Adaptable and versatile, Communicative and witty, Intellectual and eloquent, Youthful and lively. There is a lot of work in owning lakefront property but this August looks like the decks are cleared for some serious water sports and fishing!



Emotional and loving, Intuitive and imaginative, Shrewd and cautious, Protective and sympathetic. Organic cleaners will come your way, use this cleaner every day, you'll have more time to play. What more can the Zodiac say?



Generous and warmhearted, Creative and enthusiastic. Broad-minded and expansive. Faithful and loving. Romance surrounds your moon, save all your energy for this month of l'amour. It is worth changing your incandescent bulbs for!



Modest and shy, Meticulous and reliable, Practical and diligent, Intelligent and analytical. You will receive good news and your worries will melt like cheese on a BBQ'ed hamburger. Not to mention the irresistible smell will attract new friends without fur!



Diplomatic and urbane, Romantic and charming, Easygoing and sociable, Idealistic and peaceable. You sometimes feel socially challenged and this month will provide a perfect social opportunity. Take this newsletter as a discussion document and you will become very popular!



Determined and forceful, Emotional and intuitive, Powerful and passionate, Exciting and magnetic. If you have had past doubts about joining the TMLCC Regatta, rest assured the stars say you will be a winner. Be sure to take your family!



Optimistic and freedom-loving, Jovial and good-humored, Honest and straightforward, Intellectual and philosophical. Good advice, hidden in this newsletter will provide a golden opportunity for you to enjoy!

SAGITTARIUS



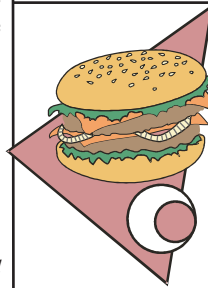
Practical and prudent, Ambitious and disciplined, Patient and careful, Humorous and reserved. Follow the Cottage Doctor's advice on cottaging more lightly and your realtor will be knocking on your door on the 27th!

CAPRICORN



Imaginative and sensitive, Compassionate and kind, Selfless and unworldly, Intuitive and sympathetic. Prospective renters will approach you on the possibility of renting your cottage next year. Be sure to establish that they know that a Pike is a fish not some part of a highway.

PISCES



## Spiced Thai Burgers

### Ingredients:

- 8 spring onions, finely chopped
- 1 red chilli, finely chopped
- 2 garlic cloves, finely chopped
- 100g salted peanuts
- 500g/ 1lb 2oz lean minced pork or beef
- large bunch fresh coriander, chopped
- 1 lime, zest and juice only
- sweet chilli sauce and sliced cucumber to serve
- salt and ground black pepper

Something a little bit different to your classic burger - lovely and spicy and great served with sweet chilli sauce and crunchy cucumber.

### Method:

1. If you have a food processor place the spring onions, chilli, garlic and peanuts into the bowl and process until finely chopped.
2. Tip into a bowl and mix well with the pork or beef, coriander, zest and juice of lime and plenty of seasoning.
3. Shape the mixture into burgers and if have time chill until ready to cook.
4. When the coals are at medium temperature place the burgers on the barbecue close to the coals and cook for about 3-4 minutes on each side.
5. Brush slices of crusty bread with a little oil and place on barbecue to toast.
6. Serve the burgers with the toasted bread and a little sliced cucumber and sweet chilli sauce.

